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CROYDON VIC 3136

Principal: Julie Gilbert  
Telephone : 9723 2472  
TheirCare OSHC PH: 1300 072 410  
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Website: [www.croydonps.vic.edu.au](http://www.croydonps.vic.edu.au)  
BSB: 063-124  
Account: 1012 3065

**HOURS OF SCHOOL  
SUPERVISION FOR CHILDREN**  
8.45AM TO 3.45 PM  
**Before and Afterschool Care  
is available with TheirCare**

**3rd April**

**GREEN & GOLD**

#### Calendar Dates to Remember

##### TERM 1 DATES

April 4th Year 5/6 Bike Ed

April 4th Whole school Cross Country (11.15-1pm)

April 4th Easter raffle draw at assembly

**LAST DAY OF TERM Assembly at 2.00pm  
FINISH at 2.30pm**

##### TERM 2 DATES

22nd April Smile Squad dental van

24th April School ANZAC service—3.00pm Parents welcome

**25th April ANZAC Day Public holiday—NO SCHOOL**

28-30th April—School Nurse Preps only

3rd May Federal Election—cake stall

6-7 May Murrundindi

8th May Prep Excursion—Healesville Sanctuary with Murrundindi

6-16 May Somers Camp (selected students)

10th May 2026 Prep Open Morning 10.00am

14th May Education Week Open afternoon

2.30pm—4.00pm and 5.30pm—6.30pm

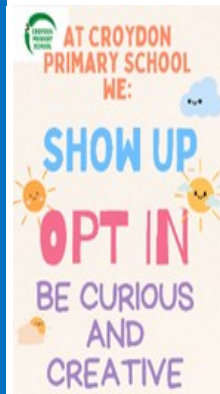
20th May District Cross Country (selected students)

3rd June Division Cross Country (selected students)

19 June Stand Up—student session

2nd July Parent Teacher interviews

**4th July—LAST DAY OF TERM Finish at 2.30pm**



## MESSAGE FROM THE PRINCIPAL

**END OF TERM — FRIDAY 4<sup>TH</sup> APRIL  
ASSEMBLY 2.00 PM**

#### TOMORROW'S EVENTS

**CROSS COUNTRY** - all students participate from 11.15am. Please come along to watch. The coffee van will be on site.

**ASSEMBLY AND RAFFLE DRAW** – please meet us under the cover of the basketball court at 2.00 pm for our last assembly of the term and the Easter raffle draw.

#### LOOKING AFTER OUR SCHOOL IN THE HOLIDAYS

Please use the school grounds to play, run and ride.

If you see groups of teenagers or other people misusing the grounds please ring 000.

The police are keen to 'disrupt' their damaging behaviour.

#### SCHOOL CAPTAINS

Our school captains and vice captains had their names added to the honour board this week. It is a special reminder of the students who have held the role before them.

Well done Eh Ta Mu, Kennedy, Kripes and Harrison.



# MESSAGE FROM THE PRINCIPAL

## HARMONY DAY

Last week we celebrated Harmony Week.

Harmony Week 2025, took place from March 17th to 23rd, celebrating Australia's cultural diversity with the Message: "Everyone Belongs" .

The purpose is to celebrate Australia's vibrant cultural diversity and promote inclusiveness, respect, and a sense of belonging. Wearing orange is a simple yet powerful way to express your support for a diverse and harmonious society.

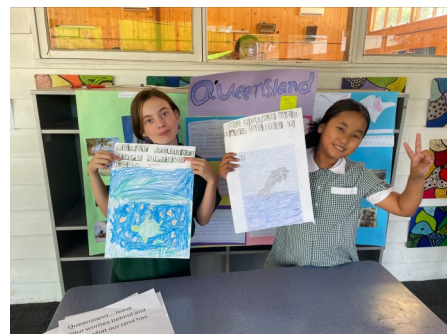
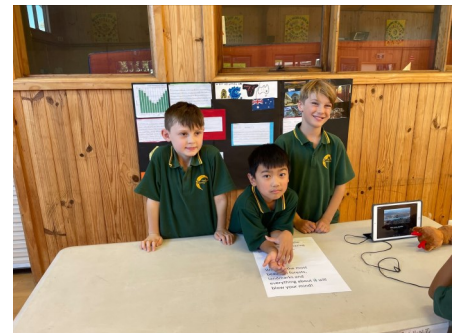
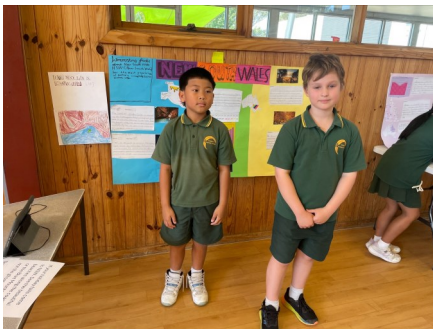
Our preps enjoyed the activities involved including writing "What makes me special."



