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.

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

CELEBRATING 10 YEARS IN THE BUSINESS

Dry Cleaning available
3 Plain Garments $21.00
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.

Embrace Your Style

"Fashion changes, but style endures."
- Coco Chanel

WORKSHOP Hosted by Leiza Meredith from Style Me Leiza

Champagne and canapés on arrival, complimentary gift bag, plus $30 of each ticket is redeemable for a personalised Style Me Leiza Styling Shopping Session.

Date: Wednesday 8 July 2015
Time: 7.30pm
Where: True South - 298 Beach Road, Black Rock
Cost: $120
To book visit Trybooking: http://www.trybooking.com/134573
For more information visit Stylemeleiza.com

Leiza has worked within the heart of fashion for many years, from owning an online boutique and working at a leading fashion agency, to being part of the wholesale team for a successful Australian fashion label. She now runs and owns Style Me Leiza as a personal shopper and stylist to men and women around Melbourne.

At the workshop, Leiza will share with you the insider tips on making the most of your body shape, the 10 essential items you need in your wardrobe that will take you through the seasons, the best jeans for every shape, how to start your wardrobe makeover and much more.

With special guest, Natalie Smith from The Runway Room in Hampton, your makeup questions are also covered, from simple daytime tricks, to tips on creating that special look.

Places are limited so don't miss out!
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.