Principal’s Report
Lesley McCarthy

I am in awe at the abilities and deep strengths of our students, demonstrated at yesterday’s ANZAC Day commemoration event and in the last two weeks.

The participation of our Student Leaders, Student Representative Councillors, Instrumental Music students and Year 5/6 students was mature, empathetic and respectful.

All students, through their research into servicemen who fought in World War One, the names listed on our Honour Board; their work based on ANZAC stories and the Gallipoli Oak tale; the poppies they made, the story quilts, their learning about elements of World War One has enriched their lives and brought families closer together. This has been an invaluable historic learning opportunity which will continue to be felt throughout the next few years.

Our guests of honour were very complimentary about the ceremony, the students behavior and work and the music performances.

My thanks to Natalie MacLaren, Leonie Isaacs, Chris Mizić, Sandra McOrist and the Grade 5/6 teachers for their exceptional efforts on this ceremony.
Assistant Principal’s Report
Sandra McOrist

Padman Lane
(This is actually the name of the laneway that parents drive up to drop off the children)
I would just like to remind all parents that there is a speed sign in the lane requesting that drivers drive along at 10km per hour. For some reason people tend to speed up as they travel along the lane.

Balls on the roof.
Just letting families know that there are height restrictions for me to be able to get a ball off any roof. Due to OH&S regulations no one is allowed on any school roof unless they have a ladder licence or it is part of their job.
If your child has a ball on the roof it will have to stay there until we have someone who is allowed to be on a roof.

Office News
Office Hours, 8.30am – 4.00pm Monday to Friday

Online Newsletter Subscription
If you would like to subscribe to receive our weekly newsletters, and other important announcements, please visit our website http://www.flemingtonps.vic.edu.au, click on ‘subscribe to newsletter’ and enter your details.

We are not permitted under the Information Privacy Act to do this for you, nor do we have the resources to update information for all our families.

Scholastic Book Club
Issue 3 order forms that were sent home recently are due back to the office by WEDNESDAY 29th April by 9.00am
No late orders will be accepted

Please note, that orders sent before this date will now be sent to Scholastic as received (except cash which will be processed on the final day). The office will now process orders a couple times a week (for credit and cheque payments only) so the earlier the order, the earlier the children will get their book.

“BRING YOUR BILLS” DAY
THURSDAY 30 APRIL 2015
9.30 AM – 1:00 PM
WINGATE AVENUE COMMUNITY CENTRE, 13a WINGATE AVE, ASCOT VALE

- Are you having problems with paying your electricity, gas, home telephone, mobile or internet bills?
- Do you need help understanding your bills?
- Have you been door-knocked and changed your electricity and gas accounts due to pressure from the salesperson/s?
- Do you have any questions regarding government concessions?
- Have you been door-knocked and offered a computer then asked to do a training course?
- Are debt collectors constantly ringing you?
- Do you need advice regarding unpaid fines?
- Do you need help from a Financial Counsellor?

REMEMBER TO BRING YOUR OUTSTANDING BILLS!

FREE HALAL BBQ
FREE EVENT
INTERPRETERS AVAILABLE
NO APPOINTMENT NEEDED DROP IN

WE DO NOT PAY BILLS

FREE FACE PAINTING FOR KIDS
10AM – 1PM

OSHC News
Camp Australia manages the Before & After School Care program. All bookings, absences and payments need to be made through the Camp Australia website.

Do not leave messages on the school answering machine.
The role of sleep and learning for children & teenagers – Karen Boyes

Getting a great night sleep is essential for brain health and especially important when learning and studying. Researcher Chris Evans, believes the most important function of sleep is to allow your brain to consider the new things that have been learned that day. He suggests new learnings are filed and consolidated in the memory system during sleep.

Young children and teenagers usually need more sleep than adults as their brains and bodies are going through significant growth and change. It is recommend that teenagers get around 9 ¼ hours of sleep to be their best. Lack of sleep affects brain function including mood, concentration, memory and problem solving ability.

To get a great night’s sleep here are four tips:

1. Make your bedroom a haven for sleeping
   It is essential to make your bedroom space calming and comfortable. The brain loves neat and tidy. Sleeping in an over busy and messy room can often stimulate the brain making it harder to relax, so tidy up unfinished work and clear the floor. Another tip is to turn your digital clock around so you cannot see the time. This is for two reasons; Firstly, the light shining in your room can stop the natural sleep process and secondly, you do not want to be continually checking the time and cause you stress because you are not sleeping. Ensure your room is on the cool side rather than hot. Studies show rooms 5-10 degrees lower than the average daytime temperature helps with sleep.