## YEAR 3 /4 AUSTRALIA EXPO

The Year 3 /4 students put on a wonderful display last week. Their filmed advertisement was a great use of ICT to convince the audience why to holiday in their state or territory. There were some really interesting facts that I heard about especially the Pink lake in Victoria and where "Picnic at Hanging Rock" was filmed in South Australia.

It was pleasing to see so many parents come to look.





# MESSAGE FROM THE PRINCIPAL

## TEDDY BEARS PICNIC

A special event on the Prep calendar is the teddy bears' picnic. The Preps prepared iced teddy bear biscuits and had lunch with their buddies. It was great to see the buddies had special teddy bears also.



## YEAR 1 / 2 COMMUNITY PRESENTATION.

The Year 1 / 2 students also had a display this week in the hall. They have been learning about people in the community and constructed 'towns' with their group. Their explanations on why they needed particular buildings was really informative.

Thanks to the parents that came to support the students.



# MESSAGE FROM THE PRINCIPAL

## PARENT COFFEE VAN

One of our parents is setting up a new business and we are going to be offering a coffee van at the end of the staff car park ( near the library) one morning a week. She will also be on site for the whole school cross country.

I hope you can support her business before school.



## SMILE SQUAD

The dentist van arrives first day next term. All students can receive a free check up.  
If you have been unable to complete the permission online, **please get a form from the office.**



The Smile Squad team from EACH are coming to our school from Tuesday 22<sup>nd</sup> April 2025.  
Smile Squad is the Victorian Government free school dental program.  
This means all students can get a free dental check-up, preventive services, and treatment at school.

### How to access free dental care

We need your consent before we can provide services. Consent is usually provided by a parent or guardian.

Sign up to Smile Squad at: <https://bit.ly/smilesquadvic>

Use the QR code

OR pick up a paper form from the office.



## THANK YOU!

The Croydon conference of St Vincent de Paul would like to acknowledge the support of Maroondah City Council.  
Croydon Primary School would like to sincerely thank both organisations for supporting so many of our families.



# MESSAGE FROM THE PRINCIPAL

## INTERESTING AUTUMN FACTS

The trees are changing colour and the weather has become a little cooler. Here are some facts about autumn.

### Why Leaves Change Colour

During autumn, the leaves of many trees turn red, yellow, orange, or even purple. This happens because the green chlorophyll in the leaves breaks down, revealing the other colours that were hiding all along! It's like the trees are showing off their hidden rainbow before winter arrives.

### Falling Leaves

In autumn, some trees lose their leaves in a process called **abscission**. This helps the trees conserve water and energy during the cold winter months. The leaves form a beautiful carpet of colours on the ground before decomposing and turning into nutrients for the soil.

*Have a safe and restful break and we will see you on the 22<sup>nd</sup> April.*



## RAISING KIDS IN A DIGITAL WORLD

I received this email from Michael Grose, a well renowned Child Psychologist. I thought it may be useful, especially with holidays coming up.

*It's like the Wild West - the key challenges for parents raising kids in a digitally dominant world.*

*Challenges come with the parenting territory. It always has and always will. But the current digital age throws up challenges that previous generations didn't face, including:*

### 1. "Don't fence me in!"

Striking a balance between allowing children to explore technology and preventing excessive screen time is a constant struggle. Parents often grapple with guilt, fearing they are depriving their children of essential experiences, or they feel overwhelmed by the sheer volume of digital content.

### 2. "Keeping the baddies at bay!"

The internet's anonymity can embolden bullies, and children may encounter inappropriate content or harmful interactions. Parents must navigate the complex online safety landscape, teaching their children how to protect themselves and fostering open communication about their online experiences.

