

NEWSLETTER

13th March 2025

Principal's Report

Our 2025 Student Leaders were announced at our whole school assembly last Monday.

I am pleased to announce our student leadership team for 2025:

School Captain: Ema Stojcevski

School Captain: Shunuo Tan

SRC Captains Josh Jadaeile, Zoe Mulholland, Eloise O'Brien, Jesse Oram, Joanne Fernando, Alisa Malygina, Sahas Gullipalli, Travis Meyn, Boston Taylor, Audree Legaspi

House Captain – Botanic: Elissa E

House Captain – Botanic: Abi Burr ridge

House Captain – Creekwood: Sherilyn Fernando

House Captain – Creekwood: Roy Mulholland

House Captain – Parkway: Mika Spinks

House Captain – Parkway: Wade Allan

House Captain – Waterford: Abi Uasilaa

House Captain – Waterford: Rayyan Salah

Congratulations to our student leaders and I look forward to working with you all during 2025.

Last Thursday all our students started a three-week Cultural Dance Program with the Footsteps Dance Company as part of our recognition and celebration of Harmony Week. Students from all year levels are participating in the program each Thursday learning dances from a variety of different cultures. The final week of the program will be Thursday, March 20th, coinciding with Harmony Week. To further recognise this day, students are encouraged to wear a splash of orange with their uniforms to celebrate Harmony Day.

Last week we were thrilled to launch "The Stand Up Project" (SUP) in our school, an innovative and comprehensive program designed to foster a safe, respectful, and inclusive learning environment for all our students. SUP is a whole-school approach aiming to empower students, teachers, and parents to work together to continue to build an inclusive and welcoming community.

One of the key features that sets SUP apart is its peer-led approach. By involving students in the process, we aim to empower them to become upstanders and help create a more respectful and supportive environment for all.

Our year 6 students began with an information session last Tuesday, March 4th. Interested students then had the opportunity for a further session in readiness to lead and contribute to a school wide program.

We invite you to learn more about this program and engage with us in supporting our students as they embark on this journey. A parent information session will be conducted on Tuesday, March 25th at 4.30pm for parents and carers from all year levels. Further information will be posted on Compass next week.

On Tuesday the students and staff were dressed in an array of colour for our school Fun Run. The students demonstrated much effort and perseverance in the warm weather to complete the respective distances of their races. The support and encouragement students demonstrated towards each other was pleasing to see. Through their participation, all students were able to contribute points to their house team total. Congratulations to all the students who

participated. The overall house results from the Fun Run will be announced at our assembly next Tuesday.

From this event, we will also be selecting our inter-school team. They will compete and represent PLPS at the District cross-country in term two.

Thank you to the many parents who came along to support and barrack for the children as they competed in their events.

The annual Premier's Reading Challenge began on March 1st, 2025, and once again I'm pleased to inform our community that PLPS will be participating. This is a wonderful opportunity for teachers and parents to encourage our children to read books and appreciate reading as an enjoyable recreational pursuit.

Ms McMillan has provided more information in today's newsletter, including the participation of our Prep to year 3 students and an expression of interest form for students in years 4 to 6. If parents have any questions about the program, they are welcome to contact Ms McMillan, our library technician.

On Thursday last week, one of our staff members Monique Olszewski was enacting her leadership capabilities through facilitating and convening the 2025 Cardinia Schools Network Marrung Community of Practice. Monique co-led 40 DET and school staff from schools across the network to build and share knowledge and understanding of Koorie Education in our schools. I would like to thank and recognise the ongoing commitment Monique has demonstrated in leading this work over recent years.

Last Wednesday, March 5th, nominations closed for positions on our 2025 School Council. I am pleased to announce the parents who will serve our school community as parent representatives on School Council this year.

Our elected parent representatives are Lisa Fry, Rebecca Greenway, Eve Rook, Adriana Fitzgerald, Nicole McIntyre and Stephanie Webel. The staff representatives who will join me as our school representatives are Matthew Lee, Margaret Krstevski, Steven Runting and Katrina Ross.

I would like to welcome and thank all councillors and look forward to their contributions as we continue to provide our students with an engaging education. Our first meeting of the new school council will be Monday, March 17th at 6pm.

A sincere thank you to Amanda Loftus for her time and service provided to our school community during her extended time on school council, it has been much appreciated.