2. Avoid TV or screens before bed
   The effects of screens on the brain, before bed is well documented. While checking your phone, or reading on a device just before bed might seem natural enough, it is not for your brain. A stream of phonons from the screen tells your brain it is not time to go to sleep. In turn, this prevents the secretion of Melatonin, the chemical responsible for sleep timing and blood pressure regulation. Even just the small glow of the phone screen when you check the time at night can be enough to interrupt sleep patterns. The suggestion from the experts is to shut all electronic devises off an hour before you go to bed.

3. Be mindful about what you eat or drink before bed.
   Certain food can stimulate or diminish your ability to sleep. Foods to avoid before bed include spicy foods, caffeine and high fat foods. Instead choose foods that contain tryptophan such as turkey, eggs and milk which can help promote sleep. Nutritionist, Jessica Redmond, suggests it is best to avoid eating large meals in the hours leading up to bedtime. If you have to eat right before bed, eat a small meal or pre-portioned snack.

4. Start a bedtime routine
   Dim the lights while you get ready for bed, or turn off bright overhead lamps and switch to a soft, bedside lamp. Your body is programmed to sleep when it’s dark. Attempt to go to bed at the same time every night. Choose a time when you normally feel tired, so that you don’t toss and turn. Try not to break this routine on weekends when it may be tempting to stay up late. If you want to change your bedtime, help your body adjust by making the change in small daily increments, such as 15 minutes earlier or later each day.

It can be tempting to burn the candle at both ends while studying however if you get adequate sleep it can maximise the learning you do while you are studying.
Curriculum News

NAPLAN — Bruce Ziebell
The National Assessment Program – Literacy and Numeracy (NAPLAN) 2015 for Years 3, 5, 7 and 9 students will be held on Tuesday 12 May, Wednesday 13 May and Thursday 14 May 2015. NAPLAN tests assess student knowledge and skills in Writing, Reading, Language Conventions (spelling, grammar and punctuation) and Numeracy.

The results of the tests provide information for students, parents, teachers and principals which can be used to improve student achievement.

All students are expected to participate in the NAPLAN tests. During test week, catch-up tests will be available for individual students who are absent on test days. These students may undertake catch-up tests on the days in the test week after the scheduled test, up to and including Friday 15 May 2015.

Support can be arranged for students with disabilities, if the student regularly uses similar support for classroom assessment tasks. Large print, braille and black and white versions of the tests are available for students that require them. Exemptions may be granted to students with significant intellectual disabilities and to students who have been learning English for less than one year.

If your child is eligible for support due to disability or an exemption, you should discuss this with his/her teacher prior to the tests. Parental consent is required before any support due to disability or exemption is granted.

Students may be withdrawn from NAPLAN by their parent or carer. This is a matter for consideration by parents and carers in consultation with the principal. If, after consultation, you decide to withdraw your child, you must sign a Student Withdrawal form. These forms are available at the school.

Later in the year you will receive your child’s personal NAPLAN report. The report will describe your child’s particular skills in Reading, Writing, Language Conventions (spelling, grammar and punctuation) and Numeracy. The report will also show how your child performed in relation to national minimum standards. These describe the minimum acceptable standards for students across Australia.

I am confident that the information you receive as a result of your child’s participation in the NAPLAN tests will be valuable in helping you to assess your child’s progress in literacy and numeracy.

For more information about the tests, please visit the VCAA website at www.vcaa.vic.edu.au or the NAP website at www.nap.edu.au

EDUCATION WEEK

Crack the code with maths! is the theme of this year's Education Week, 17-23 May 2015.

The Education Week website now features information for parents and students about the value of maths and computer coding education, and the diverse study options and rewarding career paths it can lead to. It also features themed activity ideas.

To find out more about Education Week and the value of maths and coding, visit: www.education.vic.gov.au/educationweek

Fiona Themann, Numeracy Coordinator

2015 Victorian Premier’s Reading Challenge

The 2015 Victorian Premier’s Reading Challenge is for all Victorian students in Prep to Year 10.