### 3. "Fighting FOMO (Fear of Missing Out)."

Social media platforms, even those designed for younger audiences, can so often fuel feelings of inadequacy and anxiety. Former US President Theodore Roosevelt famously said, "*Comparison is the thief of joy!*" Absolutely. It's unsettling in the digital age when kids are inundated with curated images showcasing seemingly perfect lives, which fosters unrealistic expectations and a continual craving for validation.

### 4. "It's time to meet face-to-face."

Excessive screen time detracts from face-to-face interactions, impacting children's ability to develop essential social skills, empathy, and emotional intelligence.

It may not seem like a major issue, but it is significant during a child's formative years, when they learn a variety of social skills that they will use in adulthood.

### 5. "So, what are you doing now?"

Keeping an eye on children's online activities and behaviours is challenging yet essential. Parents must ensure that the content their kids access is safe for their age.

# MESSAGE FROM THE PRINCIPAL

They must also teach their children about online privacy and protecting personal information.

**It's hard - Key challenges for children.**

It's not just parents who struggle with the Digital Age. Children, too, experience challenges that previous generations didn't meet, including:

## 1. "I can't concentrate."

The constant stimulation of digital devices can make it difficult for children to focus on tasks that require sustained attention, such as schoolwork or reading.

Research suggests that increased use of digital devices and media, mainly social media apps, can harm **children's and adolescents' attention span and focusing abilities.**

## 2. "Mum, I can't get to sleep."

The blue light on the screens can interfere with sleep patterns, leading to fatigue, irritability, and difficulty concentrating.

Exposure to blue light, particularly before bedtime, disrupts sleep by **suppressing melatonin production, a hormone that regulates sleep, which may delay sleep onset and reduce sleep quality.**

## 3. "I Feel So.....Mad...all...the...Time!"

It's well documented that many children struggle to regulate their emotions when exposed to upsetting content or negative online interactions.

Screen time can also negatively affect social and emotional development by reducing the quality of parent-child interaction and potentially leading to social isolation.

## 4. "I'm not good enough."

It can be heartbreaking!

The pressure to conform to unrealistic beauty standards and constant exposure to filtered images on digital devices can adversely affect children's body image and self-esteem.

Studies show that girls are more likely to be affected by negative body image due to the prevalence of beauty standards and social comparison on social media. However, increasingly, boys' body image is negatively impacted due to photos and messages they receive digitally.

## 5. "No, I've got to play on my computer".

Some children develop an **unhealthy dependence** on digital devices, experiencing withdrawal symptoms when deprived of them. Early research into the area of digital dependency shows disturbing similarities to other types of addictions, including gambling and drug addictions.

Like substance use disorders and gambling addiction, technology addiction is characterized by single-minded preoccupation, mood changes, the development of tolerance, withdrawal symptoms, and social problems.

Practical Solutions for Parents are at Hand.

When confronted by something as overwhelming and ever-changing as the digital world, throwing our parental hands in despair is easy. But it won't cut it if you want kids to be safe and savvy.

**HERE ARE TEN PRACTICAL TOOLS TO ADD TO YOUR TOOLBOX TO KEEP YOUR DIGITAL KIDS SAFE (AND SMART) IN THE ONLINE WORLD:**

### 1. "These are the limits." (Boundaries)

It may seem old school, but limits and boundaries, like marking and kicking in Australian Rules or passing in Rugby League- are the basics to get right.

Set specific limits on screen time, designate screen-free zones and times, and consistently enforce these rules. **Involve** your children in creating these rules to foster a sense of ownership and responsibility.

### 2. "Do as I do, not what I say" (Modelling)

Imitation is the prime learning mode for children, coming way before your wise words and instructions in the learning hierarchy. So, **consciously model** and show rather than tell your kids to live smartly in a digitally-dominant world.



# MESSAGE FROM THE PRINCIPAL

Start by putting away your devices during mealtimes and family activities and demonstrating a balanced approach to technology use.

## 3. “Everything is in moderation” (Balance)

Everything we do comes with a cost. Too much time in front of a digital device means less time spent elsewhere.

Encourage/coax/persuade your kids to become involved in offline activities. Promote outdoor play, creative hobbies, and social interactions with friends and family.

Engage in activities such as board games, sports, or nature walks. **There are so many alternatives to the digital world to explore.**

## “I’ve something I want to tell you about?” (Education)

Teach kids about online safety. They may work things out for themselves, but I wouldn’t count on it!

**4. Teach** them about cyberbullying, online predators, and the importance of protecting their personal information. How can they recognise cyberbullying? What should they do? These are essential aspects to cover.