As outlined in an earlier newsletter, this week has seen the commencement of our students in years 3 and 5 sitting the National Assessment Program – Literacy and Numeracy (NAPLAN). Our students have participated in the writing assessment yesterday and the reading assessment today. They will complete the language conventions (spelling, grammar and punctuation) next Tuesday, March 18th and numeracy on Wednesday, March 19th.

Kerrie Kingston-Gains
Principal

Admin News

DIARY DATES

Friday 7th February - Friday 21st March: Summer Interschool Sports
(selected students)

Wednesday 12th March - Monday 24th March: Year 3 & Year 5 Naplan

Thursday 20th March: Celebration of Harmony Week - Wear a splash of Orange
with your school uniform

Monday 24th March: Casual Dress Day (Easter Hamper Donation)

Monday 31st March & Tuesday 1st April: 'Dance Like an Animal' Year 2, 3 & 4
Dance Concert

Thursday 3rd April: Prep, Year 1 & Year 2 Easter Bonnet Parade

Thursday 3rd April: Easter Raffle Drawn

Friday 4th April: Last Day of Term 1- Early dismissal 2:30pm

SCHOLASTIC
Book Club LOOP
for Parents

Here are eight easy steps for ordering via LOOP:

- 1 Log in, or create a new account
- 2 Follow the Wizard to set up the child's profile
- 3 Click the ORDER tab, select the child's school & class
- 4 Add the child's first name and last initial
- 5 Enter the product item number from the Book Club catalogue
- 6 Apply any promotional codes that have been earned
- 7 Make a payment via credit card
- 8 Await order arrival at the child's school

SCHOLASTIC Book Club

DON'T FORGET!



SCHOLASTIC
Book Club
orders are due:
14th March

SCHOLASTIC

Book Club LOOP
for Parents

LOOP is the Scholastic Book Club
Linked Online Ordering & Payment platform for parents.

To order and pay for Scholastic Book Club by credit card visit:

www.scholastic.com.au/LOOP



Assembly Dates

Whole School Assembly will be held in the school gymnasium

Tuesday 18th March - 9am

Friday 4th April - 9am

Parking Around the School

Street parking is available along Shearwater Drive and Everly Circuit.

Please be courteous to our surrounding residents, when parking, dropping or collecting students from school.

Please DO NOT park in or over driveways.

We ask that you leave enough time to drop off and pick up children in a safe and legal manner.



ICY POLE FRIDAY

First day for Icy poles in Term 1 is: Friday 14th February

Icy Poles are \$1.50 each and can be purchased from the Canteen.

Attendance – Unexplained Absences

All Victorian government schools are required to contact parents/carers as soon as practicable on the same day of an unexplained student absence. If your child is absent on a particular day and you have not contacted the school to explain why, the absence will be marked as unexplained, and a Compass text notification will be sent to you asking you to notify the school to explain why your child is absent.

To update your child's absence, you can use one of the following methods:

- 1. Online:** please log the absence directly via Compass.
- 2. Telephone:** please call the school on 5940-9532 and let the office know your child's name, class, date of absences and reason.
- 3. Email:** please email the school at pakenham.lakeside.ps@education.vic.gov.au and provide your child's name, class, date of absences and reason.

Notifying the school of your child's absence either prior to, or on the day that they will be away, helps ensure the safety and wellbeing of children and will fulfil your legal responsibility.

If your child's absence remains unexplained an email will be sent from school outlining the day/s your child has been absent from school and requesting a reason for the absence/s.

If you have any questions, please do not hesitate to contact the school office on 5940-9532.

Thank you.

Hats

Hats are part of our school uniform in both Term 1 and Term 4 of the school year.

It is strongly recommended that all students have their hats on when they play at recess and lunch time out in the yard.
Please remember to label your hats too!

2025 victorian premiers' reading challenge



Dear Parents and Students,

Pakenham Lakeside Primary School proudly participates in the Victorian Premier's Reading Challenge initiative. It runs in yearly cycles and is a fantastic opportunity to get your children enjoying reading.

Our Prep, Year 1, 2 and 3 students will be completing the challenge at school with their class. If you are in Year 4, 5 or 6 and would like to participate in the challenge please fill out the expression of interest form in this newsletter and send it back to school and I will send you out more information.

Year 3 – Year 6 are required to read fifteen books. Ten or more must be from the challenge booklists. Booklists are available in the LRC and the majority of the library book collection are challenge books. You must finish reading your fifteen challenge books by the end of August.

