PRINCIPAL’S REPORT

State Government Schools Emergency SMS Service
Ballam Park Primary School has recently subscribed to the State Government schools emergency SMS service. This service will enable the school to alert parents and carers to an emergency. To help us contact you in an emergency, parents and carers should ensure contact details are updated at our General Office; this includes email addresses, phone and mobile numbers. Please be aware that your assistance in this area is a vital component to improving the safety of your child and the communication to our community.

Your child will have received a form today for you to complete and return via your child to ensure that our records are up to date.

If you have any questions or comments, please do not hesitate to contact me.

Yours sincerely,

John Mace

Sport News

Years 3 – 6 Beach Program
Years 3/4 students have enjoyed perfect conditions at Frankston Beach for their beach safety program over the past two days. Students have participated in surfing, boogie boarding, and beach activities conducted by Mr O’Brien, Miss Johnson, Years 3/4 teachers and Mr Renouf (former BPPS principal).

All students who participated have had a great time and shown much persistence learning new skills in the water.

Thank you to our Years 3 – 6 teachers, and to Mr Shotter, Mrs Cox and Miss Gahan for their wonderful help at the beach. And to those parents who came to the beach for their assistance as well.

Years 5/6 students will be at the beach tomorrow (Friday, 4th March) where they will participate in stand-up paddling sessions conducted by Mr Renouf, along with surfboard and beach activities.

Any parents who would like to come along are more than welcome.

Years 5/6 Camp
Years 5/6 students will be attending camp to Grantville Lodge over 3 days on Tuesday, 22nd March – Thursday, 24th March. Students will be participating in activities such as canoeing, bush cooking, ropes course, flying fox, hut building and Orienteering.

Thank you to those parents who have paid in full for their child to attend camp.

Final payments for camp are due on FRIDAY 11th MARCH.

We will send home a final reminder notice with all relevant details in the week prior to camp. Students will be provided with a camp book outlining all details including activity groups, cabin groups, activities timetable, and any other relevant information in the week prior to camp.

If parents have any queries regarding camp, please see your child’s teacher or Mr O’Brien.

cont/...
**NOTIFICATION OF STUDENT ABSENCES**

It is requested that parents please ring the school on 9789-5614, prior to 9.30am, to advise if their child will be absent.

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**Can Saver Plus assist you with high school costs?**

Join Saver Plus and match your savings, dollar for dollar, up to $500 for educational costs including:

- school uniforms and text books
- computers, laptops and tablets
- excursions and camps
- sports equipment, uniforms and lessons
- music tuition and instrument hire.

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**Bayside District Swim Trials**

Well done to the following Ballam Park PS students who participated in the District Swimming Trials at Pines Pool on Friday, 26th February:

- Vincent Ye (10 year old boys 50m breaststroke)
- Chloe Krzyzowski (10 year old girls 50m breaststroke)
- Hailey Wood (12 year old girls 50m freestyle)

Unfortunately none of these students advanced to the next stage of competition, but regardless should be proud of their efforts representing Ballam Park PS at the District Trials. Well done!

Darren O’Brien
Sports Coordinator

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**IMPORTANT DATES 2016**

**MARCH**

- Fri 4: Years 5/6 Beach & SUP Program
- Mon 7 & Tues 8: (Foundation Teddy Bears’ Picnic (with Ballam Park Pre School)
- Mon 7 to Wed 9: Years 1-6 ‘Start Smart’ Incursion
- Fri 11: Book Club orders due back
- Mon 14: PUBLIC HOLIDAY Labour Day
- Tues 15: Parents’ Club Meeting 9am Staffroom
- Mon 21: Years 3/4 Viva La Musica Incursion
- Tues 22: No School Banking this week
- Wed 23: Easter Raffle drawn
- Tues 22 to Thurs 24: Years 5/6 Camp to Grantville Lodge
- Thurs 24: End of Term 1, 2.30pm dismissal

**APRIL**

- Mon 11: Term 2 commences 8.50am
- Tues 12: Parents’ Club Meeting 9am Staffroom
- Fri 22: District Athletics (Track)
- Mon 25: PUBLIC HOLIDAY ANZAC Day
- Tues 26: Parents’ Club Meeting 9am Staffroom
- Fri 29: Years 5/6 Winter Sport Round 1