Emphasize the need to report any concerning online interactions to a trusted adult.

## 5. “We can talk about anything.” (Open Communication)

Foster open communication in your family.

Create rituals such as mealtimes that bring you together for a purpose and enjoyment. This will help create the conditions for good, honest conversations about the things that matter.

Listen attentively and guide without judgment. Yep, keep the judgement down if you want them to open up. Nothing closes down a conversation with a child or teen quicker than a parental cry of “You did WHAT?”

## 6. “There’s a tool for that!” (Parental controls)

Thankfully, the recent development of a range of parental control apps has given some control back to parents.

Explore and use parental control apps and software to filter content, monitor screen time, and restrict access to certain websites or apps.

While parental controls don’t replace real-time monitoring and parental curiosity as your key tools for monitoring your kids’ activities, they offer **security** that can be used in situations beyond your control.

## 7. “Think it through!” (Critical thinking)

To say the online world is not necessarily a reliable source of accurate information is stating the obvious.

Use the **CRAP** method to help them see through the.....crap online. That is,

Is the information they read **C**urrent?

Is it **R**eliable?

Who is the **A**uthority?

What’s the **P**urpose?

Introduce the CRAP concepts in an age-appropriate way for your child to promote critical thinking and an awareness of the potential for misinformation and manipulation online.

## 8. “How would you like that to happen to you?” (Empathy)

The impersonal nature of the digital world makes it a haven for bullies and the nasty-minded. Conversely, it’s easy for your children to be less than kind or dismiss others’ feelings when communicating online.

It helps teach your children the importance of online etiquette and respectful communication.

Encourage them always to be mindful of the impact of their words and actions on others, whether spoken face-to-face or indirectly through a text or video.

## 9. “Talk with them.” (Face-to-face connections)

Sadly, many kids prefer communicating digitally rather than speaking directly to friends. It’s easier, uses less energy, and requires fewer social skills.

And if practised consistently, **digital communication becomes a child’s default method of socialising**, inhibiting their future social progress.

Facilitating opportunities for face-to-face interactions with friends and family is essential.

## COMMUNITY NEWS

### UNIFORM SHOP OPEN

**Mondays 8.30am-9.15am**



### Breakfast Club

**Tuesdays & Thursdays  
8.30am to 8.50am  
Come and enjoy a free  
breakfast .**

There is cereal, toast,  
canned fruit and more.

Everyone is welcome.



### MANY HAPPY RETURNS TO STUDENTS HAVING THEIR BIRTHDAY FROM

**4th April —21st April**  
**John, Ava Bucsuhaży, Olivia, Alexis, Felix,**  
**Toby, Sian Huai,**



### LUNCH ORDERS—EVERY WEDNESDAY

Lunch orders can be ordered online for lunch on Wednesdays. Please register your child at [Flexischools.com.au](http://Flexischools.com.au). The lunches are made by Balanced Living Catering.

Orders need to be submitted by 8.00am on Wednesday morning.

### PARENTS CLUB

Saturday 3rd May is Federal Election Day and we will be holding a cake stall. Plates, bags and instructions will be sent home to families in the first week back of Term 2.

If you are able to volunteer on the day, please sign up at the office.

Any questions, please email Michelle at [croydonpsparentsclub@gmail.com](mailto:croydonpsparentsclub@gmail.com).



# COMMUNITY NEWS

Hello Families of Croydon Primary School!



What a wonderful term 1 we have had, the children have had such a fun time at before and after school care building on a variety of different hobbies. Each week the children have been given the option to choose which theme they would like through voting; this has then engaged the children to help choose which activities we should do to match this theme.

Involving the children in the planning process has encouraged more enthusiasm when participating in the experiences, as they are excited to see their name next to their suggested activity.

These last few weeks have been interesting to see the themes the children choose. We had a Bluey week, where we participated in activities, such as Bluey doing magic tricks, drawing and cooking in the kitchen with us making Gingerbread playdough.

We have also had a party week where the children played some classic party games such as pin the tail on the donkey and plenty of balloon games. The children especially enjoyed designing their own cupcake pictures, using lots of bright colours and glitter!

Our last weeks of term consisted of a movie week where we spent each Before and After School session participating in activities themed around one of our chosen movies, this included The Little Mermaid and making bath bombs, Mulan and completing a series of physical challenges, and Paddington and making our Marmalade Slime.