On completion of the challenge all successful participants will receive a certificate of congratulations from the Victorian Premier.

Please visit www.vic.gov.au/premiers-reading-challenge for more information.

Have fun reading!
Narelle McMillan
Library Technician

victorian
premiers'
reading
challenge 2025

*20 years of
Words and Wonder*



If you are in Year 4-6 and would like to participate in this year's VPRC please fill out this expression of interest and return it to the school office and Miss McMillan will send you more information.

Student Name(s) and Grade

Performing Arts NOTES

With Miss Windust & Ms Dahmen

Term 1, 2025



Prep & Year 1 DRAMA

Students are learning about Drama skills. They are practising different facial expressions and experimenting with their voices to discover ways to show different emotions and create characters and situations. A favourite in Drama is using puppets!



Year 2, 3 & 4 DANCE

Students have been working hard to prepare for the Dance Concert, "Dance Like an Animal". They have been learning choreography, positions, formations and freestyle. This year our Dance Troupe will be opening the concert with their dance called "Wings"!

Year 5 MUSIC

Students are learning about the history of music and different music genres. They have been applying their understanding of melody and rhythm to rewrite lyrics to songs.



Year 6 MUSIC

Students are using online music programs to explore how to use different elements of music to create their own songs. A big focus is using texture and timbre to create their own composition in response to a visual stimulus.



Science in Year 6



To start off our 2025 school year, the Year 6s have been participating in a Science Inquiry unit called 'To Change or Not to Change'. They have been learning about physical and chemical changes and what makes them either reversible or irreversible.



Students have had the opportunity to have hands on experience with some of the experiments - adding different materials together to observe the effects. The students will have the opportunity to develop a script for, create and film their own scientific experiment this term.

HAPPY
Easter



Easter Raffle and Casual Dress Day - 2025

It's that time of year again when we look forward to holding our annual Easter Raffle. In preparation for this event, students are invited to donate an item to be included in the raffle hampers and participate in a casual-dress day which will be held on **Monday 24th March**. **Suitable footwear and clothing are expected to be worn, no thongs or singlets please.**

The Easter raffle will be drawn on **Thursday 3rd April**. Winners will be acknowledged via a Compass post that afternoon. There will be a hamper and winner drawn from each home group!

Suggestions for items to donate may include wrapped Easter eggs and chocolate, Easter themed items, soft toys, books, small games and colouring books.

You are welcome to buy as many tickets as you wish using the ticket sheet below. If you require more tickets please collect them from the school office.

Funds raised will contribute to the Parents & Friends Association (PFA) initiatives that benefit all students.

Thank you for your ongoing support.
PLPS Parents & Friends





CARDINIA STORM

FAMILY REGISTRATION DAY



Activities ●

Food trucks ●

Meet our coaches ●

Uniform shop ●

Hockey skills ●

**SUN 16TH MARCH
10.30AM TO 2PM**

JOIN NOW

Follow us





Camps, Sports and Excursions Fund Applications

The Camps, Sports and Excursions Fund helps eligible families to cover the costs of school trips, camps and sporting activities.

If you have a valid means-tested concession card, such as a Veterans Affairs Gold Card, Centrelink Health Care Card or Pensioner Concession Card, or are a temporary foster parent, you may be eligible. There is also a special consideration category for asylum seeker and refugee families.

Payment amounts for 2025 are \$154 for eligible primary school students. Payments are made direct to the school to use towards expenses relating to camps, excursions and sporting activities for the benefit of your child.

It is important that funding made available in 2025 supports students to participate in school trips, camps and sporting activities this year rather than being held for future years. This funding can also be used in conjunction with any funding accrued from previous years.

You only need to complete an application form if any of the following changes have occurred:

- **new student enrolments;** your child has started or changed schools this year.
- **changed family circumstances;** such as a change of custody, change of name, concession card number, or new siblings commencing this year.

Please complete an application form and return it to our school office along with a copy of your relevant card (your card can be copied at the office). **Applications for the CSEF program for 2025 close on Friday 4th July 2025.**

You can also download the form, and find out more about the program and eligibility, on the Department of Education and Training's Camps, Sports and Excursions Fund web page - <https://www2.education.vic.gov.au/pal/camps-sports-and-excursions-fund/resources>.

