

# SEA BREEZE



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**Thursday, 17<sup>th</sup> May, 2018**

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# 2018 TERRIGAL PRIMARY SCHOOL CALENDAR

# TERM 2

MONTH /Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>APRIL/MAY</b> <b>1</b>	30 School Development Day	1 Student return for Term 2	2 Tennis Gala Day	3 Syd Nth Soccer Trials Girls	4 <b>SCHOOL PHOTO DAY</b> <i>Zone Touch Football trials</i>
<b>MAY</b> <b>2</b>	7 Yr 6 Canberra Excursion	8 Yr 6 ACT Excur. <i>ICAS Digital Tech test</i> Starstruck Rehearsal Syd Nth Netball trials	9 Yr 6 Canberra Excursion	10 Mothers Day stall Prep Day in Mezz	11 <b>Mother's Day Stall</b> <i>Mothers Day Breakfast</i> Building Info Booth
<b>MAY</b> <b>3</b>	14 P&C Meeting 7pm	15 NAPLAN Yrs 3 & 5 S1 Excursion	16 NAPLAN Yrs 3 & 5 <i>S1 Excursion</i>	17 NAPLAN Yrs 3 & 5 <i>S1 Excursion</i>	18 NAPLAN makeup day <i>Rugby State 7's</i> <i>Final Saturday 19th</i>
<b>MAY</b> <b>4</b>	21 Syd Nth Rugby Trials	22 Syd Nth Netball Trials <i>NSW PSSA AFL Debating</i>	23 <i>NSW PSSA AFL S3 Maths Olympiad</i>	24 NSW PSSA AFL	25 <i>Zone X Country</i>
<b>MAY/JUNE</b> <b>5</b>	28 AEGG meeting 5pm	29 ICAS Science test	30 ES1 Public Speaking <i>Starstruck Major Rehearsal</i>	31 U12 Rugby League	1 Yr 5/6 Netball Gala day
<b>JUNE</b> <b>6</b>	4 CCDF – Dress Rehearsals <i>Syd Nth Golf Trials</i> B&G Basketball knockout	5 AFL Tony Lockett Shield <i>CCDF- Dress Rehearsals</i> Building Info Booth	6 PSSA Netball Gala Day <i>S1 Public Speaking</i> Under 10 RL	7 School Leaders to Parliament House	8 TPS Athletics Carnival
<b>JUNE</b> <b>7</b>	11 Queen's Birthday Holiday	12 <i>Bryan Palmer Rugby Shield</i>	13 <i>ICAS Spelling Test</i> Starstruck Movement Rehearsal <i>S3 Maths Olympiad</i>	14 ICAS Writing Test <i>Starstruck Tech Rehearsal</i>	15 Starstruck Matinee and Evening Performance
<b>JUNE</b> <b>8</b>	18 P&C 7pm	19 Paul Kelly AFL Cup	20 Forensic Science Show S2	21 Forensic Science Show S3	22 Syd Nth Cross Country
<b>JUNE/JULY</b> <b>9</b>	25	26	27	28 CCDF Performance	29
<b>JULY</b> <b>10</b>	2 <i>Parent Interviews</i>	3 <i>Parent Interviews</i> Building Info Booth <i>K-1 Dog Safety talks</i>	4 <i>Parent Interviews</i> K-1 Dog Safety talks	5 <i>Parent Interviews</i>	6 <i>Parent Interviews</i>

## WHAT'S ON WEEK 3 OF TERM 2

Monday 21 <sup>st</sup> May	Tuesday 22 <sup>nd</sup>	Wednesday 23 <sup>rd</sup>	Thursday 24 <sup>th</sup>	Friday 25 <sup>th</sup>
Syd Nth Rugby Trials	Syd Nth Netball Trials NSW PSSA AFL Debating	NSW PSSA AFL S3 Maths Olympiad	NSW PSSA AFL	Zone X Country

## PRINCIPAL'S REPORT

### Congratulations to Our New P & C Team

At the P & C meeting on Monday our new executive were elected. Congratulations to the new team:

President	Nicole Hilder
Vice Presidents	Jo Way and Lois Mantell
Secretary	Trisha Payne
Treasurer:	Ari King
Canteen Sub Committee Chair	Jo Way
Uniform Shop Sub Committee Chair:	Nicole Hilder
Events Sub Committee Chair	Tonia Cramp

At the AGM, the previous P & C executive were thanked for their great work last year, especially with the Terrigal Family Fun Fair. The financials were also presented along with the Auditor's report. The auditor found that the books were in order.