**MAY**

- Wed 4: Years 3-6 BPPS House Cross Country
- Thurs 5: Foundation Myuna Farm Excursion
- Mon 16 to Thurs 19: ) Book Fair

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**No School Banking last week Term 1**

Please note that there will be no school banking on Tuesday, 22nd March (last week of term)

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**It’s Not OK To Be Away from school unless you are unwell.**

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**SPORT NEWS cont/**

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**IMPORTANT DATES 2016**

**MARCH**

- Fri 4: Years 5/6 Beach & SUP Program
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3rd March 2016

Dear Parents,

As previously announced in a special handout to the youngest in each family on Tuesday, 16th February 2016, there are three vacancies for School Council in the parent category. Nominations for School Council have now closed and the number of nominees for our parent category exceeded the number of vacancies and therefore we have proceeded to a ballot.

The ballot opened on Friday, 26th February, and will close at 4.00pm on Tuesday, 8th March.

Below is a list of nominees for the parent category. This, as well as a statement from each of the nominees, was contained in the package sent home on Friday 26th February.

As a parent of a student/s in our school you are eligible to vote in this election. Please follow the instructions on the ballot paper and only vote once. A ballot box is available at our front office where you can deliver your vote to one of our office staff and then have your name entered on our Register of Voters, or enter your own name on the Register which will be at our front office.

You can submit a postal vote addressed to the Principal, which must arrive by 4.00pm on Tuesday, 8th March 2016.

Please only use the ballot paper that you received or available from the office. Please follow the procedures outlined on the ballot paper. Votes will be counted on Wednesday, 9th March and the declaration of the poll will be on Thursday, 10th March.

If you have any questions in relation to this process, please do not hesitate to contact me.

Yours sincerely,

John Mace
Principal
9789 5614
How to apply for a Working with Children (WWC) Check
Ballam Park PS Volunteers

Thank you for volunteering to assist us at Ballam Park Primary School.

It is a requirement that all school volunteers have a ‘Working With Children Check’. The WWC Check application needs to be completed in the online application form on the following website:
www.workingwithchildren.vic.gov.au

Then you need to go to a participating Australia Post retail outlet to lodge your application. When lodging the form, you need to take:
• the application summary and receipt that you printed after completing the online application form
• a passport size photo of yourself
• documents to prove your identity

Volunteer Checks are free.

If you need any help completing the online application form, please contact the office for assistance.

Once you receive your ‘Working With Children Check’ in the mail, could you please bring it to the school office so we can take a copy of it. Thank you for volunteering to help our school.

If you haven’t already done so and you would like to be involved and volunteer at school, please contact your child’s teacher or the office.

Helping you to quit

Did you know that smoking is known to increase the risk of lung cancer, cardiovascular disease, chronic obstructive pulmonary disease and many other illnesses?

If you or anyone you know is interested in quitting, there is local support to help.

Peninsula Health Quit Smoking Support Services:
♦ Are available in different styles to suit your individual needs
♦ Are available in Frankston, Mornington, Rosebud and Hastings
♦ Provide support to improve health
♦ Reduce the anxiety around quitting and empower you to give up smoking

Individual sessions are available at $9 with a pension or Health Care Card or $14 for non-card holders. Fees can be waived if required due to difficulty or inability to pay.

Don’t delay, plan for a healthier future for your family today. Contact Peninsula Health to register for Quit Support Services by phoning 1300 665 781.
Social networking tips for parents

Social networking is a great way to keep in touch with friends and family as well as meeting new people with similar interests and hobbies.

