

# NFSS COMMUNITY EDUCATION - TERM 4 2013

Your classes and tutors - a little more  
detail...

## CLASSES FOR CHILDREN

### **Art with Meredith – *this class is currently full.***

Meredith Macleod is extremely passionate about sharing her experience as an artist and arts educator. With over twenty five years experience working as an educator within the visual arts industry, Meredith combines her knowledge with the personal experience gained through her own visual arts practice. Meredith's preferred mediums within her practice are print making, drawing and artist books. Meredith states, 'art is something in my life that I cannot live without'. The focus in Meredith's workshops is about developing each student's passion for creativity. A sound skills base is explored and developed to complement the creative journey. In the after school program, drawing, painting (watercolours) and collage skills are taught. A great deal of emphasis is placed on the development of a personal pictorial language. One of the additional benefits of these workshops is that creative activities using the right side of the brain enhance our ability for creative thinking in all disciplines not just the arts. This in turn provides a greater sense of self confidence.

### **Hip Hop with Redstar**

Rebeca has been inspiring kids to move and express themselves through dance for a few years at NFSS. Learn, explore and perform hip hop and funk dances.

About your Tutor:

7 years experience teaching dance.

Rebeca is mum to 2 boys aged 12 & 14... She is passionate about inspiring kids and families to be fit and creative!

Master personal Trainer (Aif)

Level 2 Registered Exercise Professional (Fitness Australia)

Level 2 Qualified Kettle Bell Instructor

Rehab Trainer - Masterclass (injury management and prevention)

### **After-School Gardening Club**

Where: Primarily in the *Little Farm Garden* at the top of Hawthorne Street. In wet weather class can be conducted under the school buildings.

Facilitator: This course will be run by New Farm State School parent, Helen Fogarty who has lots of experience gardening with school children through class gardening, lunchtime Garden Club and in her own backyard.

**Overview:** The Kids' Garden Group is about providing kids with the opportunity to garden in a structured, small group (10 children max). The focus will be on teaching fundamentals of gardening, enjoying peaceful activities in the garden, actually eating some of the food grown, and having plenty of crafts and plants to take home.

The course program will depend partly on the ages and interests of the group, but will include activities such as:

Planting seeds and seedlings

Garden crafts (e.g. painting signs, activities with flowers...)

Chicken care

Building a worm farm

Tasting and identifying plants

Picking and preparing foods

Still have questions? Contact Helen Fogarty on [helen@suitesystems.com.au](mailto:helen@suitesystems.com.au)

### **Jump Rope Club**

Why jump rope?

The reasons are many...

Most importantly, it's fun! It's a great way to improve coordination, and gives our heart a mighty workout. Apart from cardio fitness, our brain development gets a nice boost from the repetitive actions, the steady musical beat, working across the body's midline, and memorizing funny skipping rhymes! Stronger muscles and bones, and improved concentration are other favourable by-products of an active pastime like Skipping. Jump Rope incorporates independent jumping, partner work and group skipping. New learners have a chance to acquire skipping skills in a fun, non-threatening environment, while more advanced skippers can hone their skills, learn new tricks, develop routines and mentor their younger counterparts. When it comes to Jump Rope Club, we're 'All in Together!'

About the Tutor:

Nancy is an experienced Primary School Teacher and Fitness Instructor, and loves how skipping makes you feel ten years old every time you do it. Come along and have a jump with us!

### **Mandarin for Kids**

The course is a fun introduction to the Chinese language and culture and will cover basic conversational Mandarin. Primarily aimed at developing listening and speaking skills, the focus will be on commonly used words and phrases and will include an introduction to Chinese phonetic alphabet (pinyin) and calligraphy. The course is open to all ages from Prep up, and it will be taught by a fully bi-lingual native mainland Chinese speaker.

Jin Hua Wang Pole is an enthusiastic teacher, fully conversant in standard Mandarin and with a thorough understanding of Chinese and Western culture.

Born in Yunnan in the southwest of China, she has spent most of the last 15 years in the UK and Australia.

Equipment needed: please bring your own pencils, pens and notebooks

### **SOIL Gymnastics**

**Gymnastics** is a sport involving the performance of exercises requiring physical strength, flexibility, agility, coordination, and balance. Children as young as four years old doing kindergym and children's gymnastics may develop skills for life, including independence, focus and self-discipline assisting with self-esteem. The combination of dance and gymnastics exercises helps to develop coordination and rhythm.

The tutor **Paola Kalaf** holds a Bachelor of Physical Education with experience of teaching Gymnastics with children. She has been teaching after school classes at NFSS since 2010, achieving amazing results with them. **Boys and Girls** are welcome to develop flexibility, strength and coordination.

### **French For Kids**

A fun introduction to French. This class is suitable for all Primary school aged children, however it is recommended that students have the ability to write for the ease of copying information from the board.

