DEPUTY PRINCIPAL’S REPORT

Dear Parents,

Someone was smiling upon us last week as we managed to go ahead with many of our outdoor activities including our Year 1 excursion to the wildflower garden, the 7-a-side rugby day and our Sport-a-thon on Thursday. Luckily we narrowly avoided the heavy showers and had a wonderful week of fun and learning, both inside and out.

Sport-a-thon
The school was awash with colour on Thursday, with many excited ‘athletes’ ready to have some fun and get physical in the sport-a-thon challenge. The students rotated through a number of sporty activities, earning points for their performance, participation and behaviour around the circuit. Some results from the day include 2BG winning the overall points score in K-2, 1JB winning the best dressed class in K-2 and in 3-6, South Africa winning the overall points score. Fiji was the best dressed team in 3-6 as well as some students from other teams selected for their fantastic fancy dress. Many thanks to our staff organisers Ms B, Mrs Clements, Mr Michael, Mrs Parker, Mrs Deratz and Mrs Falconer. Also, thank you to the canteen for donating the prizes. Please remember to keep collecting and returning sponsorship money to the school office.

Congratulations – KAJ and KJP are off to the State Drama Festival
KJP and KAJ who together, opened the show at NIDA a few weeks ago, performing “Numbers in My Head,” have been invited to perform at the State Drama Festival, held at the Seymour Centre on Thursday 23 October. Their selection at this level is testament to the quality of the play and of course, the engaging and polished performance by the students. Congratulations to both the students and to Mrs Parker and Miss Jeffrey, and thank you to our parents for your ongoing support.

Quality Behaviour, Relationships and Bullying
The charter of primary schools is not only to develop students’ knowledge and skills in key learning areas, but also to assist students in their personal and social development. The importance of and connection between these, has been highlighted in many ways from current research into emotions and learning, to the inclusion of personal and social capabilities embedded within the new curriculum documents. What does this mean at Newport? We aim to assist students to build their own capacity for developing positive relationships and to deal with issues that arise, with the support and guidance of staff. Attached to the Natter, is an overview of what we do to promote quality behaviour and how we support students in their journey to become responsible and kind hearted people, with the capabilities to work through life’s challenges.

Connecting with Punchbowl Primary School
Yesterday Year 4 travelled to Blaxland Riverside Park at Sydney Olympic Park to spend a day getting to know their Punchbowl Buddies. The Punchbowl buddy program has been running for 22 years and this year the Year 4 team has incorporated ICT in the classroom and been getting to know their buddies through email. Mrs Clements reports that the day was a huge success with children participating in organised games with teachers from both schools and stories and experiences were exchanged over lunch. Year 4 children have described the day as "awesome" and "an amazing experience". Thank you to Mr Moran, Mrs Cruickshank, Mrs Elliott, Mrs Orazio and Mrs Clements for a great day. Year 4 will continue to write to their buddies during Term 4.
Debating Challenge
A huge congratulations to our Year 5 debating team who beat Bilgola PS yesterday in their debate about city living being better than country living. Newport argued in the affirmative, presenting strong lines of argument and calculated rebuttals. Grace Green, Aja Phelps, Jasmine Adams and Lucy Dawson have flourished as debaters under Mrs Clements tuition. Thank you Mrs Windon for supporting the team yesterday.

Zone Athletics
Congratulations to our Zone athletics competitors, supported by Mr Greg Moran, who competed two weeks ago. Their effort and sportsmanship on the day was a credit to them and our school. Please see Mr Moran’s detailed report later in this Natter.

Regional Athletics
Last Monday our very highly accomplished athletes competed at the regional athletics carnival. Mr Greg Moran will provide a detailed report next week. For now, I would like to congratulate Ashlie Edwards for her outstanding success in the girls U12, 800 metres race. Ashlie is now a state athlete who will represent NSW later in the year. Well done Ashlie.

Young Musicians’ Showcase
A very vibrant Young Musicians’ Showcase was held today, which featured instrumentalists, pianists and vocalists. It was a very entertaining showcase and a wonderful celebration of the reward that comes from the persistence, hard work and dedication required to learn music. Congratulations to all the students who rehearsed and auditioned, as well as to those who performed and entertained us today. Many thanks to Mrs Parker and Mrs Cruickshank for co-ordinating the showcase.