### **Canteen Volunteers Wanted**

Our canteen does an outstanding job providing a healthy food service to students. It can only continue to do that with assistance from volunteers.

We have a great team of volunteers but our numbers have dropped as people pick up paid employment.

So we need to bolster the numbers again. You don't have to volunteer for the whole day and once a month would be great (happy if you can do more!).

Contact Lyn in the canteen.

### **Emergency Contact Details**



This week you will receive a note seeking an update of emergency contacts for your child(ren).

A print out of our current details on file will be sent home. Please tick if details are correct and return the form.

If details have changed please note the changes and return to school.

We contact emergency contacts when we are unable to contact the parents/carers of a child. It is important that your emergency contacts are able to provide advice on your behalf and/or be able to collect students from school.

### **Thanks Mums**

Thank you to all of the mums and those filling that role who were able to attend our Mothers' Day breakfast last Friday morning.

I hope all of our mums had a great day on Sunday.

Thanks to staff for their work in putting on the breakfast, especially to Mrs Wilson for her co-ordination.

Thanks to the P & C team for their work in wrapping presents and conducting the Mothers' Day stall.



## Good Luck Rugby Sevens

Good luck to our rugby sevens team heading off to the state finals on Saturday in Sydney.

## Walk Safely to School



Tomorrow, Friday 18<sup>th</sup> May, is Walk Safely to School day. Parents are encouraged to walk to school with their child.

If you normally drive your child to school perhaps park a couple of blocks away (surf club carpark for example) and walk to school.

It is also a great time to talk about road safety as you walk. Some of the points to reinforce as you walk to school:

- Walk away from the roadway
- Where possible walk with others
- Look for vehicles coming out of, or turning into driveways.
- Know your safe places to go to, along your route, if you are worried. Perhaps a friend's house, a shop, the school, pre-school.
- Find a safe place to cross – traffic lights, pedestrian crossing. If there isn't a marked crossing find a spot with clear space so vehicles can see you and you can see vehicles. Stop one step back from the edge. Look & listen in all directions. If safe start walking across the road. Keep checking for traffic. Walk quickly to the other side.
- Walk directly to and from school, along the agreed route. Don't take short cuts or go to other places.
- Use the Havenview Rd entrance. Cross at the supervised crossing in Havenview Rd. Stop and wait for the crossing supervisor to allow you to cross the crossing.
- Watch for vehicles entering/leaving the school carpark.
- If you are riding a bike to school dismount at traffic lights/crossings to walk your bike across.

## Good Luck Debaters

Good luck to our debating team as they head off next week for their first interschool debate.

## Good Luck Maths Olympiad Teams

Good luck to our maths Olympiad students as they start their first round next week.

## Good luck Zone Cross Country Team

Good luck to our runners heading off to the Tuggerah Lakes Cross Country Carnival next Friday.

## Do Not Use The School Carpark



Parents are reminded ***NOT*** to use the school carpark in the mornings or afternoons. We have a number of approved vehicles that use the carpark to drop off and pick up students with disabilities from our Support Unit. Unauthorised parents using the carpark increases the risks and dangers for everyone.

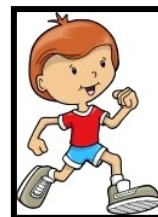
I understand that parking is difficult around our school but parents need to make safe decisions. The best way is to use the drop off/pick up areas in Havenview. If there isn't a spot or your child isn't ready, do a lap and come back and try again.