Here are some tips to follow when you feel your child is ready to begin engaging with social networking sites like Facebook, Instagram and Twitter:

- If you haven’t already got an account, set one up so that you can understand what your child can and can’t do as well as learning how to adjust the privacy settings. You can use fake information if you aren’t comfortable using your own.
- Make sure your child is old enough to use the site. **Sites like Facebook and Instagram require users to be 13 years or older.**
- Tell your child to keep their passwords a secret otherwise other people may log on and pretend to be them. It is important that you know your children’s password however.
- Advise your child to set their account to private so that they will only interact with people they know in real life and aren’t approached by strangers.
- Encourage your child to think carefully before they post any information online. Things they post on social networking can have an impact on them even after they delete it, and long into the future.
- Help your child to set up their location services on their device so that they aren’t broadcasting their location to strangers.
- Remind children to be careful when making new friends online as some people may not be who they say they are, and ensure your children never arrange to meet an online friend unless accompanied by a trusted adult.
- Make sure you know how to report inappropriate content on social networking sites and show your child what they should do if they come across anything inappropriate.


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**SCHOOL BANKING**

“Awesome Australian Adventures” Competition

School Banking “Awesome Australian Adventures” Competition...

**every child who banks 15 TIMES BETWEEN NOW AND THE END OF TERM 3**

**will go into the draw to win:**

- **Airfares for 2 Adults and 3 Children** (under 17 years) **to the Sunshine Coast**
- **4 nights’ accommodation**
- **5 days car hire, and**
- **$1,000 spending money!**

And there’s also the **Platinum Tour of Australia Zoo** where your own **personal professional photographer** will capture you feeding, patting and cuddling the animals AND **meeting Bob and Bindi Irwin!**

Karen
School Banking Specialist, Commonwealth Bank
You are invited to join our Parents’ Club

Dear Parents

The Parents’ Club Annual General Meeting was held on Tuesday, 16th February, and the following parents were elected to the 2016 Committee:

- **President**: Cherie Ridgway
- **Vice President**: Nicole Bottom
- **Secretary**: Laura Mouchaileh
- **Treasurer**: Monica Kovacs

The first meeting of the new committee was held this week on Tuesday, 1st March and meetings will be held fortnightly from now on, at 9:00am in the staff room. The next meeting will be held on **Tuesday, 15th March**.

If you are interested in becoming a member and being involved in the Parents’ Club, please come along to the next meeting. Everyone is welcome.

There is no commitment to come to every meeting if you can only attend a few, or feel free to let us know if you would like to be ‘on call’ to help at any events throughout the year.

The Parents’ Club is an important social part of the school community as well as being a group of parents who actively support the school with fundraising. It is also a very ‘child friendly’ group and toddlers and babies are most welcome, so please come along, enjoy a coffee and make some new friends.

We look forward to seeing you on Tuesday, 15th!

Best wishes
Parents’ Club

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How to get started — Before using our programs, you must register online for an account. Registering is quick and easy. Please visit our website to begin: www.campaustralia.com.au

Once registered you can make bookings and cancellations, view your statements and manage your details any time of the day online. Please keep in mind we are able to take bookings at short notice to help busy families.

Save on care — You can save 50% or more on Before and After School Care fees with the non-means tested Child Care Rebate. Almost all families are eligible. To find out more, call our Customer Service Team on 1300-105-343 Monday to Friday.

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**NEWS**

Foundation students have settled in well to OSHC. It is Puppet Mania, with lots of imaginative play!!!

For bookings, please log on to: www.campaustralia.com.au

**Star of the Week:**

Leon S (Foundation)

for playing well and sharing with others

OSHC Co-ordinator: Judit Sullivan
Phone 0402 354 584

Outside School Hours Care with Camp Australia
Dear Parents
Kelly Sports is here at Ballam Park Primary School in Term 1. Kelly Sports provides **sport clinics** for primary school students run by qualified coaches.

In Term 1 students can participate in sports such as **Cricket, Tennis and Crazy Games**. The program runs from 3.40pm till 4.40pm after school, with parents picking up their children at 4.45pm from the school.

The cost is $60 for the term.

We are also running a **Lunch time Dance Program**. The program runs for 6 weeks and started on Wednesday, 10th February. It finishes on Wednesday, 16th March.

The cost is $60 for the term.

Enrolment forms are available at the school office, or fill in the form on this page. Forms are also available online at [www.kellysports.com.au](http://www.kellysports.com.au)

If you need help, please ring Michelle who will be able to help you out with the enrolment.

