

## Newsletter #15 16 October

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Navigating our Newsletter

If you're looking for an easy way to find relevant information and sections in our newsletter, try using the navigation button in the bottom right of your screen.

Simply select the section you would like and away you go!

#### **Diary Dates**

#### Wednesday October 15 - Friday October 17

Year 5 Camp - Sovereign Hill

#### Friday October 17

Big Green School's Conference

Whole School Assembly 2:45pm

#### **Monday October 20**

Year 2 Butterfly Adventures Incursion

#### **Tuesday October 21**

Year 6 Graduation Photo

#### **Wednesday October 22**

2026 Foundation - Classroom Activity Session 9:30am - 10:30am

**Regional Athletics** 

#### **Thursday October 23**

Year 1 Wildlife Xposure Incursion

Mixed Cricket Finals

#### Friday October 24

Inter School Sports Patto

#### **Saturday October 25**

70s and 80s School Trivia Quiz Fundraiser 7:00-10:00pm

#### **Tuesday October 28**

Year 4 Inquisitive Kids Science Incursion

#### **Wednesday October 29**

2026 Foundation - Classroom Activity Session 9:30am - 10:30am

#### Friday October 31

**Inter School Sports Patto** 

Whole School Assembly 2:45pm

#### **Monday November 3**

Pupil Free Day - No Students at School Today

#### **Tuesday November 4**

Melbourne Cup Public holiday

#### **Thursday November 6**

Year 6 Chemistry Chaos Incursion

#### **Friday November 7**

**Environment Leaders Coastal Catchments Workshop** 

**Inter School Sports Patto** 

#### **Wednesday November 12**

Crazy Hair Day

#### **Friday November 14**

Inter School Sports Patto

Whole School Assembly 2:45pm

#### Friday November 21

**Inter School Sports Patto** 

#### **Monday November 24**

Pupil Free Day - No Students at School Today

**Friday November 28** 

Year 2 Melbourne Zoo Excursion

Whole School Assembly 2:45pm

**Inter School Sports Patto** 

**Tuesday December 2** 

**Environment Leaders Dolphin Swim** 

**Thursday December 4** 

2026 Foundation - Information Evening

**Tuesday December 9** 

Orientation Day

**Friday December 12** 

Whole School Assembly 2:45pm

**Monday December 15** 

Roy Dore Fun Day

**Wednesday December 17** 

2025 Foundation Graduation

Foundation and Year 1 Carp Christmas Show

**Thursday December 18** 

Year 6 Graduation

**Friday December 19** 

Whole School Assembly 1:00pm

Last Day Term 4 − 1:30pm Finish

## **Principal's Report**

Welcome back to the final term of the year! It is amazing how quickly the year is flying by!









### **THUNDERSTORM ASTHMA** - be prepared this pollen season.

Grass pollen season, which typically runs from October to December each year in Victoria, brings an increase in asthma and hay fever symptoms. It also increases the risk of thunderstorm asthma. For people with asthma or hay fever, especially those who experience wheezing or coughing with their hay fever, thunderstorm asthma can be sudden, serious and even life threatening.

Patterson Lakes Primary School will implement a range of measures to keep our school community safe as the risk of thunderstorm asthma increases. Many of our staff are trained in asthma first aid. We will monitor the VicEmergency app to receive thunderstorm warnings and, where appropriate, keep students indoors when weather forecasts identify greater risk.

It also increases the risk of thunderstorm asthma.

During the season, there are some things you can do to prepare and protect yourself and your family:

- If your child has ever had asthma, talk to your doctor about what you can do to help protect them from the risk of thunderstorm asthma this pollen season, including updating your asthma action plan. Taking an asthma preventer properly and regularly is key to preventing asthma, including thunderstorm asthma.
- If your child has hay fever, see your pharmacist or doctor for a hay fever treatment plan and check if you should have an asthma reliever puffer. These are available from a pharmacy without a prescription.
- If your child has hay fever and experiences wheezing and coughing, it is important to make sure they don't also have asthma. Speak to your doctor about an asthma action plan.
- Where possible, avoid being outside during thunderstorms from October to December, especially during the wind gusts that come before the storm. Go inside and close your doors and windows. If you have your air conditioning on, turn it to 'recirculate'.