*Michael Burgess*  
**Principal**

**Money Due - Parent Online Payment (POP) is the school's preferred payment option**

**Support Unit**

- Book Pack - \$15
- RDA Term 1 - \$ 84
- RDA Term 2 - \$ 66



**Early Stage 1 (Kindergarten)**

- Book Pack - \$ 45

**Stage 1 (Years 1 & 2)**

- Book Pack - \$ 45



**Stage 2 (Years 3 & 4)**

- SAKG - \$ 20 (for the whole year) - You are more than welcome to pay \$5 per term
- Book Pack - \$ 45

**Stage 3 (Years 5 & 6)**

- Book Pack - \$ 45



**All Students Notes**

- Voluntary School Contributions have now been invoiced
- Athletics Carnival – Yrs 3 to 6 (Yr 2 only if turning 8 this year) – \$8



**Various School Activities (Students involved have been notified)**

- StarStruck – Student Participation Fee - \$30
- Tuggerah Lakes Cross Country - \$3.50
- Instrument Hire Term 1 - \$ 35

**Ulrike Myers  
Admin Manager**

**Kindergarten 2019**

Enrolments are now being taken for students starting Kindergarten in 2019. Enrolment packs can be collected from our school front office.

The dates for our 'Terrigal Treasures' orientation program are in Term 4. The sessions run for 4 consecutive Wednesday mornings, 9:15am - 10:45am, from Wednesday 24<sup>th</sup> October until Wednesday 14<sup>th</sup> November 2018.

*Katie Dalton*

Relieving Assistant Principal



# Season for Growth at Terrigal Public School

Change happens to each and every one of us.

We all have a story to tell.

Sometimes the change is completely unexpected and leaves us feeling lost, empty, angry ..... unable to explain how we feel ..... but thinking, "no-one understands".

Seasons for Growth (SFG) is an educational, peer-support, grief and loss program, that aims at increasing our kids resilience to cope when unexpected change happens, and the people we love are just not there anymore.

SFG focuses on the health and wellbeing of those who choose to participate, and the effects that 'Change', associated with death, divorce and/ or separation, can have on the child.

The program is an early intervention program offering continued support.

## Commonwealth Games Visitor



Our school was lucky to receive a visit from Brad Woodward – son of Mrs Karen Woodward our KW teacher.

Brad was a swimming competitor in the recent Commonwealth Games that were held on the Gold Coast and he visited to show the medals he won.

Silver medal – 100m Backstroke

Silver medal – 200m Backstroke

Gold medal – 200m Backstroke – part of the medley team.

Congratulations Brad !





*Thank you for your support ~*

On Monday evening we held the P&C AGM. We had a wonderful turnout of parents and every position on the P&C has been filled for 2018. The Committee would like to specifically thank Virginia Hunt and Amber Cameron for their wonderful generosity, support and commitment to the P&C over the years.

Congratulations to all the new members and we look forward to another busy and productive year at Terrigal Primary School P&C.

<b>2018 TPS P&amp;C Committee</b>	<p><b>President:</b> Nicole Hilder</p> <p><b>Vice President:</b> Joanne Way &amp; Lois Mantell</p> <p><b>Treasurer:</b> Ariann King <b>Secretary:</b> Trish Payne</p>
<b>2018 Sub Committees</b>	<p><b>Canteen Co-ordinator:</b> Jo Way Subcommittee: Simone Edge, Bec Wallace, Jenni McNeish</p> <p><b>Uniform Shop Co-Ordinator:</b> Nicole Hilder Subcommittee: Kate Roberts, Amber Cameron, Bec Wallace</p> <p><b>Master Plan:</b> Sally Carr Subcommittee: Vicki Pope</p> <p><b>Regional Representative:</b> Tonia Barclay &amp; Kate Roberts</p> <p><b>Events Co-ordinator:</b> Tonia Barclay Subcommittee: Simone Edge, Lois Mantell, Katie Thoroughgood</p>

**NEXT P&C Meeting**  
**Monday 18<sup>th</sup> June 2018 – 7pm School Staff Room (All Welcome)**

### **CANTEEN – WE NEED YOUR HELP**

Our canteen needs a few extra volunteers.

If you can volunteer please contact Lyn or Mandy.

All canteen orders can be made via  
[www.flexischools.com.au](http://www.flexischools.com.au)

Facebook page  
[TPS~~Canteen ~~](#)

Contact: Lyn & Mandy  
0403 835 790



The Athlete's Foot  
SCHOOL REWARDS PROGRAM

PROUDLY SUPPORTING  
YOUR SCHOOL.