We hope to see your child participating in the sports clinics conducted by Kelly Sports at school this term.

If you have any questions please call:

**Michelle Sommers, Manager – Mornington Peninsula Region**

on 0422 286 642
Community Dental Services

The Community Dental Service provides a free service to children under 13 years of age. They also provide a free service for those aged 13 to 18 years on a health care or pension card or eligible for the Medicare child dental benefits scheme.

For children and adults not on a health care or pension card there is a low cost private dental service available.

The dental service is located at: Carrum Downs; Frankston, Hastings and Rosebud.

To make an appointment or for more information:

- Phone the dental service directly on 9784 8184.
- Email: dentalfrankston@phcn.vic.gov.au
- Use the online referral form at http://www.peninsulahealth.org.au/dental

10 tips from a dietitian

Dietitians are more than just weight loss experts. They are university trained in a number of nutrition and health related topics in order to assist people to improve their overall health and wellbeing.

Richard Dove is a dietitian at Peninsula Health. He helps people with a number of diet-related problems and has the following 10 tips for healthy eating:

1. Drink plenty of water and avoid sugary drinks.
2. Make sure you have two pieces of fruit every day.
3. Never skip breakfast: it's the most important meal of the day!
5. Have five serves of vegetables every day.
6. Don't eat while watching TV: your brain can forget to tell your body that you're full!
7. Prepare meals yourself and limit takeaway and ready-made meals.
8. Try new foods and different healthy recipes: you might find a new favourite meal!
9. Wait 5-10 minutes after eating before you decide if you want a second helping.
10. Get your family members involved with cooking and planning healthy meals.

You can make an appointment to see Richard or another Peninsula Health dietitian by calling 1300 665 781.

Appointments are free for those with a healthcare or pension card and low cost for others.

More information about healthy eating can be found at http://livelighter.com.au/
The Book List & Essential Education Items Year 2016 for each year level were sent home at the end of last year. If you did not receive this list, a copy is available from the office.

**PAYMENT IS REQUIRED NOW**, so if you still haven’t paid, please pay now so that your child will receive additional books, pencils, etc.

A reminder that there are facilities for EFTPOS, Visa, BPAY and phone credit at the office.

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**Primary Music Institute**

**Instrumental Music Lessons - Small Group And Private Lessons**

**Keyboard Lessons At Your School**

- Enrol TODAY – via PMI’s website OR enrolment forms available from the school front office
- Lessons are held once per week on school campus – with lessons during and outside of school hours
- Only $13.50 per child per small group lesson (typically 3-5 students for 30 minutes)
- Our small group lessons provide a fun and affordable opportunity to learn instrumental music
- Private lessons also available ($32.50 per child for 30 minutes)
- Learning plan for all students via “PMI Stars” program – structured objectives with progress visibility
- PMI teachers supply keyboards and textbooks for lessons (students bring only PMI Stars workbook)
- Ten minutes per day of practice at home is all that is required to see improvement!
- Instrumental music can improve your child’s school results – including for reading, maths, coordination
- Limited spaces are available so please enrol ASAP

**Frankston Little Athletics**

**Cross Country - Season 2016**

*Have you tried Cross Country?*

Cross country is a great way for kids (and parents) to keep fit! It provides a great warm up or training run for other sports (football, netball, tennis, soccer etc.) and the opportunity to meet with friends and enjoy a run in the park.

Parents are invited to join in - either running with your child or on your own. You can take it seriously (run for a PB) or simply enjoy a run around Ballam Park with friends. Either way it’s fun for the whole family. For parents not running, relax and enjoy a coffee with the paper while the kids enjoy catching up with friends and keeping fit!

Most of all it’s a fun, relaxing and friendly atmosphere for parents and children to kick-start the weekend whilst keeping fit at the same time.

*Come down and give it a go!*

Venue: Ballam Park Athletics Centre, Bannanee Drive, Karingal.
When: Saturday mornings. Season starts April 9.
Time: Sign-in 9:00am; Events 9:15am.
Duration: Approximately 1 hour for all events to complete.
Course: All event courses start in the athletics arena, loop around Ballam Park and finish back in the arena.
Cost: $2.50 per person per event (adults $7.50 per person per session).

