



# TECOMA TIMES

## Tecoma Primary School Newsletter



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Tecoma VIC 3160

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Website: [www.tecomaps.vic.edu.au](http://www.tecomaps.vic.edu.au)

Principal : **Rohan Thompson**

Assistant Principal: **Di Double**

3rd November, 2022

### **DATES TO REMEMBER:**

### **NOVEMBER**

#### **Monday 7th**

*Transition for 2023*  
12.15pm - 1.00pm  
Grades Prep - 5

#### **Tuesday 8th**

*Transition for 2023*  
12.15pm - 1.00pm  
Grades Prep - 5

#### **Wednesday 9th**

*Graduation Photo's*  
Grade 6 - 11.30am



*Swimming*  
Grades 5 & 6



#### **Thursday 10th**

*Transition for 2023*  
12.15pm - 1.00pm  
Grades Prep - 5

#### **Friday 11th**

*Transition for 2023*  
12.15pm - 1.00pm  
Choosing friends

## FROM THE PRINCIPAL

### CHILD SAFETY AND WELLBEING INFORMATION FOR FAMILIES AND THE SCHOOL COMMUNITY

Tecoma Primary School is committed to providing a child safe and child friendly environment, where students are safe and feel safe.

Our child safety and wellbeing policies outline the measures and strategies we have in place to support, promote and maintain the safety and wellbeing of our students:

All of these are available for you to read on our school website <https://tecomaps.vic.edu.au>

- Child Safety and Wellbeing Policy
- Child Safety Code of Conduct
- Child safety Responding and Reporting Obligations Policy and Procedure
- Bullying Prevention Policy
- Volunteers Policy
- Visitors Policy
- Digital Learning

As valuable partners in promoting and maintaining child safety and wellbeing at Tecoma Primary School we welcome and encourage your feedback.

If you have any suggestions, comments or questions in relation to our child safe policies and practices, please contact the school via COMPASS, or via email at [tecoma.ps@education.vic.gov.au](mailto:tecoma.ps@education.vic.gov.au)

### CLASS FORMULATION

I would like to thank all the parents who took the time to share information with me recently, regarding their child's class/group placement for next year.

We will now begin the process of allocating the children to classes.

Our staff work hard to set up balanced, fair and productive classes across the whole school. As staff continue with the thorough process of allocating children to class groups, many meetings occur and all children will be placed into a class group for next year, with at least one friend of their choosing.

## **PLANNING FOR 2023**

We are currently putting together our plans for 2023. At the moment, we are looking at:

- 3 x Prep classes, (58 children)
- 3 x Grade 1 classes, (56 children)
- 2 x Grade 2 classes, (50 children)
- 5 x Grade 3/4 classes, (129 children)
- 3 x Grade 5 classes (64 children)
- 3 x Grade 6 classes (67 children)



This year, we have run 20 classes but we will be dropping down one to 19 next year. This is based on the funding that we get from the Department of Education and 19 is the maximum that we can afford. This means that we are moving back to multi-age classes in the Grade 3/4 area which is what we ran last year.

The Enterprise Bargaining Agreement signed this year between the Victorian Government and teaching staff has allocated extra non face to face teaching time for teachers to prepare engaging lessons for the children. We will be running Science as an extra specialist area in 2023 alongside Music, Art and Japanese as our existing specialist areas.

The Department of Education have also provided funding for tutoring (Tutor Learning Initiative or TLI). This has been allocated by the Department to support children coming out of two years of Remote Learning. The fact that this has been continued next year is in part due to the recognition that in most schools in Victoria, tutors were required to cover teacher absence this year, due to the lack of casual relief teachers in the system. This has been seen as preferable to splitting classes which we have only had to do as a last resort.

The funding for the TLI is not quite the equivalent of a full-time teacher but we will allocate extra funding ourselves so that we have a full time tutoring programme at our school (three days literacy, two days numeracy.)

This year, we have been fortunate to have a support and extension teacher (Mel Rowland) and this role will continue for 4 days a week next year, similar to what we have run this year.

We will also run the Reading Room as we have in previous years, run by our Assistant Principal Di Double and the wonderful support of our volunteers.

As you can see, we are finalising what we can set up and afford for 2023, so if you are doing a sea change, chasing warmer weather, getting away from Melbourne's traffic or moving to more traffic and an inner city life, can you let us know in writing as soon as possible.