**\$5 IS DONATED BACK  
TO YOUR SCHOOL**  
FROM EVERY PAIR OF SHOES PURCHASED\*

The School Rewards Program is a great fundraising opportunity with \$5 from every pair of shoes purchased being donated back to your school.

This applies to the whole family across our fantastic range of school, sports, work and casual shoes. Ask one of our friendly staff in store for more details!

\*See [theathletesfoot.com.au/school-rewards](http://theathletesfoot.com.au/school-rewards) for more details.

The Athlete's Foot ERINA (02) 4365 4616

### **UNIFORM SHOP**

OPEN EVERY WEDNESDAY (During school terms) 8:30am – 9:15am

### **WINTER UNIFORM Change over Week 7 -Tuesday June 12<sup>th</sup>**

#### **GIRLS**

Black Shoes  
Black Stockings  
Light blue Peter Pan Blouse  
Dark Blue Winter Tunic (K – Yr 4)  
Winter Skirt (Yr 5-6)

#### **BOYS**

Black shoes  
Grey Socks  
Grey long pants  
Blue Polo – Terrigal Logo

The P&C has been very busy fitting out some of our school sports teams.

Cricket Teams -New Shirts and shorts  
Netball Team- New Dresses  
Swim Team- New Terrigal printed swim caps  
Football – School Football socks \$12 available in store only

Remember all uniform options are available on Flexi schools. Order and pay by COB Tuesday and we will fill your order and deliver to your child's classroom.

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

2<sup>nd</sup> hand uniforms available from facebook page  
[tps-pre-loved uniforms \(for sale or free\)](#)

Contact: Nicole Hilder  
[Nicole.McDonald@lendlease.com](mailto:Nicole.McDonald@lendlease.com)



IGA Ritchies – Stores (Erina Heights & Erina)  
Sign up for a Community Benefit Card –  
Nominate Terrigal Primary School as your  
school and we will receive 0.5% of your  
purchases in a donation to the P&C.





### Canteen Roster

Term 2	Week 3
Mon 14	Kristy R, Elisha
Tues 15	Kate C
Wed 16	Judy, Peta
Thurs 17	Narelle
Fri 18	Simone, Candice, Leigh
	<b>Week 4</b>
Mon 21	Raelene, <i>Helper appreciated</i>
Tues 22	Louise
Wed 23	Mel P, Rebecca C
Thurs 24	Jenni
Fri 25	Naomi, Tina
	<b>Week 5</b>
Mon 28	Sophie, <i>Helper appreciated</i>
Tues 29	Kristie O
Wed 30	Jo W, <i>Helper appreciated</i>
Thurs 31	Bec W, Pavarne
Fri 1/6	Lynley, Wendy

### Did you know...?

We currently have a couple of special drinks available.

We have decided to trial poppers, and have pineapple juice available.

Poppers have 250ml of 99% fruit juice. Our current range of juice poptops are in the 200ml size.

We are selling these for \$1.50 – let us know if you'd be interested in the canteen having more flavours of poppers available.

We are also selling our remaining Sipahh straws with milk cups for \$1.50, while these last.

### **Happy Mothers' Day**

We hope all the mums out there have a lovely, relaxing and joyful day on Sunday with your beautiful families!

We love our Mums, and we want to send a special shout out to all our fabulous volunteering mums who make our canteen possible. Without your help, we wouldn't be able to operate the way we do, so thank you all so much.

We hope you all enjoy your well-earned special day!

### **Students home sick**

So you've ordered a canteen recess or lunch for your child, but then they are ill on the day! What happens?

If you let us know in the morning of the day you have ordered a canteen recess or lunch order, we can hold this over for another day.

If we have already prepared the order, we are unable to do this. You can always pick up the order if we've made it already – this can work especially well when the student has gone to school but needs to be picked up through the day.

We don't like wasting food, so holding the order for the next day is certainly our preference. If they are still ill the following day please just let us know and we will hold until they return, on your notification.

### **Helping in your school canteen**

Have you ever considered helping out in your child's school canteen? If you would like to give it a try, please let me know!

We always need people to help out, whether once a month, once a term, or just on an ad-hoc basis when you're available. We know not everyone is available for a regular 'shift' – we appreciate any help you can give!

We advertise our roster on this page each week, so if you're available on a day with *Helper Needed* listed – we'd really love to hear from you!