Protect yourself this pollen season – managing asthma and allergies matters. Find out more For more information, speak to your doctor. You can also refer to the Better Health Channel website.

#### DYSI FXIA ADHD AWARENESS MONTH

Celebrate and support diverse learners October 2025 is Dyslexia Awareness Month and ADHD Awareness Month and 17 October is Developmental Language Disorder Day. It's a great opportunity to learn more about these conditions and how we can support diverse learners in school and at home.

#### About diverse learners

Diverse learners include students with characteristics of attention deficit hyperactivity disorder (ADHD), autism, developmental language disorder (DLD) and learning difficulties such as dyslexia.

Our school is committed to inclusive education where all learners are supported by evidenced-based teaching practices, which are essential for diverse learners.

#### Diverse Learners Hub

The Department of Education's Diverse Learners Hub provides evidence-based guidance and resources for teachers and families on how to support diverse learners.

The hub's website includes: .

- · information about supporting students with language difficulties, including DLD
- information for parents about learning difficulties, including dyslexia

Resources developed by the department's partner, Monash University's AllPlay Learn team, including:

- parent resources
- why some children have trouble sitting or staying focused
- primary students with ADHD
- secondary students with ADHD.

#### PREVENTING AND ADDRESSING RACISM IN SCHOOLS POLICY

Racism is not tolerated at Patterson Lakes Primary School. The school is committed to fostering a welcoming, inclusive environment where racism is not tolerated. Racism harms students' mental health, learning and sense of belonging. We celebrate the diversity of cultures, ethnicities and faiths of all our students. It is up to all of us at Patterson Lakes Primary School to make our school a place that is free of racism and where everyone feels respected and can learn in a safe and inclusive environment.

What Patterson Lakes Primary School is doing to prevent racism

Patterson Lakes Primary School follows the Department of Education's <u>Preventing and Addressing Racism in Schools Policy</u>. We are building a culturally safe school with inclusive learning for everyone by working with staff, students, families, carers and communities. We will:

- provide programs that teach about and celebrate diversity, inclusion and the impact of racism to build understanding and empathy
- use practices that support all students to thrive
- implement anti-racism efforts to prevent and address racism effectively
- make sure everyone feels safe, with clear and accessible pathways to report racism

#### What to do if your child experiences or witnesses racism at school

If your child experiences or witnesses racism or religious discrimination at school, please let us know. You can tell your child's teacher or any of the Principal Class members.

If you don't feel comfortable reporting racism to school, or you are not happy with the school's response, you can report racism to:

- the Department of Education's Report Racism hotline via email report.racism@education.vic.gov.au or phone 1800 722 476 (Monday to Friday, 9am to 5pm)
- <u>Victorian Aboriginal Education Association Inc.</u> (VAEAI) via email <u>vaeai@vaeai.org.au</u> or phone 03 9481 0800 (Monday to Friday, 9am to 5pm)
- Victorian Equal Opportunity and Human Rights Commission (VEOHRC) <u>online</u>, via email <u>complaints@veohrc.vic.gov.au</u> or phone 1300 292 153 (Monday to Friday 10am to 2pm).

For additional support following an incident of racism:

- First Nations students, staff or families can contact <u>Victorian Aboriginal Education</u>
   <u>Association Inc.</u> (VAEAI)
- Jewish students, staff or families can contact the <u>Jewish Community Council of Victoria</u>
- Muslim students, staff or families can contact the <u>Islamic Council of Victoria</u>

For more information about how to report racism to the school, and to get information in community languages, visit this website: Report racism or religious discrimination in schools.

If you need an interpreter to call the school, please use the details available at: <u>Guide for</u> Families: How to use an interpreter to contact your school.