French Tutor MC Morgan is a native French speaker and has been teaching students at NFSS for several years. This class has a maximum enrolment of ten students.

### **Drama for Kids**

Your tutors, Kitty and Amy, are both currently undertaking a Bachelor of Fine Arts at QUT, majoring in Drama.

Both girls have several years experience within the professional industry, nationally and internationally.

Both girls are passionate about the benefits of Drama as a practice.

We believe that by engaging with Drama from a young age, students are given opportunities to develop fundamental individual and interpersonal skills. Consequently, participants experience a growth in confidence through the development of creative and communicative abilities.

## **CLASSES FOR ADULTS**

### **Adult Choir**

About the choir:

The New Farm Community Choir is made up of a group of adults who enjoy the basic act of getting together to sing. The group meets weekly and sings a wide range of repertoire, from contemporary pop, to jazz classics, to world music. With an open and supportive environment, all members of the community are welcome to join and participate, and no audition or previous experience is required.

The choir is all about the experience of enjoying and learning music together. The music is provided to all singers but there is no requirement that members have the ability to read music. The choir first kicked off in term 1 of 2010 and has seen a wide range of members with all levels of experience, but the fun and friendly atmosphere of the group has remained consistent over the years.

About Your Choir Directors:

**Katherine** graduated with a bachelor of music from the Queensland Conservatorium in 2011 and a graduate diploma in Education from QUT in 2012 and is now a registered high school music teacher. She's been a piano, saxophone and music theory tutor for many years as well as an accompanist for soloists and ensembles. Katherine has been the 'sometimes choir director' for NFSS Community Choir in the past and like Elly, believes that singing is good for the soul. Getting together and using your voice is healthy irrespective of your experience or skill level.

**Emily** was surrounded by music from an early age, watching her father play guitar and sing to her. It wasn't until her high school years that she was brave enough to discover her own voice, and this has been an essential part of developing a holistic and honest understanding of herself. After school, Emily studied vocal performance, completing 2 years of a Bachelor of Music, including an exchange to study jazz voice in San Francisco. Playing piano all her life and singing in choirs for the last 11 years, Emily went on to teach piano and singing to young children. She has been writing and performing her own songs over the last 7 years. Emily believes that each person can access their own musicality and that sharing this creativity in a group of people is such a uniting, healing and powerful experience.

### **Sewing Skills (Intermediate)**

#### **Sew On!**

This class is suitable for sewists who have had some experience-for example completed 'Sewing for Beginners'. The class will build upon those basic skills to complete a garment. You will learn more about fabric, how to use a commercial pattern and make simple alterations. Hand finishing techniques will also be covered in this course.

Your tutor, Gwenneth, recently completed her Advanced Diploma of Fashion Design and Technology at MSIT. She is really looking forward to sharing her skills, and love of making with you!

### **Ukulele for Beginners**

About Ukulele class:

Requires no previous musical knowledge.

Suggestions on where to purchase a ukulele, both economy and deluxe models.

Shows the accepted way to hold and strum the instrument.

Fosters a love of music and the joy of chord sequences.

Gives an appreciation of all music genres

Gives access to sheet music in a variety of styles.

Enjoy group play along sessions where the students learn basic technique.

Shows the method for tuning and maintaining ukes.

Illustrates minor repairs, restringing and general care of the ukulele.

Enables the student to be playing simple tunes after 2-3 lessons.

Inculcate the fun and enjoyment of making music.

By the end of the course the average student, who has performed a modicum of practice, should be able to play a variety of simple tunes.

*\*Those who have taken a term of Ukulele for Beginners are welcome to join UFB2 for more 'experienced' players.*

About Terry Halton:

Terry played the guitar for a number of years and has followed many musical traditions.

He has an eclectic assortment of qualifications and has taught in a variety of fields and brings a wide range of skills to the classroom.

He was to be to the trumpet what Einstein was to Quantum Theory alas he failed dismally. As a drummer he had tepid success in the garages of putative bands, alas again, like the bands he never played any gigs outside of said garages. His success on the guitar mirrors that of the trumpet and drums.

Several years ago he discovered the joy and portability of the ukulele, and wishes to convey that joy to others.

### **African Drumming**

Drumming can be great fun in a group setting and it can really help to connect the 2 sides of the brain and that aids communication from left to right. Ambidexterity is another benefit of drumming.

Your tutor, Robert Vidovic has been drumming since HighSchool, where he played in the Cadet Band. He's played in many bands since then, musical styles ranging from old style dance music to Reggae and Latin. Rob has taught Community Education classes for a number of years since moving to Brisbane and is currently playing in his own band.