If you are a keen recycler, we would love to hear from you!

We are always looking for ways to reduce our waste, so a recycling parent or two would help us out enormously!

Any questions, or to discuss helping out, you can contact me at the canteen from 8am-2pm Monday to Friday, or on my mobile **0414 855 629**. Thanks, Lyn





**SES**  
NSW STATE EMERGENCY SERVICE

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## Gosford Unit Community Open Day

Come meet your local volunteers

# Saturday May 26

## 10am - 2pm

A free, fun family event with free BBQ

Walk through the unit, check out the vehicles, boats and equipment used in emergency situations. Get hands on with interactive displays, children's activities and get a photo with Paddy the Platypus!



**1 Pateman Road, Erina**  
*next to Council depot*



#NSWSES



/NSWSES



/NSWSES







### Girls Only Auskick

NAB AFL Auskick is now in a girls only format! From AFLW to Youth Girls to Junior Girls, we now have a Girls only NAB AFL Auskick program!

**Hylton Moore Oval, East Gosford  
Thursdays 4:30pm - 5:30pm  
31st May - 16th August**

**Inclusive of 10 weeks of fun games and activities and your very own NAB AFL Auskick Pack!**

**To REGISTER and for more information, head to [Play.afl/Auskick](https://play.afl.com.au/auskick) and search 'Central Coast Girls' or enter your post code and follow the prompts.**

## Garlic Herb Yogurt Sauce

- ½ cup plain Greek or regular yogurt
- 2 teaspoons chopped parsley
- 1 Tablespoon chopped fresh mint
- 2 Tablespoons fresh lemon juice
- 1 Tablespoon olive oil
- 1 teaspoon honey
- 1 heaping teaspoon minced garlic
- Salt and fresh ground black pepper, to taste

Make the yogurt sauce

1. Whisk all of the yogurt sauce ingredients together except for the salt and pepper.
2. Taste, add salt/pepper to your taste.
3. Cover and refrigerate until ready to serve.

# Pumpkin, spinach and roasted chickpea salad

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## Ingredients

400g can chickpeas

¼ butternut pumpkin, peeled and cut into 2cm cubes

4 tbsp olive oil

1 tsp salt

¼ tsp ground cumin

¼ tsp smoked paprika

4 loosely packed cups baby spinach leaves, washed and drained

1/2 red onion, peeled and finely sliced

juice of 1/2 lemon

75g feta cheese

## Method

Heat your oven to 190C.

Drain the chickpeas well and blot completely dry with paper towel.

Toss the pumpkin in half the olive oil and season with half the salt. Place on a tray lined with baking paper.

Toss the chickpeas in the remaining olive oil and salt and place on a separate tray lined with baking paper.

Place the pumpkin and chickpeas in the oven and roast for about 30 minutes, tossing every 10 minutes until the pumpkin is soft and caramelised and the chickpeas are crisp.

Scatter the warm chickpeas with the cumin and paprika.

Toss the pumpkin and any oil and juices with the spinach and onion, allowing the oil to slightly wilt the spinach. Pour over the chickpeas and their oil as well (if any) and squeeze over some lemon juice.

Crumble over the feta cheese to serve



## Raita: Cucumber with Yoghurt

**Season:** Summer/Autumn

**Serves:** 30 tastes in the classroom  
or 6 serves at home

**Fresh from the garden:** coriander, cucumber, garlic, lemon, mint

Raita appears in many different cultures. In India, it is served as a cooling accompaniment to curries – ground cumin and paprika are added and the raita is garnished with coriander leaves. In Greece, it almost always contains mint, and in Turkey a drop of orange blossom water is added. Sometimes, the cucumber is de-seeded before slicing, then lightly salted and left for an hour, so that moisture is drawn out. The cucumber is then rinsed and squeezed, which results in a soft texture. However it is prepared, this popular combination cools or provides a contrast to rich dishes.