Our last week of term is a celebration with a variety of fun activities chosen by the children, we are incorporating more cooking experiences into the weeks program to give everyone a sweet treat as they finish term 1 of 2025.

Throughout these weeks we have continued to make our TC Tucker recipes. This has been a big highlight for the children, especially when it came to choose which recipes we will do for the next week. We are very happy to say that through the children's good actions within the room we have earned enough stickers to donate \$50 to the SES.

We would like to congratulate Chloejyn in 1st, Haydn and Mina in 2nd, and Benjamin in 3rd for earning the most stickers all term, this means they have earned a big prize from Alex's prize shelf!





# Mother's Day Stall

Wednesday 30th April &  
Thursday 1st May



A selection of gifts will be  
available for purchase.

Prices will range from \$1.00 - \$5.00

Students are encouraged to bring money  
and a carry bag for the gift



## PARENTS CLUB

We are seeking volunteers to assist on both days:



8am - 9am - Stall set up (Weds only)

9am - 11am - Operating the Stall (Weds & Thurs)

**Please register your availability** via email to  
[croydonpsparentsclub@gmail.com](mailto:croydonpsparentsclub@gmail.com) or notify the office.





# 2025 OPEN DAY

**Saturday 3rd May**  
10am - 2pm



ENROL VIA OUR WEBSITE

Explore, play,  
learn and grow

FIND US AT!



9 Toorak Avenue, Croydon

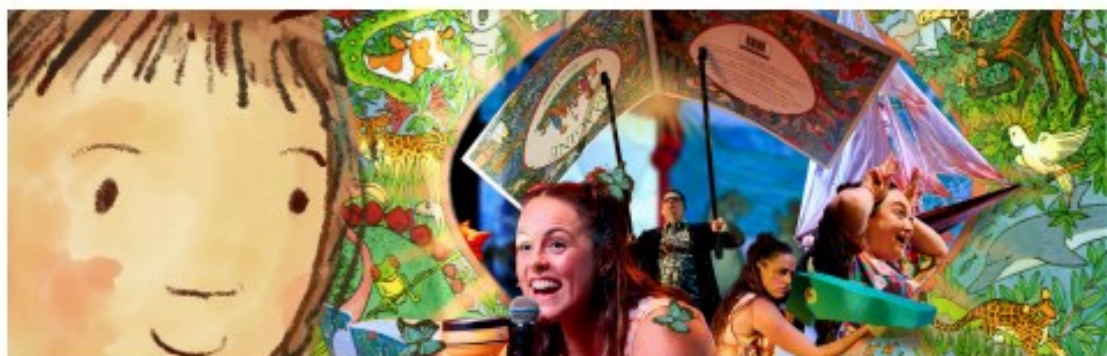


[www.stjohnskindergartencroydon.org.au](http://www.stjohnskindergartencroydon.org.au)





# KARRALYKA



Enjoy Children's Theatre all year round at Karralyka!

Laugh out loud with the award-winning **Trash Test Dummies Circus**, a high-energy blend of comedy and circus. Then, step into the enchanting world of **IMAGINE LIVE**, journey back in time with the prehistoric thrills of **Dinosaur Time Machine**, and enjoy the hilarious antics of **The Librarian**. There's something for every young explorer!

Bring the family along for interactive, exciting, and inspiring live performances at Karralyka where stories come to life on stage!

Coming Up in 2025

**Trash Test Dummies Circus**  
Thurs 10 April, 11am & 2pm

**IMAGINE LIVE**  
Tues 15 July, 11am & 2pm

**Dinosaur Time Machine**  
Thurs 17 July, 11am & 2pm

**The Librarian**  
Tues 23 Sept, 11am & 2pm

To book tickets, head to [www.karralyka.com.au](http://www.karralyka.com.au), visit our Box Office or call our Box Office team on 9870 2888.



22A Mines Road, Ringwood East 3135  
Phone | 9870 2888  
Website | [www.karralyka.com.au](http://www.karralyka.com.au)





## SPECIAL OFFER!

For New Students in 2025.

Get one **FREE** lesson in Term 2

when you sign up for a full-term of instrumental music lessons, for any instrument of your choosing!

### HOW TO CLAIM:

Simply write "Free Lesson" in the notes section of the application form to receive the Free Lesson!

T&C's apply. Get in touch for more information.



