

# COMMUNITY NEWS AND EVENTS

Friday, 9 December 2011

Volume 8 Issue 13

## COMING SOON!

### PRIMARY SCHOOL

# YOGA kids



*Be a frog! or a cobra! Roar like a lion!*

Play fun filled games that show you how to do cool yoga poses like the alligator which helps make you stronger and balance better.

Go from silly and crazy to quiet and calm, all in one hour



Bring your mum or dad!  
Call 324 2616

\$45 for 5 classes

Ages 8-11

email [bahyoga@hotmail.com](mailto:bahyoga@hotmail.com) for more information

COMING SOON!

MIDDLE SCHOOL

Ages 11–14 years

KIDS  
YOGA



Have fun and  
*de-stress* while  
doing cool yoga  
poses  
like cobra or  
warrior.

\$45 for 5 classes

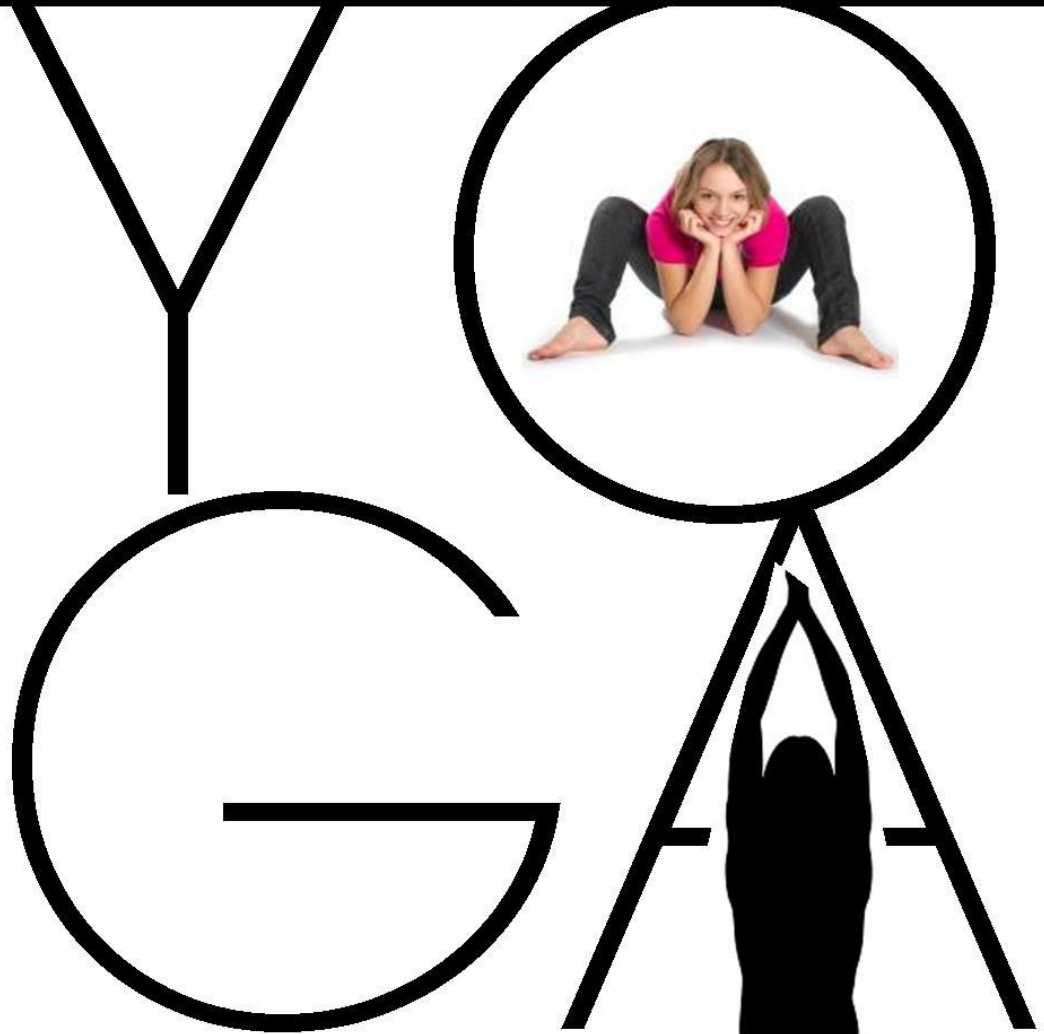
E:  
[bahyoga@hotmail.com](mailto:bahyoga@hotmail.com)  
for more  
information

You'll have  
more energy,  
more flexibility,  
concentrate better  
*and also learn*  
how to relax.

Yoga  
decreases anxiety  
increases self esteem *and*  
self awareness

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COMING SOON



Tired and stressed out? Muscles tense?

Come to yoga to stretch, strengthen and most of all, learn to RELAX.

Use your breath to energize or to decrease anxiety while increasing self esteem and self awareness.

Balance, flexibility, concentration, focus, all improve with regular yoga practice.

Yoga is non competitive and great for everyone.

Ages 14-17

Thursdays  
3:45—4:45

\$45 for  
5 classes

email  
[bahyoga@hotmail.com](mailto:bahyoga@hotmail.com)

# Upper School trip to Costa Rica

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A Spanish immersion trip to Costa Rica has been organised by the MFL department. The trip is open to students studying Spanish in years 10 through 13. Students will spend 10 days with host families and will take part in language classes and cultural activities. Tours to the hot springs at the Arenal Volcano and the town of La Fortuna and a coffee plantation have been arranged as well.



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**When? 29 March – 7 April 2012**

**Cost? \$2,200**

**(includes airfare, ground transportation, accommodation, breakfast and dinner, tours, classes, and cultural activities)**

**For more information see Mrs. Adderley in room 64**

# Book Drive

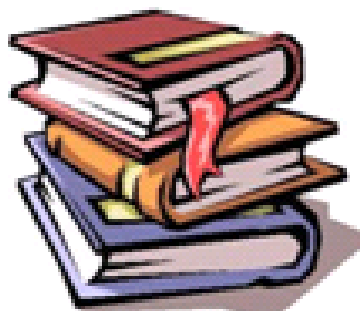
## Help donate books

To the less fortunate kids, any book you no longer use, drop them in the library

## Requirements

Preferably chapter books, no torn, or missing pages (decent condition), however they are not picky they will greatly appreciate any books they receive

**PRATICIPATION WILL LEAD TO APPRECIATION**



# SCHOOL SHOP

**Telephone: 677 7805**



**Shop Hours:**

**Mondays, Wednesdays, and Fridays**

**8:30am – 11:00am**

**Not opened on days when school offices are closed!**



# *Leel* School Bus Service

To All Areas For Only \$7.50  
Home By 4:15 Everyday

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

Email: [elaine@leeltransportation.com](mailto:elaine@leeltransportation.com)