All children must be registered with Little Athletics Victoria. Athletes who have registered for the 2015-2016 Track & Field (summer) season are already registered. New comers will need to register via the LAVic website [www.lavic.com.au](http://www.lavic.com.au) – select the “Cross Country” option.

For further information please visit the Cross Country page on our website [http://flac.com.au](http://flac.com.au)
Easter Raffle

Thanks to the generous Easter egg donations from our parents and students, we are again having an Easter raffle with some fantastic prizes to be won. The prizes will be on display in the office. There are 10 tickets on this sheet at 50 cents each. Additional tickets are available at the office.

Also we would appreciate receiving any Easter egg donations at the office, to add to the prizes. Thank you.

Tickets are due back at school by Tuesday, 22nd March.
The Easter raffle will be drawn on Wednesday, 23rd March.

Best wishes
Parents’ Club

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Ballam Park “Boomers” Basketball Club Inc

The Ballam Park Boomers are looking for more players! Winter season starts in term 2. Registrations are open now. Please collect information and a form from the school office.

Our AGM and Registration Night is on Monday, 7th March at Karingal Place 6.00-7.00pm.

Please come along and have a chat. Basketball is lots of fun, whether you have never played before, or you are a superstar basketballer, we would love to have you as a Boomer.

Go Boomers!!

FREE OPEN DAY
1st Ballam Park Scout Group
Sunday 6th March, 10.00 – 12.00

1st Ballam Park Scout Group will be celebrating its 25th anniversary and we welcome you to come and join in the fun.

We will have plenty of activities ie water slide, bouncy castle and an obstacle course.

If you are unable to come but would like to find out more about Scouting contact: Christine Gawly, Group Leader

Email: gl.ballampark1st@scoutsvictoria.com.au

JOIN THE BOOMERS IN 2016
Registration forms in office

FRANKSTON YCW
JUNIOR FOOTBALL CLUB
2016 REGISTRATION
FRIDAY NIGHT
AUSKICK

ONLINE REGISTRATIONS
OPEN NOW
ALL AGE GROUPS: AUSKICK, U/9s – U/17s
GO TO OUR WEBSITE/JOIN NOW
www.frankstonycwfc.com

Frankston Pines Junior Soccer Club

Love Soccer?
Come and join the fastest growing kids sport in Australia!

Great team environment
Keep fit and learn our great game!
Training Starts: Every Wednesday at 5.30PM

Monterey Reserve, Monterey Blvd Frankston North SEAN – 0407 279 061 For Details
FREE OPEN DAY
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Email: gl.ballampark1st@scouts.vic.gov.au

School term dates 2016-2017
2016
Term 1: 27 January (school teachers start) to 24 March *
Term 2: 11 April to 24 June
Term 3: 11 July to 16 September
Term 4: 3 October to 20 December
Each year government schools are provided with four student-free days for professional development, school planning and administration, curriculum development, and student assessment and reporting purposes. The remaining three student-free days are determined by each individual school, so contact your school for details.

* Please check with your school when other student-free days will occur throughout the school year.

Guitar Tuition with Glen Vinton
On a musical note:
There are vacancies available for 1/2 hour guitar lessons at school on MONDAYS and THURSDAYS.
Please ask at the office for an ‘expression of interest’ form or, alternatively, ring Glen on 5979-4575 or 0437-440-265 for more information. Private lessons are also available at my house in Hastings.
Glen Vinton
x10svguitar tuition.com.au
Ph: 5979-4575 or 0437-440-265 Email: glen@x10svguitar tuition.com.au

Breaky Club (free) is open every day, 8.15am
Our (free) Breaky Club operates every morning, Monday to Friday, from 8.15am to 8.45am in the Canteen. The aim of the Breaky Club is to encourage all students to eat a healthy and nutritious breakfast. There is a limited menu consisting of toast, Vegemite, Weetbix, two fruits, fresh fruit and Milo. Everyone is welcome!
We look forward to seeing your child/children at Breaky Club!