Ethics Classes for Years 1 and 2
There have been some enquiries about the Ethics class due to start for Year 1 and 2 this year. Early this term we predicted that we would have a volunteer from the Primary Ethics Association trained and ready to teach a class by now. However, the training process has taken longer than expected and we now hope to start that class in Term 4. We had an overwhelming response after asking for expressions of interest for students to join this class and the class, when it begins, is full.

Uniform
Although the saying goes, “Don’t judge a book by its cover”, many people do, and at the moment the amount of jewellery, wrist bands, weekend sports jumpers and additions to our school uniform are detracting from our proud Newport school spirit. We are asking for your assistance in ensuring the students are wearing the correct winter uniform each day, minus the weekend accessories and non-regulation items like skins, sporting jerseys, scarves and leggings. Changing behaviours comes before values and we hope, with your assistance, that our students become responsible for their appearance, value the need to dress appropriately, and take pride in their appearance.

Band Photos
If you are interested in purchasing a band photo, they are available for viewing at the school office or alternatively on the Advanced Life website at www.advancedlife.com.au. To order online, quote Order Code: QCF LL1 LKB.

Warm regards,
Natalie Baldi

Zone Athletics Carnival
On Tuesday 26th August more than 50 Newport students attended the Zone Athletics Carnival at the Sydney Academy of Sport. The students braved howling winds, icy temperatures and pouring rain and were still able to compete to the best of their ability, displaying great sportsmanship at all times. The students who made it through to represent Newport at a regional level at Homebush include:

Girls
Ashlie Edwards, Marlie Smith, Harriette Burke, Jemima Thomas, Grace Carroll, Heidi Richardson, Olivia Alvarez, Chloe Shepherd, Edie Burke, Esme Sergi, Anaia Cruickshank and Lucinda Bensley.

Boys
Ricky Charlton, Mac Omm, Monty Pate, Luke Stidwill and Jonah Watkin.

Well done and congratulations. Thank you to Matt Burke and Kate Brown who helped warm-up the students before races. A huge thank you to Katie Edwards who gave up her time to help train the students in the weeks leading up to the carnival. We greatly appreciate your expertise and effort in helping prepare our students.

Greg Moran
DATES FOR YOUR DIARY

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>Friday 12th Sept</td>
<td>Year 1 Glen St Excursion</td>
</tr>
<tr>
<td>Wed 17th &amp; Thurs 18th Sept</td>
<td>Kinder Teddy Bears Picnics</td>
</tr>
<tr>
<td>Friday 19th Sept</td>
<td>Last day of term</td>
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<tr>
<td>Tues 7th Oct</td>
<td>Students return. Year 2 Swim School begins.</td>
</tr>
<tr>
<td>Wed 15th Oct</td>
<td>1st Orientation Day for Kindergarten 2015</td>
</tr>
</tbody>
</table>

MERIT AWARD WINNERS

KOP  Ava Renaud, Billy Anderson
    KAJ  Neve Mathis, Bella Bracher
    KEP  Zane Springall, Frankie-Grace Nash
    KJP  Nina Canny, Archie Pepper
    KEJ  Caleb Weatherall, Lexi Wright
    KMG  Oska Ward, Jake Jessop-Mrkic

2BG  Holly Tulloch, Alice Long
     3LW  Madison Lisle, Lucas Searles
     3KH  Sienna Sinfied, Kai Johnson
     3AR  Kai Dryden, Josh Myers
     4NE  Isabella Holdsworth, Ashton Davey,
          Syra Lovett, Emily Gudmunson, Mogan
          Flynn, Piper Lerpiniere

1SN  Annika Staunton, Finn Lange
     1JJ  Corey Schwerdtfeiger, Mia Pettitt
     1DD  Lachlan Glew, Darcy Dwyer
     1AD  Tabitha Reeman, Luka Tailby
     1JB  Jasper White, Leilani Spring
     1CC  Asher Batchelor, Olivia Lisle
     2JF  Zac Zabel, Alex Murray
     2BN  Cian Sargeant, Hannah Higgins
     2AM  Catherine Layard, Daniel Ramsay
     2SC  Molly Pretty, Covey Brown

4GM  Dylan Wilkinson, Ella Cummings
     4LC  Rachael Kelso, Charles Proctor
     4SC  Leah Harder, Ben Jones
     5AW  Jay Norris, Archie Blaiklock
     5JL  Heidi Richardson, Zac Lutherborrow
     5SM  Grace Nielson, Tom Bensley
     6KK  Sacha Clements, Chloe Geeves
     6IWM  Jazmine Lerpiniere, Emily Hinton-West
     6IM  Max Donohoe, Harriette Burke

SNOW SPORTS NEWS

Newport returns to the snow this week for the National Interschools. After a very successful state campaign where every team that competed gained National selection, Newport heads south once more to meet with competitors from Queensland, Victoria, South Australia, Australian Capital Territory and their own New South Wales statesmen.