How Patterson Lakes Primary School will respond to racism

When you report a racist incident, Patterson Lakes Primary School will:

- take your report seriously and act quickly
- give you ongoing support
- investigate and respond safely and appropriately
- keep you informed, while respecting privacy
- review the incident to help avoid it from happening again.

#### STUDENT OF THE WEEK AWARDS

Congratulations to the following students who won our 'Student of the Week' awards for Term 3 Week 9 and Term 4 Week 1 and Week 2. Students will receive their certificates at the next assembly on Friday October 17th. Keep up the terrific work everyone!

#### Term 3 Week Nine

Foundation A Ruby S for trying so hard with her writing and reading. Well done, Ruby!

Foundation C Isabella S for being a responsible member of our class and an enthusiastic learner in all curriculum areas. Fantastic effort, Isabella!

Foundation D Eliza C for coming to school every day with an enthusiastic attitude. I love how much you enjoy learning, Eliza!

- 1A Alexander D for showing excellence when on the mat for whole class instruction.
- 1B Scarlet A for contributing to whole class discussions during Maths. It's so great to see your confidence grow Scarlet! Well done!
- 1C Nadine A for demonstrating our school values every day, no matter what. Thank you for your efforts Nadine. You should be very proud of yourself!
- 2A Chase F for bringing so much enthusiasm and positivity to every activity.
- 2B Riley L for showing determination with his Maths equations involving trading. Great effort, Riley!
- 2C Zara Bell for achieving over 125 nights of reading so far this year. Best effort in our class! Amazing!
- 3B Isabella F for your work on fractions, decimals and percentages. You tried really hard and did a great job. Well done!

5A Isla D for always being respectful towards your peers and exploring your creative outlet in your presentation of work. Continue to blossom in Term 4.

5D Yvonne T for being a diligent and quiet achiever. Well done, Yvonne!

6A Lewis B for an outstanding effort in Term 3 and demonstrating our school values every day. Well done, Lewis!

6C Tess T for working hard in all subjects and striving to achieve your best in all that you do.

#### Term Four Week One

Foundation A Liam B for his eagerness and love of reading. Well done, Liam!

Foundation C Enzo F for returning to school with a positive attitude to learning. I'm very proud of you Enzo!

Foundation D Zoe O for her amazing effort and positive start to Term 4. Keep up the great work, Zoe!

1A Elouise P for showing integrity when responding to teacher instruction. Well done, Ellie!

1B Darcy S for the enthusiasm you have shown towards your learning in your first week back. It is wonderful to see how curious you are with every topic. Well done, Darcy!

1C Hudson M for consistently contributing to class discussions and enthusiastically answering questions. Well done, Hudson!

2A Ava D for always offering to lend a hand to her teachers and peers. Thank you, Ava!

2B Zali L for the use of detailed and descriptive language in her holiday recount writing. An awesome effort, Zali!

2C Paige B for the lovely fluency and expression you are developing when reading aloud.

3A Charlotte S for always being an excellent student who upholds the school values of Integrity, Excellence and Respect. Well done, Charlotte.

3B Melody C for the progress you have made this year. You amaze me every day! Keep shining, Melody.

3C Rilee H for having a positive attitude in class and showing amazing improvement in her work efforts.

4A Noah M for confidently sharing your singing talent in Red Faces! Your enthusiasm and passion for music brought everyone together in a fun, unforgettable sing-along.

4B Riley B for your steady commitment, positivity and kindness in everything you do. You showed wonderful friendship and teamwork on camp, especially in helping your friend shine during the Red Faces performance.

4C Adrian B for demonstrating a great mix of competitiveness, strategy and fun throughout the camp challenges. Your enthusiasm shone through, especially during the funny canoeing games!

5A Milena K for settling in so well and showing that you take pride and care in your work. I look forward to seeing what else you bring to this term. We are so happy for you to join our class in 5A. Well done on a great start, Mimi!

5C Zoe A - I for bringing a positive, kind and supportive attitude into the classroom every day.

5D Joel S for being an empathetic, kind and caring friend. You are a gem, Joel!

6A Chloe S for the enthusiasm, energy and effort you bring to class every day.