## **DIFFERENTIATED LEARNING**

It is important to recognize that all classes are multi age classes in that the teacher must cater for a range of abilities. This is called differentiation of the curriculum. This means that the teacher must assess your child's ability in English and Mathematics and provide them with learning opportunities which will be appropriate to their level of understanding, but also allow them to be challenged and grow in their learning. This approach happens in 'straight' classes and 'multi age' classes regardless of the age of the child. Therefore, straight or multi age classes makes little difference.

Whether we have multi age classes relates to how the Education Department provides us with funding and set number of buildings based on the total number of students. Based on our current numbers, as mentioned above, it is anticipated that in 2023, our multi age classes will be in the grade 3/4 area.

## **STAFFING**

We are currently going through our staffing for 2023 with some advertised positions just closed and interviewing to occur.

While the Department of Education encourages schools to put staff in ongoing positions as opposed to contracts, it is not always financially prudent to do so.

This is due to fluctuating enrolments where you don't want to have too many staff ongoing at the school for the number of classes that you can run. In that example, it would create an excess which is costly to the schools. Therefore, schools protect themselves by having some staff on contract.

Ongoing positions are highly sought after as a result. Our congratulations go to our Grade 1 teacher, Neshadi Weeratunga who successfully applied for an ongoing position down in Cranbourne, near where she will be living. We're very sorry to lose such a dedicated teacher such as Neshadi but we also understand the importance of having an ongoing position closer to home. Neshadi will finish up with us at the end of this year.

### **WORLD TEACHER'S DAY WE CELEBRATE "TECOMA STAFF DAY"**

Last Friday, whilst it was World Teacher's Day, we celebrated internally as Tecoma Staff Day. It's a day where we take the time to reflect on the job every member of staff does. Collectively, every person that works at Tecoma Primary School has an important role to play and no role is any more important than any other. All staff were on site and we had a lovely lunch all together with no yard duties to drag anyone away!

I want to take the time to publicly thank our wonderful staff for their continued efforts to help TPS improve in all facets of our teaching and learning. The staff go to enormous lengths behind the scenes to ensure that we are catering to all of our students' individual needs, both academically and emotionally. A significant part of this work is done after hours and at home, so it is not always seen by the general public. I can guarantee that the stereotype of 9.00am-3:30pm could not be further from the truth. I am very proud to lead this dedicated and hard working staff and if you do get the chance to drop them a line between now and the end of the year, I'm sure your thanks will go a long way to brightening their day.

### **PREPARING FOR 2023 - WHAT IS STUDENT TRANSITION?**

Student transition involves the programs, processes and opportunities used to support students entering, moving through, and exiting our school. Our transition program supports students transitioning:

- Into school – 'Kinder – Prep' and new student enrolments from P-6
- Through school each year - As students progress through each Year level and
- Exiting the school - Year 6 to Year 7 and accessing special education settings.

### **Why is a transition program important?**

Each student's life experience is different. Our students come from many different backgrounds as well as a variety of family structures. Each child will have developed a range of skills and abilities that form the basis of their positive school experiences and ability to adapt to new situations. Throughout each child's school journey the various stages of transition create periods of change for the child and their family. These periods can be both challenging and exciting. The aim of our transition program is to support each student to make every transition as smooth as possible. It is important to understand that the preparation for each stage of transition starts well before students take their next step and is supported through a combination of special and whole school programs.

### **How are Tecoma P.S students supported through the phases of transition?**

Student transition is most successful when:

- Each student's sense of belonging at school is strong
- Processes are in place to build familiarity and reduce anxiety and students are supported to build their capacity to adapt positively to change.

The key components of our comprehensive transition program are delivered through our curriculum, whole school teaching practices, special programs, parent evenings and meetings.

**Next week, we have our transition week** where children are mixed up into next years level, re-acquainting themselves with friends from other classes. Then on Thursday, they choose 6 friends they would like to be with next year.

The list provided below is not exhaustive but provides further insight into our multi-dimensional transition program.

- Sharing reflections on extra-curricular events to expose our younger students to some of the different activities our older students do (for example camps and excursions and incursions)
- The use of our data tracking COMPASS program to give teachers a clear picture of student progress
- Staff visiting other classes
- Specialised programs
- Kinder – Prep Transition
- December 13th Transition morning where all students meet in their 2023 classes
- Whole school special days and events where students spend time with different teachers, students and in various rooms. (For example Japanese Day, Kidsmatter Days, whole school celebration days and the like...)
- The leadership hour on Thursday where our whole school cross tutors
- Parent Involvement - Information Nights, Science and Invention nights, Art nights, Forums, Welcome to Tecoma Evening / Teacher Interviews and meetings.