### Equipment:

metric measuring scales  
and spoons  
clean tea towel  
chopping board  
cook's knife  
vegetable peeler  
medium-sized bowl  
mixing spoon  
small serving bowls

### Ingredients:

750 g reduced-fat yoghurt  
2 garlic cloves, finely chopped  
1 small handful of mint, finely  
chopped, plus mint leaves,  
to garnish  
1 tbsp lemon juice  
1 small handful of coriander,  
finely chopped  
1 cucumber, peeled and diced  
¼ tsp salt

### What to do:

1. Prepare all of the ingredients based on the instructions in the ingredients list.
2. Pour the yogurt into the medium-sized bowl.
3. Add the garlic, finely chopped mint, lemon juice, coriander and cucumber, then mix well to combine.
4. Season with the salt.
5. Transfer the raita to the serving bowls and chill in the fridge before serving.
6. Garnish with mint leaves.



# CARNEVALE 2018

Join the fun and take part in

## THE MASK PROJECT

FOR INFANTS & PRIMARY SCHOOL STUDENTS



***Entries are free! Great Prizes & Trophies***

**Dates:** 3<sup>rd</sup> to 31<sup>st</sup> August 2018

**Location:** The Art House, Margaret St., Wyong 2259

**Open daily** from 10.00am to 5.00pm

**Launch & Announcement of Prize winners:**

**During the ARTISANS MARKET Saturday 4<sup>th</sup> August 2018 11.00am**

### WHAT TO DO:

- Buy or make a mask.
- Choose any medium.
- Create a colourful, amazing mask.
- For exhibition purposes, mount on a canvas or have the mask strung.
- Cash Prizes, vouchers and trophies will be awarded to the winners.
- The entries will be on display at the Art House, for the month of August.



### DATES TO REMEMBER:

**Entry Forms Due: 28<sup>th</sup> June 2018**

**Mail to:** The Carnevale Coordinator, PO Box 4288, Bay Village, 2261

**Receiving Day: 1<sup>st</sup> August 2018**

**Deliver to:** The loading dock behind The Art House, Margaret St., Wyong 2259  
between 9am & 12pm

**Collection Day: Friday 31<sup>st</sup> August 2018**

**Collect from:** The front door Box Office, The Art House, Wyong

### For further information contact:

Troy Flight, Carnevale Coordinator

Email: [info@carnevale.org.au](mailto:info@carnevale.org.au)

Tel: 02 43908194 Mob: 0425 205 849



*Tuggerah Lakes Art Society Inc.*

and

*The Toukley & District Art Society Inc*



# CARNEVALE 2018

Join the fun and take part in

## THE MASK PROJECT

**FOR INFANTS & PRIMARY SCHOOL STUDENTS**

### **Please Complete Entry Form**

Mail to: The Carnevale Coordinator, PO Box 4288, Bay Village 2261

To arrive on or before 28<sup>th</sup> June 2018

ONE ENTRY PER PERSON

First Name: ..... Last Name: .....

Address:.....

..... Postcode: .....

Age: ..... School: ..... Class: .....

Tell us about your Mask .....

.....

.....

### **Parent Consent Form**

I give permission for my child .....  
to participate in the The Tuggerah Lakes Art Society's Mask Project.

Name: (Parent/Guardian) ..... (Please Print)

Tel:.....Mob: .....

Signature (Parent/Guardian)..... Date: .....

### **For further information contact:**

Troy Flight, Carnevale Coordinator

Email: [info@carnevale.org.au](mailto:info@carnevale.org.au)

Tel: 02 43908194 Mob:0425 205 849



*Tuggerah Lakes Art Society Inc.*  
and  
*The Toukley & District Art Society Inc*



# Learn to swim!

**Skills for life**

**25m indoor  
heated pool**

ENSURE YOUR CHILD LEARNS TO SWIM



**We conduct classes for  
all ages including:**

- Baby aqua classes
- Private tuition
- Learn to swim group classes
- Stroke correction
- Squads – Mini-Junior-Advanced
- Morning surf squad – great for Nipper training
- Adult squads
- Adult learn to swim and stroke correction
- New gym & Be Fit memberships
- Aquaerobics
- Lap swimming (includes spa)
- Hydrotherapy
- Enjoy coffee and cake at the café

155 Serpentine Rd, Erina Heights

**4365 3748**

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

# SUPPORTING OUR COMMUNITY



Property Central will donate **\$110**  
to Terrigal Primary when you sell  
through us.

\*Money will be given on settlement when you  
sell your home through Property Central.

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**4385 6423**