6B Archie C for your energy and enthusiasm on a consistent level to improve your performance.

6C Hazel M for your excellent work and effort in all subjects, especially numeracy.

#### Term Four Week Two

Foundation A Oaklan E for always presenting his work beautifully and having neat handwriting. Well done, Oaklan!

Foundation B Archie P for showing resilience and persistence in all your learning.

Foundation C Oscar W - G for stepping out of his comfort zone and shining on stage at the school concert. I'm very proud of you, Oscar!

Foundation D Lenny H for always being a supportive friend to everyone in our class. Well done, Lenny!

1A Bradley S for showing our school values every day. You are a valued member of our 1A team.

1B Thomas M for always putting your best effort into your work and looking for ways to challenge yourself. Well done, Thomas!

1C Ethan G for listening well during instructions and increasing your efforts to demonstrate excellence within the classroom.

2A Izaac N for listening attentively to instructions and always completing tasks on time. Keep up the great work, Izaac!

2B Kai M for your interesting information texts on Butterflies. A fantastic effort, Kai!

2C Charlotte S for your great work in Maths and understanding quarters and eighths.

3A Lenny I for always being a lovely class member who gets along well with all of his peers. You are a star, Lenny!

3B Luca B for consistently putting a smile on everyone's face. The ability to make people laugh is a wonderful trait!

3C Harrison E for giving every task 100% and showing a positive attitude at school.

4B Levi G for your amazing solo performance in the school concert. You absolutely rocked that song, singing with emotion, confidence and heart. What a moment to remember!

5A Irena R for a great start to Term 4. You are such a focused and respectful learner in class. You continue to amaze me with your spelling and reading skills. Keep it up!

5C Olivia S for always being an engaged and calming influence in our classroom.

6A Vienn S for always being a dedicated learner and for your outstanding immigration project. Well done!

6B Lexi F for being the school concert CHAMPION.

6C Payton C for always being a dedicated learner and for your outstanding immigration project. Well done!

#### HAPPY BIRTHDAY



## Happy Birthday to the following students who are celebrating their birthdays over the next couple of weeks

18 October	
Harper B	
Mae C	
Sommer E	
Cody M	
20 October	
Jax M	
Levi H	
Zac E	
Alexander B	
21 October	
Bobby J	
Jonathan G	
22 October	
Brooklyn C	
23 October	
Elyssa R	

Marnie H	
25 October	
Sage V A	
Alisha M	
26 October	
Izaac N	
Zac D	
Austin S	
Chelsea W	
27 October	
Alanna D	
29 October	
Ruby S	
Isaac O	
30 October	
Liam S	

24 October

## PLPS 70's & 80's Trivia Night - 🥬 Book Now – Trivia Night!



#### Save the Date: Saturday, 25th of October 7-10pm

Please keep the date for families and friends to make up a table for our major fundraiser of the year. Come and get a table together in the school gym for only \$20 a head and create your favourite 70s or 80s icons or wear the fashion of the day to build the atmosphere. Not only will there be prizes for the best dressed and winning tables, but lots of other competitions and fun to be had including the auction of some great sporting memorabilia.

Our Fundraising Team is seeking donations of vouchers or goods to help create raffle hamper prizes. Your generosity will be greatly appreciated, and as a thank you, we will acknowledge and promote your business in our school newsletter.

If you are able to contribute, please contact Mark Koppens at mark.koppens@education.vic.gov.au or on 0457 532 492.

Join us for a fun-filled Trivia Night on Saturday, 25th October from 7:00pm to 10:00pm at the School Hall.

With under three weeks to go, we invite all families and friends to come along for a fantastic night out – just \$20 per person or gather your crew and book a table of 10 for \$200!

Press-Up Theme: '70s and '80s

Come dressed in your grooviest or raddest retro gear! There will be prizes for best dressed and winning trivia tables.

- What's on the night?
- Trivia fun and games
- Coin toss competition
- Silent auction featuring amazing memorabilia
- A chance to bid on a "Weekend with a Mustang"
- Great laughs and community spirit!