Speaking of transition, our Grade 6 students will soon be visiting their new Secondary Colleges with a mix of emotions - perhaps excitement, perhaps a little anxiety?

- These times provide great opportunities for parents to have a family chat about these feelings and how normal they can be. Parents can be strong role models through these times by sharing their experiences in relation to how they overcame their worries as they moved through different phases of their life. Our children look to us for a validation of their thoughts and feelings - many concerns can be put to rest over a family dinner discussion.
- The ability to be resilient during challenging times is a life skill that will be used throughout a child's life. Resilience is the ability to 'bounce back' from life's difficulties. Teaching explicit skills in relation to the development of resilience is part of our "KidsMatter" and "Bounceback" programs. It is vital to help children develop resilience strategies that promote well-being and develop coping mechanisms.
- Andrew Fuller is a clinical psychologist and he describes resilience as "the happy knack of being able to bungy jump through the pitfalls of life – to rise above adversity and obstacles."

### ***Tips for building resilience in children:***

#### **1. Make connections**

Teach children how to make friends and develop empathy. Encourage them to be a friend in order to get friends. At school, watch to make sure that one child is not being isolated. Connecting with people provides social support and strengthens resilience.

#### **2. Teach children to help others**

Children who may feel helpless can be empowered by helping others. Ask for help with a task they can master. At school, brainstorm with children about ways they can help others.

#### **3. Daily routine**

Following a routine can be comforting to children, especially younger children who crave structure in their lives. Encourage children to develop their own routines.

#### **4. Take a break**

Although it is important to stick to routines, endlessly worrying can be counter-productive. Show children how to focus on something besides what's worrying them.

#### **5. Self-care for children**

Teach children the importance of making time to eat properly, groom themselves, exercise and rest. Children need 'down time' to relax, so make sure that not all free time is filled with a scheduled activity.

#### **6. Goals**

Teach children to set reasonable goals and move toward them one step at a time. Moving toward that goal and receiving praise for doing so will focus children on what they have accomplished.

### **7. Nurture a positive self-view**

Help children remember ways that they have successfully handled hardships in the past and how this can help them handle future challenges. Help children learn to trust themselves to solve problems and make appropriate decisions.

### **8. Be optimistic**

Even when children are facing very painful events, help them look at the situation in a broader context. A positive outlook enables children to see the good things in life and keep going even in the hardest times.

### **9. Self-discovery**

Change and tough times are often when children learn the most about themselves. Help children to see that this is a good time to find out “what they are made of.” Change can be scary for young people, help them to see that change is part of life.

### **10. Make home a safe haven**

Home should be a haven, especially as your child matures and encounters more freedoms and choices and looks to home to be a constant, safe and emotionally secure place in his or her life.



### **CHRISTMAS CONCERT**

Please put the date of Wednesday November 30 into your calendars for our Christmas Concert. We are thrilled that we can again host these wonderful community events. More information about this night will be shared with the community over the coming weeks.

We look forward to a great night.

### **STUDENT LEADERSHIP AND CRITERIA**

Our staff have been talking to the Grade 5 children about student leadership positions at our school for 2023. As students move into Grade 6, opportunities for each child to partake in a number of formal and informal leadership roles are expanded.

Our formal leadership roles in 2023 are:

- School Captains
- Sports Captains
- Environment/Kitchen Captains
- Visual Art Captains
- Performing Arts Captains
- Digi Tech Captains
- Wellbeing Captains
- Junior Sport
- Junior School Council
- Student Action Team

Students are nominated by their peers for the role of School Captain. Nominated students are required to write a speech that they present to the rest of the children in Grade 5 along with their teachers and Di Double and myself. Voting takes place by ballot at the completion of the speeches.

The Role of School Captain is set out as follows:

- Represent Tecoma Primary School and its students with distinction
- Lead and organise weekly assemblies
- Respond to requests from Principal and teachers
- Escort visitors around our school with confidence and good manners
- Use initiative to catch up on lessons missed due to representing our school
- Show responsibility to carry out specific jobs once learnt without having to be reminded
- Exhibit the confidence and maturity required to speak in front of a large audience at events. These may include assemblies, impromptu speeches for special visitors and special events.

We will announce the 2023 School Captains in the coming weeks.