Please check with our school office if you are unsure and return completed forms to the school office as soon as possible.

Kind Regards

A handwritten signature in black ink, appearing to read 'Kerrie Kingston-Gains', written in a cursive style.

Kerrie Kingston-Gains
Principal

Camps, Sports and Excursions fund eligibility

Below are the criteria used to determine a student's eligibility for the Camps, Sports and Excursions Fund (CSEF).

Criteria 1 – Eligibility

To be eligible* for the fund, a mature minor of sixteen years of age or over, a parent or legal guardian of a student attending a registered Government or non-government Victorian primary or secondary school must:

- on the first day of Term one; or
 - on the first day of Term two.
- a) Be an eligible beneficiary within the meaning of the State Concessions Act 2004, that is, be a holder of Veterans Affairs Gold Card or be an eligible Centrelink Health Care Card (HCC) or Pensioner Concession Card (PCC) holder; or
 - b) Be a temporary foster parent; and
 - c) Submit an application to the school by the due date.

* A special consideration eligibility category also exists. For more information, see: [Camps, Sports and Excursions Fund \(CSEF\): Eligibility | education.vic.gov.au](#)

Mature minors or parents who receive a Carer Allowance on behalf of a child, or any other benefit or allowance not income tested by Centrelink, are not eligible for the CSEF unless they also comply with one of (a) or (b) above.

Criteria 2 - Be of school age and attend school in Victoria

School is compulsory for all Victorian children aged between six and seventeen years of age inclusive.

For the purposes of CSEF, students may be eligible for assistance if they attend a Victorian registered primary or secondary school. Typically, these students are aged between five and eighteen years inclusive.

CSEF is not payable to students' attending pre-school, kindergarten, home schooling, or TAFE.

Eligibility Date

For concession card holders, CSEF eligibility will be subject to the parent/legal guardian's concession card being successfully validated with Centrelink (see [Camps, Sports and Excursions Fund \(CSEF\): Policy | education.vic.gov.au](#)).

Payment amounts

CSEF payment amount

The CSEF is an annual payment to the school to be used towards camps, sports and/or excursion expenses for the benefit of the eligible student.

The CSEF is paid directly the school and will be allocated by the school towards camps, sports and/or excursion costs for your child. Please refer to the policy for the current rates.

For ungraded students, the rate payable is determined by the student's date of birth. For more information, see: [Camps, Sports and Excursions Fund \(CSEF\): Payment amounts | education.vic.gov.au](#)

Foundation and Year 7 government school students who are CSEF recipients are also eligible for a uniform voucher. Schools are required to make applications on behalf of parents, so please register your interest at the school.

How to complete the application form

NOTE: ALL SECTIONS MUST BE COMPLETED BY PARENT/LEGAL GUARDIAN

1. Complete the PARENT/LEGAL GUARDIAN DETAILS section.
Make sure that the Surname, First Name, and Customer Reference Number (CRN) details match those on your concession card. You will also need to provide your concession card to the school.
If you are claiming as a Foster Parent or a Veteran Affairs Pensioner, you will need to provide a copy of documentation confirming your status as a temporary Foster Parent or provide your Veterans Affairs Pensioner Gold card to the school.
2. Complete the STUDENT/S DETAILS section for students at this school.
3. Sign and date the form and return it to the school office as soon as possible.

CSEF payments cannot be claimed retrospectively for prior years.

Queries relating to CSEF eligibility and payments should be directed to the school.

Camps, Sports and Excursions Fund APPLICATION Form

School Name
School REF ID

Parent/legal guardian details

 Surname

 First name

 Address

 Town/suburb State Postcode

 Contact number

 Centrelink pensioner concession **OR** Health care card number (CRN)

 - - - **OR**
 Foster parent* **OR** Veterans affairs pensioner (Gold Card)**

*Foster Parents must provide a copy of the temporary care order letter from the Victorian Department of Families, Fairness and Housing (DFFH).

**Applicants must provide a copy of the Veteran Affairs Gold card.

Student details

Child's surname	Child's first name	Student ID	Date of birth (dd/mm/yyyy)	Year level

I authorise the Victorian Department of Education (DE) to use Centrelink Confirmation eServices to perform an enquiry about my Centrelink customer details and concession card status to enable the business to determine if I qualify for a concession, rebate or service. I also authorise the Victorian Department of Families, Fairness and Housing (DFFH) to provide the results of any enquiry to DE regarding temporary care orders.