All funds raised will go towards building our the next stage of the rubber surfacing for the Junior Playground.

Don't miss out – book your tickets now!

https://www.trybooking.com/DGJIV

## Talented Artist Award September and October







Respectful Relationships

## TALENTED ARTIST

This is to certify that

# Adrian Shahidipour 1B

has received this award at Patterson Lakes Primary School



## For

sewing beautifully with neat, evenly spaced stitches of the same size. For creating a lovely, colour-coordinated, embellished pouch and for constructing a fabulous, cute felt dog. Fabulous work!

Date: September 2025 Teacher: Mrs Munnikhuis

**Principal: Mrs Mayes** 









Respectful Relationships

## TALENTED ARTIST

This is to certify that

Lexi Clark 2B

has received this award at Patterson Lakes Primary School



## For

sewing beautifully with neat, evenly spaced stitches of the same size. For creating a lovely, colour-coordinated, embellished pouch and for constructing a fabulous, cute felt dog. Fabulous work!

**Date: October** 

**Teacher: Mrs Munnikhuis** 

**Principal: Mrs Mayes** 



#### **Year 4 Bayview Adventure Camp**

In Week 1 of Term 4, our Year 4 students set off for an unforgettable three-day adventure at Bayview Adventure Camp in Grantville, nestled in a beautiful bush setting overlooking the bay. From the moment we arrived, the students' enthusiasm, teamwork, and positive energy filled the camp.

Over three action-packed days, they took on archery, canoeing (with plenty of fun and games on the water), and spent time with the friendly farm animals—including alpacas, sheep, ponies, guinea fowl, pigs and goats. The Amazing Race brought out incredible leadership, problemsolving and team spirit, while the evenings were filled with laughter and community during the night walk, campfire songs, and a hilarious Red Faces talent show.

A special thank you to our wonderful parent helpers Emma Danckert, Tim Burgdorf, and Karina Hewitt for their support, good humour and energy throughout the camp. Everyone had an unforgettable experience, and I would do it again. It was a truly *memorable experience!* 



Camp taught me not to be too serious and have fun. Everyone had an unforgettable experience, and I would do it again. (Emma Hall)



I loved the experience of teaming up with friends for canoeing. While paddling fast to escape from Riley and Marcus, I accidently splashed Zara and she was drenched! (Ruby Livingstone)



Even though we couldn't watch a movie, it turned out to be great because we went on a long night walk and then we got to have an awesome campfire with singing. I learned Noah is a talented singer. (Malik Abdoul-Whab)



When you're swinging on the giant swing you feel afraid but you learn to overcome it and feel excitement as the fresh wind blows through your hair. (Madeline Kruse)





In my cabin was Jobe, Lachie, Riley and Lincoln. It was 49% talking, 50% Mr Clohesy and 1% sleep. Camp rule #67 never trust Jobe or I when we say we're going to be quiet. (Tim Nguyen)

#### **Division Athletics**

Congratulations to our team for competing in the Division finals on Thursday the 9th of October. And an extra CONGRATULATIONS to Hamarni Jakusic for winning her event and making the regional finals.



















### **Foundation Myuna Farm Excursion**

To celebrate the start of our new Inquiry topic 'All Creatures Great and Small', the Foundation students and teachers headed up to Myuna Farm for an excursion. The students had lots of fun milking goats, feeding and patting the animals, and having a train ride. Special thank you to all the parent helpers that came along on the day. It was a wonderful day out!