## TAKE HOME BOOKS

In talking to our literacy leaders, we are missing a substantial amount of the take home and library books that the children read. Can you please look under the bed, in the car, in bedrooms, in school bags, under the mattress; anywhere that you think might be a likely spot where these books might have disappeared to and send them back to the school so we can continue to re-circulate them.

We do a big buy up of these at the beginning of the year and with budgets tighter next year, we need to maintain the level of resources that we have in the school.

Thanks for your support.

## SCHOOL UNIFORM (INCLUDING HATS)

There has been a significant increase in students attending school without the correct uniform over recent weeks. It is a requirement for all students to be in the correct school uniform, including the school hat. Our uniform shop has a full range of stock on hand you can purchase. Hopefully we can see a return to full uniform next week.

Finally, there is a significant amount of misplaced uniform items currently in the lost property baskets, which are located just outside the staff room in the main building. We ask that all uniform items are named so that if we do pick them up, they can be returned quickly. We encourage families and the students to check the baskets before or after school to see if any of their lost items are there.

## ELECTION DAY SATURDAY NOV 26TH

Saturday November 26<sup>th</sup> is election day and in the past we have run BBQ fundraisers to support the school. We will do this once again as well as a cake stall and a trash and treasure market. See our "Springfest" advertisement for details.

We need volunteers to make this happen. Please come and put your name down on the rosters at the front office if you can assist in any way possible on the day or even the day before in the setting up and pricing of items.

## MOBILE PHONE POLICY

A reminder that any students with a need to bring a mobile phone to school must hand these to teachers each day for secure storage. Thank you for reviewing the need for your children to have devices (including smart watches) at school, and for discussing our policy with your children:

<https://tecomaps.vic.edu.au/wp-content/uploads/2022/08/Mobile-Phones-Student-Use-Policy.pdf>



## REMEMBRANCE DAY

On Friday, 11th November students and staff will commemorate Remembrance Day which is a significant day in Australia. Remembrance Day commemorates the noble sacrifices of armed forces and civilians during times of war. At the 11th hour of the 11th day of the 11th month, one minute's silence is observed across the country to mark the end of hostilities on the Western front during WW1 after four years of warfare.

**Poppies are available from the office with all proceeds going to the RSL.**

## PUPIL FREE DAYS THIS TERM AND THE BEGINNING OF 2023

As mentioned in the last newsletter of Term 3, we let parents know that we have two days this term remaining to be utilised as pupil free days. These are the remaining 2 of the 4 curriculum days allocated per year.

- Pupil free day on Monday December 19th
- Pupil free day on Tuesday December 20th

**The final day of 2022 for all children is Friday December 16 with our final assembly and farewell to our Grade 6 children from 2:30-3:30PM that day.**

Next year, we start with:

- Pupil free day to start the year on Friday January 27th, 2023.
- Children in Grade 1-6 start on Monday January 30th, 2023
- Prep children start on Tuesday January 31st, 2023.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Jan 23 Admin staff return	24	25 Office open	26 Australia Day Holiday	27 <b>Staff return</b> Curric Day #1	28
29 <b>WORKING BEE 4-7PM</b>	Jan 30 All Grade 1-6 students return. 9:00AM-3:30PM	31 Preps start 9:30AM-1:00PM	29 No Preps. (students booked in for assessments)	30 All students 9:00PM-3:30PM	31	1
2	3	4	5 No Preps (students booked in for assessments)	6	7	8

**Please put all this in your calendar.**

See you around the school.

Rohan Thompson  
**Principal**

## Divisional Volleyball

### Tecoma's Girls Divisional Volleyball

On October the 8th, four spectacular and unstoppable volleyball teams participated in the divisional level. Our two girls teams played three amazing matches against other schools. We put up a good fight and it was close throughout, but in the end, we came out on top and made it to the grand finale. Both Tecoma girl teams competed against each other. It was very exciting because whoever won made it to the next round. Both teams were very respectful and humble over the game. The game was super intriguing and was a nail biting match. Overall, it was an awesome day and a great experience. Everyone played very well and congratulations to everyone who made it to the next round.

By Lucy H (one of the participating players)



## ***REGIONAL VOLLEYBALL***

Congratulations to our 16 grade 6 students who proudly represented Tecoma at the SSV Regional Volleyball Championships last week. Both our girls and boys teams played 3 games of volleyball against the best schools in the eastern metro region. Both teams had wins during the day



however we did not make the finals. Tecoma had two teams compete in the Regional Volleyball Tournament.