The aim of the Challenge is to promote a love of reading. It is not a competition, but a challenge for each student to read, to read more and to read more widely.

The Challenge has begun and officially ends on 14th September 2015. Students in Years 3 to 6 must read 15 books during this period (10 or more must be from the challenge list). Students in Prep to Year 2 need to read or experience 30 books during this period (20 or more must be from the challenge list.)

Flemington Primary School aims to have all children registered for the Challenge. Every child received a pink reading challenge permission slip during this week. Please note all signed consent forms are due on Friday 1st May 2015.

In previous years a number of children did not return their permission forms so missed out on certificates and having their names published.

The school will maintain the reading list for Grades Prep to 2 but for all students in grades 3-6, please login to the website and update your reading weekly using the login provided by your classroom teacher. Please note, should parents of students in grades prep to 2 wish to enter books that they have read at home with their child please see your classroom teacher for login details. Please login at this address https://www.eduweb.vic.gov.au/Challenger/WebLogin.aspx

APPS For Learning

Friendly Phonics (Free)

Parraoke

learn to speak Mandarin Chinese eloquently
SCIENCE — Bruce Ziebell

In preparation for the school’s commemorations of the Centenary of the ANZAC landing at Gallipoli, students in Science have been investigating Morse Code.

Initially, students used light powered from a simple current to send and receive signals. The following week, Joggers were used where sound could transmit the dots and dashes. The concept of circuits, polarity and circuit series were introduced for Grade 3 and reinforced in Grades 4, 5 & 6.

GRADE 3/4 HUMAN BODY

This term the 3/4 students will be learning about the ‘Life Cycle of the Human Body’. It is an exciting unit that we are thrilled to present to the students. It will be a challenge based learning unit and this term’s challenge is ‘How can we help someone live to be 100 years old?’

As part of our unit, we are calling on all parents, family members or members of our local community who have experience in health to volunteer to present an information session for the 3/4 children to explore.

Depending on your area of expertise you are invited to create a 5 minute presentation or brief interactive activity on your topic for students. Students will rotate around the different stations and will be encouraged to ask you questions that relate to ‘How can we help someone live to be 100 years old?’

Some of our focus areas are:
- The impacts of life expectancy
- What a healthy body looks like
- How to educate people for a healthy future
- The positive and negative effects on body system and how they relate to life expectancy
- As we progress through our life cycle how our bodies are affected by our environments

We are holding this information session in week 3, from 9-10:30am on Wednesday April 29th. There will be two 45 minute sessions (1 session for Grade 3 and 1 session for Grade 4).

If you feel up to the challenge of educating our students on any of these focus areas, or relating to our challenge we would love to hear from you! We hope to get as many different health experts as possible, to create a balanced and comprehensive information session for our students to engage in!

Please let your child’s class teacher know by Friday April 24th or e-mail lewis.zoe.e@edumail.vic.gov.au if you are available to help.

3/4 Team
ANZAC DAY Commemorations

Yesterday, our school community commemorated the Centenary of Gallipoli with a ceremony in the school hall. This was attended by a number of special guests including:

Narelle Sharpe, Mayor, Moonee Valley Council who gave the “Welcome to Country”; Captain Keith Wolahan, Ret. who gave an address focusing on remembrance and sacrifice; Adam Bandt MP who laid a wreath and Danny Pearson MLA who made a presentation to 2 of our students with Turkish backgrounds; Andrew Seymon, President of the Flemington Kensington RSL who read The Ode; Dr Charlotte Smith, Director of the National Trust planted our Gallipoli Oak tree.

Student Leaders, Student Representative Councillors and Grade 5/6 students laid poppies in acknowledgement of the servicemen and women named on the Honour Board, and Instrumental Music students performed.

Thank you to all guests, School Councillors, members of the community, and the HUB who assisted with afternoon tea. Many thanks to Natalie, Cheryl, Joanne and Erna in the office for their support.

All students were then presented with a Centenary of Gallipoli, Simpson & his Donkey Commemorative coin, and an Anzac biscuit.
Grade 3 and 4 students at the Flemington Primary School with the ANZAC honour board, which they received a grant to restore. *Photo: Eddie Jim*

At Flemington Primary School, its historic ANZAC honour board has been restored. Principal Lesley McCarthy said students were researching all the 144 people on the board and learning about their local community.