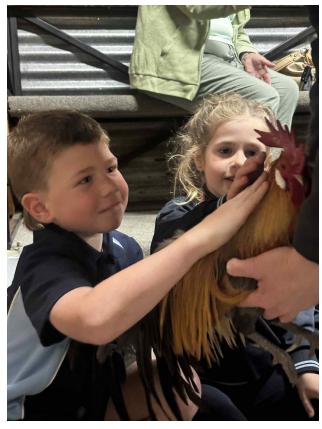


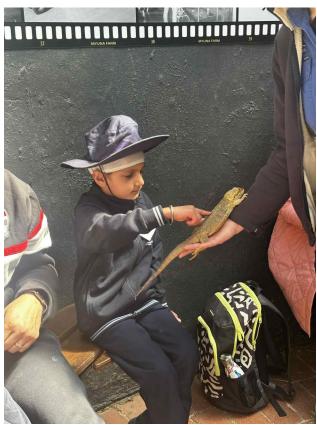




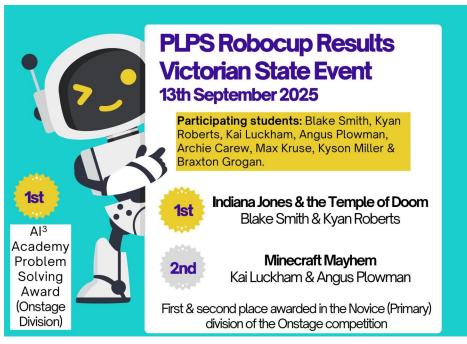








#### **PLPS Robocup Results Victorian State 2025**





Well done all students for representing our school so well!

#### Girls' Division Basketball Finals

Congratulations to our Senior Girls for making it to the Girls' Division Basketball Finals held on Tuesday 14th October at Jubilee Park Stadium. The effort, attitude and camaraderie was on display for all three games and we were just so proud of the cohort, despite the result. Thanks to the parents who came and supported us, and especially to Zali and Stacey Black, and Adam Dowling for their help with scoring, managing the troops and bringing the tops for the event!

















# **Year 6 Immigration Project**

In Term 3, Year 6 students researched an ancestor as part of the topic on Immigration. They conducted interviews, wrote a biography and used artefacts such as photos and family mementos, to present an amazing expo which showcased their fantastic projects.







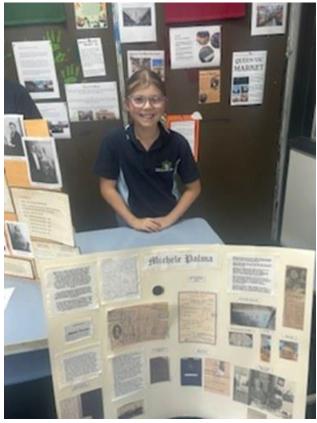
















# Footy Day



























#### TheirCare Newsletter



Patterson Lakes TheirCare

TERM 4

# **⇒ NEWSLETTER €**

October 2025

#### It's October, what a month!

Welcome to term 4!

We had an absolute blast over holiday program. The children really enjoyed going on rides at Luna Park and learning about out marine ecosystems at Ricketts Point. In service our highlight was definitely the animal incursion where the children got up and close to numerous Australian animals. Our hidden gem kits were also a massive hit, the children loved digging out and washing their own gems and discovering their names.





This week we are launching our first TC Titan program! These fun and engaging programs developed by expert coaches, led by our TheirCare staff. at no added cost to families.



On Friday afternoons for the next 5 weeks, we will be participating in a dance program. Each session we will focus on different dances. This week we will be exploring classics such as the Macarena and the Cha Cha Slide. Our final week will give the children an opportunity to perform in a mini concert.

# National Fairy Bread Day

#### Monday 24th November

Join us for a classic Aussie treat-fairy bread! But it's about more than just sprinkles and smiles. National Fairy Bread Day helps raise awareness and support for kids in need through important charities like The Salvation Army, Foodbank, and The Pyjama Foundation, which we support through our WeCare program.

Book into After School Care on Monday 24<sup>th</sup> November to enjoy some tasty fairy bread while supporting a great cause—one slice at a time!







#### **CONTACT SERVICE:**

0447 752 950

pattersonlakes@theircare.com.au

TC HEAD OFFICE:

1300 072 410

info@theircare.com.au

www.theircare.com.au









#### **Sunsmart**



As we approach spring and UV levels begin to rise, a reminder that all students must now wear school hats during any time spent outside.