The teams played three games each at the Maroondah Nets Stadium. Sadly neither of our volleyball teams made it to State. Every player tried their personal best and they all played extremely well. We would like to thank the parents for driving the students to and from the Stadium and

a huge thank you to Mrs. Cumming and Mrs. Smith for training the students and making this day possible. It was a tough day of competition and yet again Tecoma students you have done us all proud with your good sportsmanship and resilience throughout the day.

Willow F.

## **School Sports Victoria Eastern Region Athletics Championships**

Congratulations to Jack B, Mason B, Sienna B, Maeve B, Niam C, Mya C, James D, Mason E, Amelie G, Oscar G, Leo G, James H, Cleo J-B, Emily J, Kade L, Tori L, Ella M, Ava M, Heath S, Dominique S, Jasper T-T, Ry T, Ollie D, Josie W and Isla Y, who all participated in the School Sports Victoria (SSV) Regional Athletics Carnival on Thursday 20th October at the Tom Kelly Aths Track in Doncaster. All students participated to a very high standard and represented Tecoma proudly. Mason E placed 2nd in long jump. Well done to all our fabulous athletes.

Go Tecoma!





# STUDENT OF THE WEEK



GRADE	NAME	REASON
Prep K	Raphael E	Well done Raph, on your excellent reading this week! You have flown through reading levels since beginning Term 4, exercising your skills with a range of both fiction and non-fiction texts. You should be so proud of your achievements!
Prep P	Leo V	For being such a fabulous mathematician and answering some very hard maths questions. It's great to see how much you love Maths Leo.
Prep Y	Emmett S	Emmett, I am loving seeing how much growth you have achieved in all areas of Literacy this Term! You are flying through your Writers Words List and Reading levels, and the detail in your writing is really beginning to pop. Well done!
1W	Bonnie E	For writing an exquisite piece of work during our narrative sessions. Bonnie, you included bold words, a problem and resolution to your story. You clearly used your brainstorming to create a cohesive and creative piece of writing! I was amazed how much thought was put into your polished copy. Keep up the amazing work that you are doing!
2L	Zarli B	Zarli wrote a wonderful narrative about Coco the Koala. She included vivid verbs and edited her work to add adjectives, correct spelling and punctuation. I enjoyed reading Coco's adventures. Well done Zarli.
2W	Lexi T	Lexi has been completing some great work in Maths. She moved up a level in the Times Tables Challenge and then was able to explain to the class how to divide a shape or array into fractions such as $\frac{2}{3}$ rd or $\frac{4}{8}$ th in the other session. Love your work Lexi :)
3H	Johnny W	Johnny has been working hard during writing lessons over the last few weeks. He has planned, researched, drafted, revised and edited a wonderful narrative. Well done Johnny, keep up the great work!
3NP	Hayden P	Thank you to Hayden for being such a caring class member. He is always the first to his classmates side when they need a friend. It is wonderful to see how empathetic and kind hearted you can be Hayden. Keep it up!
3W		The class set a goal in the second last week of October. They wanted to achieve an ambitious, 3 full 'R' Bars in one week in order to play a mega game of capture the flag. All members of the class contributed, consistently showing the school values throughout the week and the goal was achieved by Thursday! The class was full of rich learning, respectful interactions and students who were willing to take on challenges. You should be incredibly proud of your efforts! Well done 'Dream Team'.
4B	Eva H	Eva is a very respectful member of 4B. She is often the first person to offer her assistance to others and has such a genuine care for her classmates. Eva regularly asks me if there's anything she can do to help, which is very helpful in the classroom! Keep up the great work Eva!
4D	Emily J	Thank you Emily for being a kind, caring, empathetic and respectful member of our class. Emily has enjoyed our buddy sessions so far and is a wonderful role model to our Tecoma Preschool friends. Congratulations Emily. Keep it up!!



# STUDENT OF THE WEEK



GRADE	NAME	REASON
4R	Holly P	Holly has displayed this value throughout the term by not giving up when a learning task seems to be too challenging. She has shown perseverance when solving vertical multiplication problems and has worked diligently during our narrative writing sessions. Keep up the terrific effort Holly!
6F	Oliver E	Oliver did a great job when preparing for our dream bedroom project. He measured his room, worked out the perimeter, area and volume and drew a scaled version all before we began! This made the introduction to the project clear cut for Ollie - great work!
6G	Amelie G	Amelie, you could be the student of the week every week. You are kind hearted and respectful to your classmates and are always willing to help a friend. It is also lovely to see your fair play during sport sessions. Keep it up!
6S	Daisy T	Well done on creating such an interesting and engaging story during our recent crime narrative writing piece. I couldn't put it down and I loved the twist at the end! I hope to read more of your creative writing in future.
6S	Ella M	Ella, you should be proud of how you always display the school value of resilience. You move forward from any setback that comes your way and keep persevering. You have a great ability to see the positives in difficult situations and keep trying. Well done.
Japanese	Hunter B	Hunter-kun demonstrated his excellent research skills to write his greeting card entirely in Japanese earlier last month. Fantastic effort!