I understand that:

- DFFH or Centrelink will use information I have provided to DE to confirm my eligibility for the Camps, Sports and Excursions Fund and will disclose to DE personal information including my name, address, payment and concession card type and status.
- This consent, once signed, remains valid while my child is enrolled at a registered Victorian school unless I withdraw it by contacting the school.
- I can obtain proof of my circumstances/details from DFFH and provide it to my child's school so that my eligibility for the Camps, Sports and Excursions Fund can be determined.
- If I withdraw my consent or do not alternatively provide proof of my circumstances/details, I may not be eligible for the Camps, Sports and Excursions Fund provided by DE.
- Information regarding my eligibility for the Camps, Sports and Excursions Fund may be disclosed to DFFH and/or State Schools Relief for the purpose of evaluating concession card services or confirming eligibility for assistance.

You can request access to the personal information that we hold about you, and to request that any errors be corrected, by contacting your child's school.

Signature of applicant _____ Date / /

Y E A R 7 I N F O R M A T I O N E V E N I N G 2 0 2 6

DATE:

Tuesday 25th March, 5pm-7pm

LOCATION:

Officer Secondary College



OFFICER
Secondary College

All families welcome.

Registrations essential via Trybooking.
Link available on the college website.



OFFICER SECONDARY COLLEGE

School Tours for 2025 are now underway!

SEE OUR CLASSES IN ACTION AND TOUR
OUR FANTASTIC FACILITIES.

BOOKINGS ARE ESSENTIAL.

TO BOOK GO TO:
[HTTPS://WWW.OFFICERSC.VIC.EDU.AU/BOOK-A-TOUR/](https://www.officersc.vic.edu.au/book-a-tour/)





Pakenham
SECONDARY COLLEGE

We Grow Through Connection

OPEN NIGHT

29th April 2025

5pm – 6.30pm

Please
register
on our
website
or scan
the QR
code



Presentation & School Tour

- * Meet our dedicated staff
- * Learn about our programs and pathways
- * Visit key learning area displays

Pakenham Secondary College

1020 Princes Highway Pakenham VIC 3810

Phone (03) 5945 1433  pakenhamsc.vic.edu.au

Connect with us  /pakenhamsc  @pakenhamsecondarycollege



We Grow Through Connection

Pakenham Secondary College Enhancement Program for 2026

From Year 7 to Year 10, high-achieving students are selected to participate in our Enhancement Program. Our Enhancement classes offer enrichment across all Key Learning Areas, providing students with the opportunity to engage in extended work.

Applications for current Year 6 students are **due by 1st May, 2025**. To learn more and to access the application, please scan the QR code or visit:

pakenhamsc.vic.edu.au/enhancement



Enrol for lessons at P.L.P.S for 2025

Phone Jared Longfield: 0411 083 631

MUSIC LESSONS



Group Lessons

\$15 a week during school terms

Individual Lessons

\$25 a week during school terms

Learn keyboard or guitar during school hours.

Enrol at anytime.
Commencement date to be advised



MAESTRO'S CORNER


ENROL: maestrocorner.mymusicstaff.com

Road safety around schools – what everyone needs to know



[Road safety around schools – what everyone needs to know | RACV](#)

Big Kids at School, Time to get Siblings in the Pool!

While the big kids are hitting the books, the little ones are making a splash! 


The Importance of Swimming Lessons for Young Children

Swimming isn't just a fun activity—it's an essential life skill that builds confidence and safety in the water. Early swimming lessons help children develop coordination, balance, and strength, while also teaching water safety. It's never too early to start!

Mummy/Daddy & Me Time!

Mums/Dads, while the big kids are at school, why not use this time to bond with your younger ones? Swimming lessons are a perfect opportunity to connect with your little one while helping them gain essential water skills. Whether it's a fun splash in the pool or teaching them how to float, these precious moments can strengthen the parent-child bond and create lifelong memories.

 **Swimming lessons offer long-term benefits,** including improving social skills as kids interact in group settings and boosting their physical development. It's the perfect time to get your little ones comfortable in the pool!

 **Book your Free Trial today and join us for a fun-filled lesson of learning and play!**



Give your baby a swimming kick start!

Mother's Group Special
Join with 1 or more friends and you'll all receive 2 FREE lessons!
Hurry! Offer expires on Monday 31st March.