Our Newport competitors can expect some very stiff competition from the likes of NSW Scots College, the Victorian Scotch College and a very in form of late Jindabyne Central School. Newport as the state champion snowboarding boy's school will be hungry to continue their great form and with a well seasoned team of year 6 boys, it could be their last chance for a big success at Primary School level. We wish all our competitors the best of luck.

Let it snow,
Mark Tickle

Teams competing this week and their results from the state titles (all gained National selection):

Senior Boy's Cross Country Freestyle – 3rd
Senior Boy's Snowboard GS – 1st
Senior Boy's Snowboard BX – 2nd
Senior Boys Moguls – 5th

Senior Boy's Cross Country Relay - 2nd
Junior Boy's Snowboard GS - 3rd
Junior Boy's Snowboard BX - 3rd
Senior Boys Skier Cross - 5th

MUSIC NEWS

14th September  NSWWE Band Festival in Chatswood. Stage Band performing at 4.00pm.
Performance Band meeting at 5.45pm.

25th November  Twilight Concert

5AW Mobile Phone Collection for Great Apes

5AW will be collecting old mobile phones on Thursday, 18th September 2014 for our project to save the great apes in the Congo, Central Africa. The Coltan, or Tantalite, found in your mobile phones has been mined in the area where the great apes live. It is used for technology because it is a great conductor of electricity. When we collect your mobile phones, we save the effort of mining the Coltan. Instead, the Coltan from your old mobile phones can be reused in your new mobile phone. Ask your parents or relatives for any old mobile phones lying around your house. They will be collected on Thursday, 18th September 2014 and taken to a drop off centre (Newport Post Office).

Thank you very much for your support!
By Tess Masters and Tegan Nebauer, 5AW
Year 1 Excursion to the Ku-ring-gai Wildflower Garden and Education Centre

Last week Year 1 students visited the Ku-ring-gai Wildflower Garden. The aim of the excursion was to supplement the Science unit “Schoolyard Safari” Year 1 has been studying this term. The children enthusiastically participated in a variety of activities including dip-netting for mini beasts in the Garden’s pond, bushwalking, craft activities and listening to a talk about mini beasts by the Rangers. Year 1 were also able to have lunch in the lovely setting of the Wildflower Gardens. Thank you to those parents who accompanied us on the excursion.

Year 1 Team.

CANTEEN

A massive thank you to Shani & all the helpers that came in last week, so I could enjoy my time away. You are all amazing :):)

Mon 15th Sept:  K Meek, M langley, L Barlow, V Watkins, Emilie
Tues 16th Sept:  R Wilson, t Brennan, C mCCauley, A Robinson
Wed 17th Sept:  M Stidwell, K Davis, m smith
Thur 18th Sept:  N Mirkic, J Pride
Fri 19th Sept:     A Uppton, T Berkley, N Jones, J Jobb

UNIFORM SHOP NEWS

Summer Uniform
With just over 1 week of the term remaining, now is the time to think about summer uniforms for Term 4.

Term 4 – First Open
The first open for Term 4 will be Tuesday, 7 October at 3pm. (Online orders placed during the holidays will be delivered to your child on this day)

Leaving Newport?
If your child is leaving Newport Public School at the end of 2014, please consider donating unwanted uniforms to the uniform shop. All profits go to the P&C.

Online Ordering (during school terms)
Orders placed online at flexischools.com.au prior to 5pm on Fridays will be delivered to your child’s class on the following Monday or Tuesday. Order forms can also be collected from the office or emailed on request. Please contact us if you have any order queries.