**Woolworths CRICKET BLAST**

## HAVE A BLAST

Get into Woolworths Cricket Blast  
It's a fun and active program for kids of all abilities, whether it's your first time with a bat or you're a backyard Cricket star!

Start Nov 11 @ 5:30pm Upwey Tecoma Cricket Club, Chosen Ave, Upwey  
Queries - Chris Jewell 0421 579 599



JOIN YOUR NEAREST CLUB  
Play Cricket

PROUDLY PRESENTED BY Woolworths



## Dads Den

### Modern Day Parenting Workshop

**NEW DATES**  
Wednesday  
16th November  
and  
30th November  
7pm-9pm

\*This workshop runs over 2 sessions

Japara Neighbourhood House  
54-58 Durham Rd, Kilsyth



Dad's, Step Dads, Grand Dad's and father figures of children 0-8 years, are invited to a FREE interactive workshop supporting and strengthening your role as a father/carer, building positive relationships with your child and exploring the important role a Dad has in their child's life:

- Tools to further connect with your child.
- Partnership of parenting.
- Supporting your child's development and play.
- Talking, sharing and developing trust.
- Services and supports for Dad's and male carers.
- Meet some other great Dads!

Please note -  
Due to the conversation content this workshop is for adults only, children cannot be accommodated for.

To register visit: <https://www.trybooking.com/CDLRE>  
or contact Michelle Lehmann at Yarra Ranges Council on  
9294 6207 / m.lehmann@yarraranges.vic.gov.au







Yarra Ranges Council is a Child Safe Organisation



**TECOMA PRIMARY SCHOOL**

# **SPRINGFEST!!**

**SATURDAY 26th NOVEMBER 2022**

## **TRASH & TREASURE STALL WE NEED YOUR DONATIONS!**

All Donations accepted from Wednesday 2 Nov.

**ANY OF THE FOLLOWING:**

### **YES :-)**

- Homewares
- Toys
- Games
- Tools
- Collectables
- Camping Gear
- Sports Equipment
- Furniture
- Retro/Vintage Items

### **NO :-)**

- Stuffed Toys
  - Books
  - Clothes
  - Electronics
- (Unless tag & tested)*



**BAKERS NEEDED FOR THE  
CAKE STALL. VOLUNTEERS  
NEEDED FOR THE BBQ.  
PLEASE LET THE OFFICE  
KNOW IF YOU CAN ASSIST.**



## **PLANT STALL**

**WE NEED YOUR DONATIONS!**

**Plants & Seedlings**

All Donations accepted from Wednesday 2 Nov.



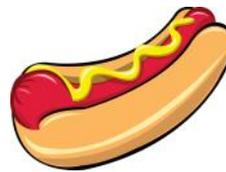
# UNIFORM SHOP HOURS...

**Mondays: 9.00am—9.30am**

**Thursdays: 9.00am—9.30am  
&  
3.00pm—3.30pm**

If you are unable to visit during these times you can place your orders through the Qkr! App.

Also, feel free to come in for second hand uniform. Cash is preferred for second hand items as this goes towards our chook food and the vegetable garden. Thank you.



## LUNCH ORDERS

**Wednesday's & Friday's**

Orders must be done through the Qkr! App by 9pm the night before!  
Thank you.



# PARAGON SUPERHEROES

Superheroes use their powers to help other people, not for their own personal gain. Superheroes change the world and achieve the impossible.

Join us for Superhero karate training! We offer classes for all ages, from 3 years up.

2 FREE TRIAL CLASSES

Our school aged superheroes learn that anything is possible through developing confidence, resilience, respect for themselves and others, self defence and so much more!

COVID SAFE SPACE

Call us now to book your free trial classes.

Class caps apply - get in quick to avoid disappointment.

9754 5445 WALTER STREET TECOMA

[www.mykarateschool.com.au](http://www.mykarateschool.com.au)

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