"They're really interested in finding out about about who these people were. They've found out how young they were when they went to war and finding out their occupations before they went to war and what jobs were around at the time," she said.
The Gallipoli Oak story
In 1914 William Winter Cooke was a young farmer aged 23. He came from a farming family in Victoria, Australia. When the first World War started in Europe he joined the Australian Army.

At Gallipoli, he noticed there were many small prickly trees that looked like holly bushes, but they had acorns, just like those on an oak tree. He sent a small parcel of these acorns to his uncle, Samuel Winter Cooke who lived on a farm in Hamilton, Victoria.

In 1916, Samuel decided to plant one acorn on his farm and gave the remaining acorns to other farmers and his old school in Geelong. It seems that only three of the trees, including the one at Hamilton, are still alive today nearly 100 years later.

His original acorn has now grown into a wonderful Gallipoli Oak tree that is now 10 metres tall. Some of the acorns from the original trees now have son or daughter trees around Victoria. The National Trust of Australia (Victoria) is now collecting acorns from these trees to grow enough seedlings to plant one in every primary school in Victoria in the years 2015 to 2018.

The Gallipoli Oak trees are a symbol that helps us to remember the brave servicemen and women who fought in World War 1, especially those who landed at Gallipoli about 100 years ago. The trees will be planted by schools with the help of the Returned and Services League of Australia, an organisation that supports our servicemen and women, those who returned from war and the families of those who did not return.

Planting our Gallipoli Oak tree.
Adam Bandt, Danny Pearson and Dr Charlotte Smith.
Tour de Cure

On Friday morning, Dan Grant, father of Callum (4V) and Lauren (2T), along with 100 other cyclists and support crew will depart on Tour de Cure’s Signature bike trip from Adelaide to Melbourne. This 9-day, 1300 km ride will help raise more than $3m to support cancer research, prevention and support programs in Australia. Tour de Cure is much more than just a bike ride. Along the route, the peloton will stop to spread cancer awareness and prevention messages to thousands of school-aged children.

To be part of the Tour, Dan has had to raise more than $12,000 in donations and has put in more than 4,000 kms of training over the last 4 months. According to Dan, “I really have to thank Carrie, Callum and Lauren – without their support I would not have been able to spend most (actually all) of my spare time on the bike over the last 4 months and this would not be possible.” And while Dan is excited about being on Tour he is also looking forward to finishing the Tour in Melbourne on May 2nd and spending more time at home with his family.

And speaking of finishing the Tour in Melbourne – this year Dan has organised for some of the Melbourne based Tour de Cure riders to reunite one week after the Tour finishes and visit Flemington Primary on May 11th to share their cancer prevention messages. Stay tuned for more news on this in the weeks to come.

In the meantime keep an eye out for Dan and his cycling friends on Channel 7’s Sunrise program each morning in the days to come.

Note, there is still time to help increase Dan’s total by making a tax deductible donation by visiting this link (https://www.tourdecure.com.au/pages/donate/registration/ea36c16c9fa438ec975dedf59d30785d

Inner West Branch - The Empire Called and I Answered: Guided Walk in Flemington and Kensington (Heritage Festival 2015)

Join a guided walk commemorating WWI volunteers from Flemington and Kensington. Lenore Frost, local historian, has created an online database of WWI volunteers from Essendon and Flemington with a blog to support the website. Using this research Lenore will lead a walk exploring local history and how WWI impacted the suburbs of Kensington, Flemington and Newmarket.

Date and Time:
Sunday 3 May 2015
2:30 pm  4:00 pm

Admission:
Gold coin

Bookings:
Email ehookey@netspace.net.au

Where: Kensington Town Hall, 24 40 Bellair St, Kensington

SCHOOL CROSSING SUPERVISORS NEEDED!

Do you enjoy being outdoors?  Enjoy working with children and giving back to the community while you get paid?  Then please read on...

- Various Locations
- Fantastic Hours
- Casual / On Call work
- Positions to commence immediately

Casual on call positions are currently available in various locations for School Crossing Supervisors.

You must have the following:
- Be available Monday – Friday from 8-9am and 3-4pm
- Have/be willing to obtain a Working with Children’s Check
- Have a Victorian Drivers Licence and own reliable car.