[info@juniorrockers.com](mailto:info@juniorrockers.com)



1300 GO ROCK

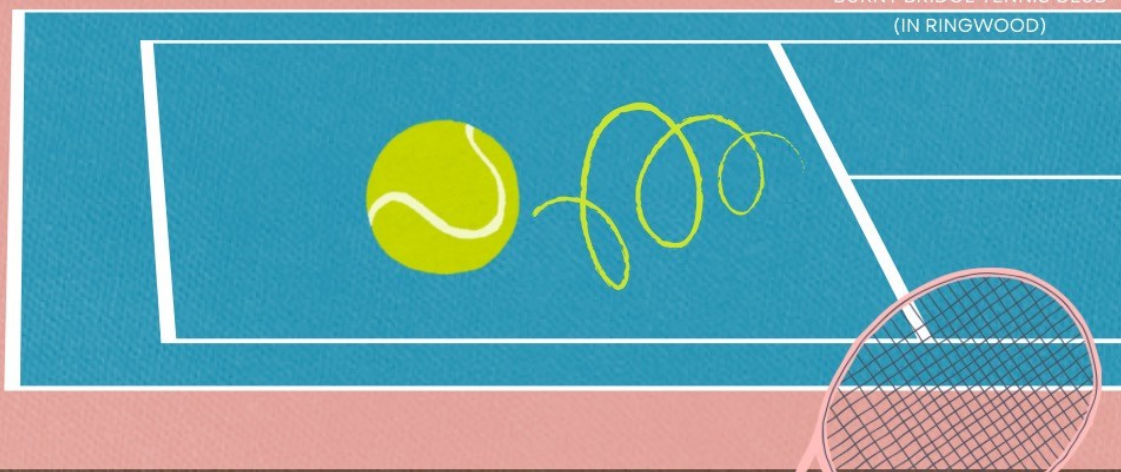


[www.juniorrockers.com](http://www.juniorrockers.com)

# START TENNIS TODAY!



BURNT BRIDGE TENNIS CLUB  
(IN RINGWOOD)



## PRIMARY SCHOOL AGED GIRLS

We are offering **free** beginner lessons for girls, with our qualified coach, in a fun and supportive environment.

From prep to grade 6, get out on court for some tennis!

### AVAILABLE TIMES

**April holidays:** 7th & 8th April (9:30am or 10:30am)  
*Limited places available*

**2 FREE** 1H SESSIONS

OVER 2 DAYS

AND **FREE** RACKET PROVIDED

EMAIL GLENDA AT [MEMBERSHIPBBTC@GMAIL.COM](mailto:MEMBERSHIPBBTC@GMAIL.COM) FOR ENROLMENTS AND MORE INFORMATION

## PREP AGED GIRLS

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OVER 2 DAYS

AND **FREE** RACKET PROVIDED

EMAIL GLENDA AT [MEMBERSHIPBBTC@GMAIL.COM](mailto:MEMBERSHIPBBTC@GMAIL.COM) FOR ENROLMENTS AND MORE INFORMATION





## ONLINE INFO SESSIONS

**Thursday 3 April**  
**7.00 - 8.00pm**

**Wednesday 16 April**  
**6.00 - 7.00pm**

**Register to Attend**

**1300 889 335**

**[www.anglicarevic.org.au/fostering](http://www.anglicarevic.org.au/fostering)**

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# LOCAL PSYCHOLOGY SERVICE

No waitlist appointments  
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assessments.

Session pricing from \$120\*

*\*Please see our website for full price list*



# GRAHAM PSYCHOLOGY

RINGWOOD • DONCASTER • BURWOOD • NARRE WARREN • TELEHEALTH

## OUR SERVICES

Therapy can assist with a wide range of concerns. Here are some areas where attending sessions with one of our clinicians might benefit your child.



### COMMUNICATION SKILLS

Therapy can help children learn to communicate their thoughts and feelings more clearly, leading to better relationships with peers and family members.



### EMOTIONAL REGULATION

Sessions provide a safe space for children to express their feelings, helping them understand and manage their emotions more effectively.



### INCREASE RESILIENCE

Through therapy, children can learn resilience, enabling them to bounce back from setbacks and challenges more successfully.



### UNDERSTANDING TRAUMA

For children who have experienced trauma, therapy can assist with processing their experiences and reducing associated fears or anxiety.

