COMMUNITY MESSAGES AND ADVERTISEMENTS

**HAMPTON 7 DAY MARKET**
Specialising in quality fruit and vegies daily.

We also stock a large number of grocery lines:
Milk, Eggs, Drinks, Pasta, Etc.
Suppliers to hotels, motels, hospitals, clubs, restaurants and schools.

331 HAMPTON ST, HAMPTON
PH: 9597 0785

**CELEBRATING 10 YEARS IN THE BUSINESS**

Dry Cleaning available
3 Plain Garments $21.00
5 Business Shirts $16.50

**HAMPTON 7 DAY MARKET**

<table>
<thead>
<tr>
<th>Time</th>
<th>Monday 29</th>
<th>Tuesday 30</th>
<th>Wednesday 1</th>
<th>Thursday 2</th>
<th>Friday 3</th>
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<tbody>
<tr>
<td>9 - 11</td>
<td>No Class</td>
<td>No Class</td>
<td>Aboriginal Art</td>
<td>Scratchy Tigers</td>
<td>Autumn Leaves</td>
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<tr>
<td>12 - 2</td>
<td>No Class</td>
<td>Fiery Dragons</td>
<td>Patterned Pineapple</td>
<td>Salty Scales</td>
<td>Moonlight Flamingo</td>
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<tr>
<td>3 - 5</td>
<td>No Class</td>
<td>Autumn Leaves</td>
<td>No Class</td>
<td>Drippy Birds</td>
<td>No Class</td>
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<tr>
<td>Time</td>
<td>Monday 6</td>
<td>Tuesday 7</td>
<td>Wednesday 8</td>
<td>Thursday 9</td>
<td>Friday 10</td>
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</tbody>
</table>

Art Holiday Program
Let us entertain your kids! Ages 5 and up! Jun 30 - Jul 9

**Blanc Canvas Studios**

bookings@studios@blanccanvas.com.au  www.blanccanvas.com.au  (03) 9613 6903
$30 for 1, $185 for 5, $250 for 10
Notes: No snacks and drinks (no nuts), please let us know if you can't make a booking dress your child in old clothes, and a stock/B&D's old t-shirt

**Eli's Alterations**
Quality stitch... Beautiful fit
466 Hampton Street, Hampton  Ph: 9521 9393
Early Morning 2\textsuperscript{nd} Hand Uniform Sale

Thursday 11\textsuperscript{th} June - 8.30am – 9.15am
On the Main Outside Stage
Most items $2 - $5
Cash only (limited change available). Please bring along a bag for your purchases.
Please drop any good quality, clean uniforms that you no longer need into the office before 9/06/15.

No items with the old logo, and no tops without the current logo please.

ENTERTAINMENT BOOKS

On sale at the office for $65. A great idea to buy a book before the holidays. There are lots of great discounts available for holiday activities.

You can also order online.


Maths & English Free Assessment Book Now!
PH 9596 6399
numberworksnswords.com.au

Introducing the 2014 | 2015 Entertainment Book and the new Entertainment Digital Membership!
Are you ready...

to work from home as a family day care educator?

We have families in Brighton ready to start now!

Windermere is a professional, approved provider with an outstanding reputation for quality early childhood education and care.
Right now we’re looking for people with a genuine interest and passion in caring for children and helping them learn through play.

Being a Windermere family day care educator means:
- The flexibility of working from home
- Hours to suit and fit in with your family needs
- Marketing and recruitment assistance
- Being fully supported to run your own business.

To find out more, call Jade Kelso on 1300 946 337 for our Information Pack

windermere.org.au
From May, put sun gear away

Autumn leaves are falling and so are Victoria’s ultraviolet (UV) levels - so it’s time to start thinking about your sun exposure and vitamin D over winter.

From May to August in Victoria UV levels are typically low (below 3), so it’s time to put sun hats and other sun protection gear away and get some sun for vitamin D. Vitamin D is essential for healthy bones, muscles and general wellbeing. The best natural source of vitamin D is the sun’s UV.

Generally people need a daily dose of sun for about 20 minutes, preferably during the middle of the day. Those with naturally very dark skin may need more sun exposure.

Sun protection is not usually required at this time of year, unless near highly reflective surfaces such as snow, outside for extended periods or when the UV reaches 3 and above.

SunSmart’s top winter vitamin D tips:

- Physical activity assists with production of vitamin D, so get the family outside and active in the middle of the day.
- Clothing acts as a barrier to vitamin D absorption, so put away the hat and roll up the sleeves when you’re outdoors.
- Download SunSmart’s free app to check the daily sun protection times and know when you do or don’t need sun protection.
- No app? Check the weather section of the newspaper or visit sunsmart.com.au to find out when you do and don’t need sun protection each day.
- If you are concerned about vitamin D, speak to your doctor for advice.

For more information visit sunsmart.com.au or call 13 11 20.
Parent Support group

To help our kids with learning differences. Dyslexia, dyscalculia, dysgraphia etc

Counselling for the student who lives with an LD.
Anne Jackson MEd (Gifted), MEd (Special Ed), Grad. Dip (Counselling), Cert. Narrative Therapy

PD certificates issued on request

Weds June 10, 21 Bay Rd., Sandringham 7pm-9pm

Tickets $20 Conc./student $5 Bookings essential from TryBooking

The aim of KLU is to re-engage LD students with the education system and to enable them to develop self efficacy, self esteem and hence to flourish.

We have an informal coffee morning every Friday morning from 10:30-12noon at the above address.

Kids Like Us Australia Ltd is a registered charity and does not receive any government funding.
KISS AND GO and STAFF CARPARK

The parking inspector regularly inspects the 2 minute pickup area and if you exit your car for any reason, even to open a boot you will be booked.

The 2 minute zone is only for parents whose children are old enough to exit the school by themselves. If you need to enter the school to collect your child you must park in an appropriate parking place.

The staff carpark is not to be used by parents, either during the school day or for parking and dropping children to afterschool activities.

Thank you for your co-operation.
AFL Victoria

Holiday Programs

5-8 Years
Footy Fun Day

9-12 Years
Skills Battle

Come join us!

VENUES INCLUDE:
Box Hill, Bundoora, Casey Moorabbin, Altona, Pakenham
North Melbourne

A day packed full of footy fun!
Come and experience fun games and skills!
Learn about life as an AFL Footballer!

REGISTER NOW AT
WWW.AFLVICHOLIDAYPROGRAMS.COM.AU

LIKE US ON FACEBOOK AT FACEBOOK.COM/AFLVICHOLIDAYPROGRAMS AND FOLLOW US ON TWITTER AFLVICHOLPBG TO KEEP UP TO DATE WITH THE LATEST NEWS, COMPETITIONS AND PHOTOS.