If this sounds like the position for you then contact Jessica at HOBAN on 9325 3200 or fax resume to 9325 3299 NOW!
1-2-3 MAGIC® & EMOTION COACHING PARENTING COURSE

A three-session program for parents and carers to help manage difficult behavior in children 2-12 years old is being held at Ascot Vale Primary School, Bank Street Ascot Vale on 18th May, 25th May & 1st June 2015 at 9.30am-12pm (parents attend all 3 sessions)

Learn:

☑ How to discipline without arguing, yelling or smacking
☑ 7 tactics for encouraging good behaviour

Registration Fee?
The course is free to parents of children whom attend State Government schools in the Moonee Valley Network.
Register for this course by contacting 9376 3876.
A $2 donation is requested for refreshments.

What people are saying?
What a relief to come across a program that preserves the dignity of the child, maintains the self control of both the parent and the child and is actually easy to remember when memory is the first thing to go.
I realized quickly that the 1-2-3 Magic can be a magnificent preventative measure that any parent can use to avoid raising a child who later down the line, needs excessive discipline or grows out of control.

Who’s running it?
Gayle Weir, Michelle Karavas or Emelie Barringer (Psychologists–Student Support Services) providing services supporting children and their families.

For more information contact:
Gayle Weir, Michelle Karavas or Emelie Barringer (Psychologists–Student Support Services) on 9376 3876

• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective •

This course is being run by a Parentshop® licensed practitioner. www.parentshop.com.au
Easy Steps to Properly Fit a Bicycle Helmet

It's not enough to simply buy a bicycle helmet – it should be properly fitted, adjusted, and worn each time you ride.

Step 1 - Size:
Measure your head for approximate size. Try the helmet on to ensure it fits snugly. While it is sitting flat on top of your head, make sure the helmet doesn’t move side to side. Sizing pads come with new helmets, use the pads to secure the helmet to your head. Move or remove the sizing pads for the greatest comfort. In your child’s helmet, remove the padding when your child’s head grows. If the helmet has a removable fit ring instead of sizing pads, adjust the ring to fit the head.

Step 2 - Position:
The helmet should be level on your head and low on your forehead—no more than one finger width above your eyebrows.

Step 3 - Buckles:
Ensure the left buckle under the chin. On most helmets, the strap can be pulled from the back of the helmet to lengths or shorten the chin strap. This will be useful if you take the helmet off to make these adjustments.

Step 4 - Size Straps:
Adjust the slider on both straps to form a “V” shape under, and slightly in front of, the ears. Look at the slider if possible.

Step 5 - Chin Strap:
Stick your chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.

Step 6 - First Fitting:
A.
B.
C.
D.

When to Replace a Helmet
Replace any helmet that has been involved in a collision or damaged.

The Helmet Should Fit Well:
Make sure that the helmet fits snugly under the ears. Replace any helmet that has been damaged.

The Helmet Should Be Comfortable:
If it feels too tight, put in the thinner sizing pads or purchase a larger helmet. Ideally, you have a helmet that fits well without any adjustments. If you are a helmet that fits comfortably and securely, you are more likely to be worn.

The Helmet Must Cover Your Forehead:

The Chin Strap Must Be Tight and Properly Adjusted:

The Helmet Should Not Rock Forward or Backward on Your Head:

A bicycle helmet can protect your head and brain ONLY if you wear it each time you ride!

School Banking is shooting for the stars.

At the beginning of 2015, the School Banking program launched students on a mission to save by making regular deposits into their Youth saver accounts. In just one term, over 12,000 Sydney Banking deposits were made around Australia. It’s a fantastic result that has seen thousands of young children begin their savings journey.

Rewarding good savings behaviour with two new items
To help keep students on track with their savings mission. In Term 2, we released two new awesome reward items from our Outer Space Savers range. Students must first make the School Banking deposits to be eligible for the reward item.

Invisible Ink Martian Pen
Intergalactic Rocket

You could win a 5-night family trip to California’s Disneyland
Don’t forget, students with both a regular deposit and a special saving behaviour will automatically be in the draw at the end of the year to win a family trip to California’s Disneyland.

For more information visit commbank.com.au/schoolbanking

CRAFTY?
Want to learn more or share your skills?
Make handcrafted items to sell at the markets or make terrific gifts.
Learn skills in a creative environment with Alison Dew.