### **Aerobics Fun with Paola**

An amazing way to learn different dance styles of Brazilian Music (lambada, samba, axe, forro ) and Latin Music. This class is able to bring dozens of benefits for the body and mind. In addition to moving the entire skeleton, burn calories and increase physical fitness, dancing strengthens bones and muscles, improves balance and mood. Getting into the groove is a great way to boost cardiovascular fitness.

It may also reduce pain, enhance learning, memory and attention, and slow the aging process. Not to mention the group interaction, which encourages laughter and friendship.

Zumbrazilian combines music with a fun and effective workout system.

Anyone can enjoy in the party!

Paola Kalaf is Brazilian living in Brisbane since Dec 2009, instructing these fitness classes since 2010. She loves sharing Brazilians songs, fun & fitness with all who want to join the party.

### **Core Conditioning Pilates**

Tone and strengthen your core stabilising muscles through Pilates matwork. Simple, effective Pilates exercises to improve functional strength, balance, and posture, making everyday tasks more manageable and enjoyable. The core muscles are the deep internal muscles of the abdomen and back. When strengthened, they work together with the more superficial muscles of the trunk to support the spine and movement. All ages and abilities are welcome. (Please BYO yoga mat, water bottle and towel)

Your Tutor:

Nancy is a Pilates Matwork Instructor, Certified with Studio Pilates International Pty Ltd with qualifications in Matwork Level I and II, Ball and Band, and Reformer Level I. Drawing on her background in teaching school and other Fitness programs, she aims to create an inclusive, supportive and welcoming environment for all who enter the Pilates class.

### **LANGUAGE CLASSES FOR ADULTS**

#### **Italian for Beginners and Travel (ITB), Intermediate Italian (ITI) and Italian Conversation (ITC)**

Your Tutor:

Simona Albanese is the Italian teacher at New Farm State School. She has a BA (Honours) from Italy and MA from the University of Auckland. Recently returned from overseas, this term she offers new Italian language classes for children (based on games, numbers, colours and craft) and for adults (based on different level and ability).

Simona has over 15 year teaching experience in universities and communities education across New Zealand and Australia. She has worked between Italy, New Zealand and Australia as lecturer, curator, public speaker, but also as tour leader. She is an art lover, passionate about culture, good food and languages. She comes from Rome, Italy, where she grew up together with her family - a chef (her mum) and an art restorer (her dad).

If you want to know more about her classes and courses you can contact her directly through her website:

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

### **Adult French Classes (FFB, FF2, FF3)**

Beginner Class: Talk about a topic and complete exercises related to the discussion. No prior French training required.

Advanced Class: In addition oral discussion and exercises, more focus is placed on French Grammar and notation. Pre-requisite - grasp of basic French or completed FFB.

Conversation Class: Talk about a topic for approximately an hour. This class is suitable for beginners, or those with little experience with oral French. It's a fun and interactive class.

### **PRIVATE MUSIC LESSONS (PIANO, VOCAL, GUITAR)**

*LESSONS ARE \$35 PER 30 MINUTE SESSION. TERM 4 WILL HAVE 8 WEEKS OF LESSONS FOR A TOTAL FEE \$280.*

***\*NOTE-THESE LESSONS ARE LARGELY BOOKED UP ALREADY, YOU MAY ENQUIRE VIA EMAIL AND HAVE YOUR NAME ADDED TO A WAITING LIST IF NO OPENINGS ARE CURRENTLY AVAILABLE.***

### **Piano and Singing Tuition with Tashka**

(Tuesday and Thursday afternoons and evenings)

- 11 years experience in private tuition, workshops, creative industries.
- APRA songwriter of the year Music Oz awards 2006
- Creative Coordinator JAM (Join Australian Music)

Being a creative enthusiast who lives & breathes music, these dynamic lessons are packed with music games & always aim for a lot of fun. A strong base in Classical Music (10 years of study & AMEB examinations), a passion for jamming (ranging through melodic / blues / funk / soundscape / reggae / electro / psychedelia) and an unending thirst for composition (with a background in Music Production for recording if desired).

Being a performer myself I have an interest in guiding students towards their unique path, with no set model for all. My philosophy as a teacher is that first comes the love - find what really brings you alive and use that to enhance your musical prowess across the board. It is important to learn technique and

theory, but these things always flow better when the student is working towards something which really lights their spark.

### **Piano Tuition with Ruth**

(Monday afternoons)

My appreciation of melody, harmony and rhythm which grows with my years was not achieved only by the enjoyment of listening to professional performances but my early piano and theory lessons and exams set the scene for this enjoyment.

I aim to start beginners on that road and to help children or adults in developing this lifelong love.

### **Guitar Tuition with Jason**

(Wednesday and Friday afternoons)

Guitar lessons are tailored to suit the needs and/or desires of the individual. All ages, abilities and styles can be catered for. Jason is an experienced guitar player and instructor and has been helping people learn to strum at NFSS for several years.