Students are required to wear their hats during all outdoor activities from this week until **Thursday, 30 April 2026**. When UV levels reach 3 or above, it is strongly recommended that students wear hats and apply sunscreen to protect against sun exposure.

You can check daily local sun protection times using the **SunSmart widget** on the school's website, the **free SunSmart app**, or by visiting **sunsmart.com.au**.

School hats can be purchased through our uniform supplier, PWS in Carrum Downs.

Thank you for your support in helping keep our students sun-safe.

### **Spanish Corner**



# TK Tuckshop - Monday, Tuesday & Wednesday

Lunch orders will be available every **Monday, Tuesday** and **Wednesday** through TK Tuckshop and of course we will be continuing with our Subway lunch orders each Friday through Canteen Hub.

Simply order by 8am on the day via the app (except for Sushi which needs to be ordered the day prior by 10pm for preparation) and the food will be delivered approx. 11am just prior to our lunch break at 11.30am

# Canteen Hub - Subway Fridays





#### **GETTING READY TO PLACE** YOUR FIRST ORDER

- Create a new profile at canteenhub.com.au/registercustomer
- Add Profile: Set up children or yourself under the Profiles
- Search for your school via postcode or name
- 4 Select your class
- Head to Order Now
- 6 Select the person you are ordering for
- Select items from the approved menu & finalise your order
- To place orders for multiple people. You will be asked when you finalise your first order if you would like to place another order for another profile (person)
  - help@canteenhub.com

anteenhub.com.au

## **Orange Tree Music**



Music lessons at Patterson Lakes PS:

PIANO, GUITAR, UKULELE, VIOLIN, DRUM and VOICE

Lessons are offered during and after school hours with Orange Tree Music.

Lessons are \$44 for half an hour (private lessons) or \$18 for group lessons.

\*\*all instruments are available for hire

Simply enrol using the link:

https://www.cognitoforms.com/OrangeTreeMusic/OrangeTreeMusicStudentEnrolmentForm

If you have any questions call Carol on 0411 402 102

# **Community Organisation Ads**





## Carrum SLSC 2025/2026 Nippers

Age Groups Under 6 - Under 13
Sunday 16 Nov 2025-Sunday 1 Mar 2026
(Incl. breaks for holiday periods)
Competition Training Available
Age and Skill Dependant

#### Learn skills in:

- Surf and beach awareness
- . Wading and Beach Running
- . Swimming (Age group dependant)
- Board Paddling (Age group dependant)
  Games

Registrations and Expressions of Interest Email interest: <u>info@carrumslsc.com</u>











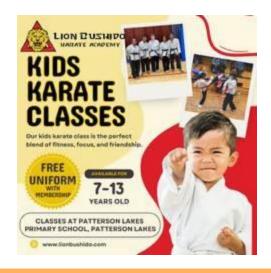
# TERM 4 BOOKINGS AVAILABLE FOR KIDS AND ADULTS

**HOLIDAY PROGRAM** 

FREE TRIAL

WWW.CHELSEAHEIGHTSTENNISACADEMY.COM.AU







# African Drumming Workshop

Sorry -it's just for kids



Get ready to move, groove, and feel the rhythm as we celebrate Children's Week with an exciting African drumming experience for kids of all ages!

Date: Friday, October 24 Time: 5:00 PM – 6:00 PM

Cost: \$5 per child Bookings Essential

Longbeach Learning and Activity Centre

15 Chelsea Road, Chelsea

reception@longbeachcentre.org.au 9778 1386



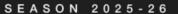














# 

## Have fun and make new friends

Participating in athletics is a great way to spend time with your friends, achieve your personal best together, and have fun along the way!



# **Seaford Little Athletics**

Register today seaford@lavic.com.au





# COMMUNITATION OF THE PARTY OF T

Join our community and experience the joy of athletics!



seaford@lavic.com.au

Seaford Little Athletics



GET IN TOUCH TODAY FOR A 7 DAY FREE TRIAL!

COMPLETEGROUPFITNESS.COM.AU Contact@completegroupfitness.com.au Facebook.com/completegroupfitness 0403 228 697