Opening Hours
The Uniform Shop is open Mondays 9-10am and Tuesdays 3-4pm. We accept cash or cheque. Credit card payments are accepted when ordering via flexischools.com.au . For enquiries, please email newportuniformshop@hotmail.com or phone Carla Pettitt 0413-804-015 or Kate Raffles 0413-519-872.
This work sample is an example of the Super Six “questioning” comprehension strategy. This work sample is a response by a Year 1 student to a class reader and relates to the following Stage 1 Outcomes and Content.

Outcome EN1-3A: Draws on an increasing range of skills and strategies to fluently read, view and comprehend a range of texts on less familiar topics in different media and technologies.

Content: A student uses comprehension strategies to build literal and inferred meaning and begin to analyse texts by drawing on growing knowledge of context, language and visual features and print and multimodal structures.

**When the Bus was Late**

Before reading

I wonder *if the bus broke down and some builders built it back* (fixed it).

After reading:

I found out *that they were late because they had a big bump and lots of things went around the bus. The youngest person got everything and gave the things back to the owner.*

---

**MONA VALE LONG LUNCH**

**SATURDAY 20 SEPTEMBER 2014**

**BUNGAN LANE (North) MONA VALE, 11AM TO 4PM**

Pittwater Council is hosting a long lunch at Mona Vale on Saturday 20 September 2014 at Bungan Lane at Mona Vale.

- Hot food
- Live Music
- Fun activities for the children
- Fitness in the park from 9am (Village Park)
- Mini market

**For Information:** Nikki Griffith on 9970 1165 or email nikki_griffith@pittwater.nsw.gov.au

**www.pittwater.nsw.gov.au**
Newport Quality Behaviour & Anti-bullying Snapshot

We aim to promote quality behaviour, positive relationships and prevent relationship or bullying issues by;
- Encouraging responsible behaviour, responsible meaning that you are meeting your needs (for belonging, power, freedom and fun) whilst allowing others to meet theirs. Irresponsible behaviour is meeting your needs at the expense of others.
- Improving social skills through Quality Behaviour Program. The students meet characters like Rosie Resilience, Gary Get-a-long, Olivia Organisation, Pete Persistance, Connie Confidence, Sad Sally and Worried William.
- Encouraging empathy and acceptance of difference.
- Promoting positive behaviour through reward, praise and recognition as well as emphasising acting appropriately because it is the right thing to do (not just to receive rewards or avoid consequences).
- Expanding students’ knowledge and understanding of what bullying is and isn’t and highlighting the role of students being “upstanders” rather than bystanders.

If issues arise some strategies we use to address them include;
- Encouraging and providing opportunities for students to talk about what has happened.
- Listening to students involved and using questions to assist them to resolve the problem.
- Having students discuss problems with staff and each other. At times staff mediate.
- Shaping the language students use to talk about issues and reframing to the positive.
- Focusing on future thinking – how can we make this better for tomorrow?
- Plotting the incident/issue on the catastrophe scale. Where would this sit on the catastrophe scale?
- Sharing information about incidents at grade and staff meetings.
- Using time out to allow children to calm down and have thinking time.
- Recording incidences for tracking and following up actions.

<table>
<thead>
<tr>
<th>Social-cultural approach</th>
<th>Humanistic</th>
<th>Restorative</th>
<th>Behaviour Management</th>
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</thead>
<tbody>
<tr>
<td>Care &amp; respect in the school culture</td>
<td>Understanding needs of bully &amp; victim</td>
<td>Focus is on repairing harm to relationships &amp; people than finding blame &amp; punishing.</td>
<td>Positive and negative consequences for behaviour.</td>
</tr>
<tr>
<td>Ongoing commitment to antibullying</td>
<td>1-1 counselling</td>
<td>Active listening</td>
<td>- School award system</td>
</tr>
<tr>
<td>Communicating rules</td>
<td>Empathy training</td>
<td>Restorative questions</td>
<td>- Thinking Time</td>
</tr>
<tr>
<td>Annual data collection</td>
<td>Change negative thinking - re-think</td>
<td>Expressing emotions</td>
<td>- Contract</td>
</tr>
<tr>
<td>Supervision by staff</td>
<td></td>
<td></td>
<td>- Planning Room</td>
</tr>
<tr>
<td>Class discussions</td>
<td></td>
<td></td>
<td>- Interviews</td>
</tr>
</tbody>
</table>

Tell me what happened?
What was the problem with what you did?
What could you have done differently?
Who has been affected by what you have done? How?
What part of our CARE code was not followed?
What do you need to do to make things right?