Cost: $70 concession per year.

For enquiries and bookings
Contact
Farnham Street Neighbourhood Learning Centre
28 Farnham Street, Flemington
Ph: 9376 9008
email: info@f3nic.net
Secondary School Transition

Princes Hill Secondary College will be holding a Grade 6 information evening for potential Year 7 enrollments for 2015.

This will be held on Wednesday the 29th April. There are two sessions, the first at 4:00pm and another at 7:00pm.

There is no need to book through the school.
COMMUNITY NEWS

OLYMPIC FENCING
Learn the basic skills of this dynamic sport.

Classes held at 1st Floor, 204 – 206 Arden St North Melbourne 3051.

Monday 4.15pm – 5.15pm
or Saturday 2.30pm – 3.30pm
All equipment provided.
Suit age 7+

Questions: Pieter - 0403 320 817 (business hours)
or Register your interest by email: maire@internode.on.net

DAN DONNELLY TENNIS COACHING PROGRAMS
Royal Park T.C. (cnr Park St & The Avenue, Parkville/Brunswick)

Coaching Programs Available
Royal Park Tennis Club - 2nd Term

Pee Wee Tennis 5 - 7 year olds,
Free trial lesson for Pee Wees.

Junior Coaching 8 - 16 year olds.
Classes available Mon, Tues, Wed & Thurs after school

Adult Coaching - Weekday evenings.
Parents it's never too late!!!

Call now to reserve a place for second term.

All enquiries call 0408 991 700.
www.dandonnellytennis.com

Regards
Dan Donnelly,
Club Coach Royal Park T.C.

CARDIO TENNIS
Free Trial Lesson!

- High energy workout and burn 300 to 1000 calories
- Drill-based and play-based activities
- Lose weight, get fit and have fun
- Participants wear heart monitors, exercise to music and use low compression balls and a variety of equipment such as agility ladders

Cost: $12.50 a session

LOCATION: Kensington Banks TC Smithfield Rd • North Park TC Flemington Rd Gladstone Park TC 16 Emerald Pl • St Matthews TC 55 William Rd
1300 22 33 86 ACEFUNTENNISCHOOL.COM

KIDS CLASSES
Free Trial Lesson!

- Smaller courts, lighter rackets and low-compression balls that don’t bounce too high make learning tennis fun and easy for primary school aged children. This means that kids are able to start rallying and having fun right from their first lesson!

Cost: $9.00 a session

DANCE PARTIES 4 KIDS

we will create an exciting and memorable dance party for the birthday boy or girl

BOOK NOW!


BELLA BALLERINA
HANNAH HIP-HOP
Child Friendly Fitness Groups!!

Did you know that exercise has been shown to...
- Reduce the risk of heart attack and other heart conditions by 40%
- Build or maintain better bone density to prevent osteoporosis
- Reduce risk of diabetes by 50%
- Lower the risk of colon and breast cancers by 50%
- Improve your mental health by decreasing depression and risk of other mental illness

Current group times

<table>
<thead>
<tr>
<th>Days</th>
<th>Times</th>
</tr>
</thead>
<tbody>
<tr>
<td>Mondays</td>
<td>9:45-10:30am - 10:30-11:15am - 11:15am-12 noon</td>
</tr>
<tr>
<td>Wednesdays</td>
<td>9:00-9:45am - 9:45-10:30am - 10:30am-11:15am</td>
</tr>
<tr>
<td>Thursdays</td>
<td>9:15-10:00am - 10:00-10:45am - 10:45-11:30am</td>
</tr>
<tr>
<td>Fridays</td>
<td>8:30-9:15am - 9:30-10:15am - 11:00-11:45am</td>
</tr>
</tbody>
</table>

- Children of all ages welcome
- Group sizes limited to 6 people but new group times available upon request
- Ask us about our Monday and Wednesday evening indoor sessions

<table>
<thead>
<tr>
<th>Frequency</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 x session/week</td>
<td>$14 per week in a six week block</td>
</tr>
<tr>
<td>2 x sessions/week</td>
<td>$25 per week...</td>
</tr>
<tr>
<td>3 x sessions/week</td>
<td>$33 per week...</td>
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</tbody>
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Call Nathanael Gilbert on 0408 575 495