Email pakenham@jumpswimschools.com.au
or call 03 5942 6555 and enrol today!
1599 Bald Hill Road, Pakenham, VIC 3860
jumpswimschools.com.au

jump!
SWIM SCHOOLS



**ALL GIRLS
GROUPS
AVAILABLE**



GOOD CLEAN FUN

PLAY.AFL/AUSKICK

**CARDINIA TIGERS
AUSKICK CENTRE**

**James Bathe Rec Reserve
Starts May 3rd from 9:30am**





Cardinia Tigers AUSKICK & SUPERKICK



PLAY

An intro to Australian Football and invaluable life skills. With game-based activities kids love!



4 - 7 year olds



**ALL GIRLS
GROUPS
AVAILABLE**

We want girls to feel comfortable and safe playing Auskick & Superkick! All-Girls options are available!



NAB AFL Superkick is a modified version of AFL that focuses on skill development for 7 to 12-year-olds.



7-12 year olds

Saturdays
9:30AM-10:30AM

JAMES BATHE RESERVE
STARTING MAY 3RD

VISIT PLAY.AFL

APRIL VACATION CARE PROGRAM

MONDAY - 7TH APRIL

\$9.70*



MIXED SPORTS & SLIME DAY



TUESDAY - 8TH APRIL

\$13.50*



CINEMA EXCURSION



WEDNESDAY - 9TH APRIL

\$9.70*



DODGEBALL & MASTERCHEF DAY



THURSDAY - 10TH APRIL

\$9.70*



FOOTY FUN DAY



FRIDAY - 11TH APRIL

\$11.50*



INFLATABLE DAY



MONDAY - 14TH APRIL

\$9.70*



NERF BATTLES, SCIENCE EXPLOSION & SOCCER DAY



TUESDAY - 15TH APRIL

\$9.70*



NBA DRAFT



WEDNESDAY - 16TH APRIL

\$11.50*



SUPREME INCURSION, NETBALL & CRICKET DAY



THURSDAY - 17TH APRIL

\$9.70*



EASTER EGGSTRAVAGANZA & KIDS PICK



HOW TO BOOK?

- STEP 1 - SCAN THE CODE
- STEP 2 - FILL OUT OUR FORM
- STEP 3 - CREATE AN ACCOUNT
- STEP 4 - CLICK THE CALENDAR
- STEP 5 - YOU ARE READY!!



ADMIN - 0479 125 796
DROUIN - 0466 092 965
E'HILLS - 0489 215 130
OFFICER - 0409 290 729



DROUIN - 52 MAIN STH RD
E'HILLS - 104 REEMA BLVD
OFFICER - 2 PARKER ST



WWW.DSSSPORTS.ORG/DROUIN-VACATION-CARE
WWW.DSSSPORTS.ORG/ENDEAVOUR-HILLS-1
[HTTPS://WWW.DSSSPORTS.ORG/VACATION-CARE](https://WWW.DSSSPORTS.ORG/VACATION-CARE)



DROUIN &
OFFICER



ENDEAVOUR
HILLS



Kickboxing Camp

2x3 hr Sessions • 7-15 yrs

April 2025 Dates

Mon 14th 8:30am - 11:30am

Wed 16th 8:30am - 11:30am

Scan To Book Now



Location: Mckinnon Secondary College East Campus,
14 South Dr, Bentleigh East, VIC

What Is Involved

- Mongkong Ritual
- Strength / Conditioning
- Footwork Drills
- Fitness Work
- Thai Pad Training
- Clinching / Grappling
- Ring Craft
- Sparring In Ring
- Cool Down Massage
- Nutrition Planning
- Fighters Psychology

www.allstarsdefence.com.au



School Holiday Program

4 Fun Filled Days • 8:30am to 3:30pm • Ages 4-12

April 2025 Dates

Monday, 14th

Tuesday, 15th

Wednesday, 16th

Thursday, 17th

Scan To Book Now



Location: Mckinnon Secondary College East Campus, 14
South Dr, Bentleigh East, VIC

What Is Involved

- Karate/Kickboxing/MMA Training
- Class Discussions
- Weapons Training
- Self Defence
- Movie
- Ninja Obstacle Course
- Nerf Wars
- Soft Archery
- Ninja Rope Climbing
- Tournament Practice
- Games
- Grading (if eligible after 4 days)

www.allstarsdefence.com.au