Information has come from:
Kidsmatter [http://www.kidsmatter.edu.au/]
Department Of Education and Communities (DEC) [https://www.det.nsw.edu.au/policies/index.shtml]
National Safe Schools Framework (2011)
School Procedures for Responding to Students Who Bully.
About Us

Mums for Mums charity was formed in 2011, initially to raise funds for a dear friend who was diagnosed with a second brain tumour in 7 years, which required surgery, chemotherapy and radiotherapy. With the funds raised on our very first night we were able to support her, her husband and their 4 children with a cleaner, a laundry service, meals and car pooling the children to school and various after school activities. From this one fundraiser MUMS for MUMS was born.

After the fundraiser MUMS for MUMS was approached by other mums at Newport Public School who asked if we were able to help their friends who were dealing with various critical illnesses. Mums for Mums is to support families at Newport Public School through times of illness or death of a loved one so they can spend quality time as a family. Since its inception we have helped over 20 families, and we are currently supporting five families at school.

Our ultimate goal would be to have a MUMS for MUMS organised in all school communities along the Peninsula.

How Can You Help?

Each year we hold several major fundraising events. This year it’s the SUNSET DISCO (SEE POSTER BELOW). Now for a few facts about the disco

- It’s Adults Only – you will have much more fun without the kids
- Cost is $40 per head which includes yummy food from our incredible caterer Sundweesh, a welcome drink and fabulous entertainment from DJ Kit Kat (yes she started as an adults DJ)
- Drinks can be bought at the Surfclub Bar at surfclub prices
- There is NO theme or dress code
- No raffles, auctions or additional requests for money on the night

We would like the school and greater Newport community to come together for a pre-silly season party to have a great night out while helping raise much needed funds for the Mums for Mums support group so we can continue helping those who need us.

Please check out our website www.mumsformums.org.au

We would also love you to spread the word via social media by liking our Facebook page Mums for Mums.

Please feel free to contact us with any questions you may have. Email mumsformumsnewport@gmail.com

Tickets are available at trybooking.com – see the link on the poster below

GET YOUR DANCING SHOES ON AND SEE YOU ON THE 25TH OCTOBER!!!
ADULTS ONLY

SUNSET DISCO

SATURDAY OCTOBER 25 2014

7PM - 12AM

NEWPORT SURF CLUB

FEATURING DJ KIT KAT AND FOOD BY SUNDWEESH.

$40 PER TICKET. CLICK HERE TO PURCHASE OR VISIT WWW.MUMSFORMUMS.ORG.AU

PROUDLY PRESENTED BY

MUMS for MUMS
www.mumsformums.org.au

NEWPORT S.L.S.C. AUSTRALIA
Perhaps you are working, studying / training (rebates for eligible families may apply), attending to appointments or just need a little time to catch up on things....

Are you looking for somewhere for your child/ren to play safely, join in some interesting and fun activities?

NOOSHC – offers you a solution, providing essential, convenient, quality before and after school care on-site. Our Educational Leader – Kat Genthner, assisted by staff, run a child focused program during the morning and afternoon with a wide and varied range of activities for your child to choose from, have a play with their friends, make new friends. The children rave about the afternoon tea menu – fruit and a varied menu (spring rolls, quiches, chicken nuggets, party pies & sausage rolls, nachos, hommus …).

Your child/ren must be enrolled with NOOSHC to use the centre on either a permanent or casual basis. NOOSHC is run as an Incorporated Association with a Centre Manager (trained teacher), experienced permanent and casual staff, a part time book keeper and a parent management committee who meet of an evening during the term.

For all enquiries please phone ☏ 02 9979 9874 and speak to either the Centre Manager Jo Newton or Assistant Centre Manager Judy Longworth.

NOOSHC REMINDER TO PARENTS re Absent Children:
If your child is NOT attending for their booked session (especially afternoon - casual or permanent) please phone the centre (answer machine available) to let us know preferably by 2.30pm, (staff are prepping afternoon tea for child numbers at that time) this saves considerable time and worry for all concerned. The safety and wellbeing of your child are of upmost importance. A “search & contact” fee will be charged if we need to phone you in regards to your child’s whereabouts. If you do receive a message concerning the whereabouts of your child PLEASE phone the centre back ASAP to confirm that you have received the message and that your child is actually absent. If your child goes home from school sick etc PLEASE let NOOSHC know – it is not the responsibility of the school to do so.