## WE CARE ABOUT YOUR KIDS

- We prioritise a child-centered approach, focusing on creating a safe and nurturing environment where children feel comfortable to express themselves and explore their feelings.
- Our psychologists are highly trained and qualified to work with children, registered with AHPRA and hold a current WWCC.
- Our team is dedicated to promoting the overall well-being and development of your child, addressing emotional, social, and behavioral challenges to help them thrive both inside and outside of school.



03 8838 8687



[www.grahampsychology.com.au](http://www.grahampsychology.com.au)



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## COMMUNITY NEWS

Do you have a weak pelvic floor? Do you suffer from leakage, prolapse, pelvic pain?

Does your child have bladder/bowel issues?

Please contact our highly qualified, experienced team of Pelvic Floor Physiotherapists at Pelvic Strength

Physiotherapy 97249755.

Visit our website and Instagram page. [www.pelvicstrengthphysiotherapy.com.au](http://www.pelvicstrengthphysiotherapy.com.au)

Instagram: pelvic strength physio

No referral necessary. Mention this ad and receive 10% off your first appointment.

(03) 9724 9755 f (03) 9723 5282 [appointments@pelvicstrengthphysiotherapy.com.au](mailto:appointments@pelvicstrengthphysiotherapy.com.au)



CROYDON RANGES FC  
IS CALLING ALL

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GIRLS**



under 7s - under 11s

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SUNDAY GAMES

☀️ FRESH AND MAINTAINED

FACILITIES AND CLUBROOMS ☀️





# 2025 JUNIOR COME AND TRY BASEBALL & T-BALL

**AGES**  
**6-16**



**NO EQUIPMENT  
REQUIRED TO ATTEND**



**REGISTRATION  
AVAILABLE**



*Register here*



**SATURDAY 5 & 12 APRIL**  
**9:00AM-10:30AM**

**BARNGEONG RESERVE, BAMBRA ST, CROYDON**

**SECRETARY (SAM MATHER) SAMMATHER78@GMAIL.COM**



NORWOOD



NORWOOD



# NORWOOD AUSKICK

**STARTS 2ND MAY 2025  
FRIDAY NIGHTS 5.30PM**

The Norwood Auskick program caters for both girls and boys turning 5yrs and up in 2025. We focus on AFL skills training/development for all levels, applying exciting & fun games to ensure your child is engaged during our clinics. It's also an amazing pathway to junior football.

**Use QR code  
to register**



**Norwood JFC, Mullum Mullum Rd, Ringwood North  
E: [njfc.auskick@gmail.com](mailto:njfc.auskick@gmail.com)**

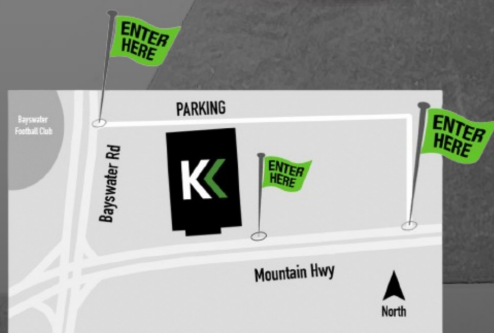


# **K** KARTING MADNESS

**AUSTRALIA'S LARGEST INDOOR GO KART VENUE**

**RACING LEAGUES / BIRTHDAY FUNCTIONS**

- **ADULT** Karts
- **ROOKIE** Karts
- **DUAL SEATED** Karts



**OPEN  
7  
DAYS**

ARCADE GAMES  
POOL TABLES

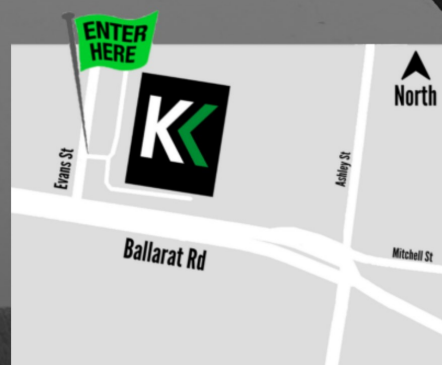
**BAYSWATER**

**(03) 9720 8284**

9A/841 Mountain Hwy,  
Bayswater 3153



**WWW.KARTINGMADNESS.COM.AU**



LASERTAG  
BOWLING

**BRAYBROOK**

**(03) 9317 8222**

234 Ballarat Rd,  
Braybrook 3019