T 3 & 4 NOOSHC Parent Management Committee meeting dates.
All parents of NOOSHC are welcome to attend. Meetings are held at NOOSHC. Refreshments & nibbles provided.
T3 – Tuesday September 9th Week 9 – 7.00pm.
T4 – AGM - Tuesday December 2nd Week 9 & End of Year Celebration. 6.30pm.
For catering purposes please advise the staff if you are going to attend.
Newport Surf Lifesaving Club Nippers Registration

14th & 21st September at Newport Surf Club

Season Starts October 12th.

Nippers is about learning and having fun in a safe beach environment. At Nippers kids learn and gain confidence in swimming, body boarding, board paddling, dolphin diving, spotting a rip, beach sprints, flags and more. Nippers teach kids life skills and safety knowledge while at the beach however it’s not all hard work! They learn new skills and make new friends in a friendly fun community environment.

Nippers is for kids from 5-14 years.

For further information contact:

Karen HENNESSY, Newport Nippers Chairman – henn2kar@optusnet.com.au

Or

Monica LERPINIERE, Business Development Manager – almonz@bigpond.com

Or look at the website

www.newport surfclub.com.au
CALL FOR 2015 FETE VOLUNTEERS

ARE YOU SUPER ORGANISED?
ARE YOU UP FOR A CHALLENGE?
LIKE TO DO SOMETHING THAT REALLY MAKES A DIFFERENCE?
LIKE TO HELP YOUR KIDS AND THEIR SCHOOL?

We are looking for a new volunteer(s) to take on the big and rewarding job of running our next school fete in 2015. A group of two or more people would be ideal to organise the event and manage the team of Class Mums that will manage individual stalls. After a few years without a fete, the last 2 x fetes have been a huge success, raising large amounts of much needed funds for our school. In addition to the financial benefit the fete provides, the fete is a school and local community event that is a memorable occasion for all. It is a very exciting day and major highlight for all of our students.

The 2015 Fete Organisers shall have the support, assistance and guidance of the 2013 organisers.

If you are interested in volunteering, please contact the head of P&C Fundraising, Shani Law on either 0400 654 253 or shanilaw@hotmail.com
**Wanted:**
Year 5 and 6 students to learn Lawn Bowls on Saturdays at Newport Lawn Bowls Club!

The club are keen to start a Junior Lawn Bowls Club and would like Year 5 and 6 students from Newport to play bowls on Saturday mornings. Dennis Heath is a registered coach and will teach your child:

- How to play Lawn Bowls
- The rules of the game
- How to score

Lawn Bowls is a low impact sport and your child will only need a hat and flat shoes. There is no charge for the coaching. Dennis anticipates that the sessions will begin at 9am and finish at about 11am each Saturday.

Interested students and parents should contact Dennis Heath at: cdspin@bigpond.net.au

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© smARTy pants ©

…Newport’s own fun and fabulous dramatic arts group for children!

Term 4 sees smARTy pants come to the grounds of Newport Public! Your child can come straight to an educational, exciting and energetic Drama Club straight after school!

Who? – Year 1 to Year 6 boys and girls

When? – Thursdays from 3.30 to 4.30pm

What? – Super Fun Drama Classes

Where? – Newport Public School in the VC room
   (access from the primary playground near the Beaconsfield Road entrance path).

Fee? - $90.00 per 10 week term

Contact - Victoria E. Lockhart BA (Hons) Dip. Ed.
   Drama & English
   Teacher, Tutor and Education Consultant

Telephone- 0405 146 345
E-Mail - smartypantsdrama@gmail.com
Facebook- www.facebook.com/smartypantsdrama

Learn through play the smARTy pants way!
WHEN
Tuesdays
4.00pm-6.00pm
Starts 14th October

WHERE
Pittwater Sports Centre
1525 Pittwater Rd
North Narrabeen

REGISTER NOW
FREECALL 1800 780 900 OR GO4FUN.COM.AU

Cate Latham, Go4Fun parent

“...It’s so wonderful to have my active, happy, motivated and confident 10 year old boy back.”

A FREE 10 WEEK PROGRAM FOR KIDS AGED 7 TO 13 YEARS AND THEIR FAMILIES TO BECOME FITTER, EAT HEALTHIER AND IMPROVE THEIR SELF-ESTEEM.