



# Lane Cove Public School

# P&C TRADER

VOLUME 4. JUNE 2019

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COME & EXPERIENCE  
THE APPLE DENTAL  
DIFFERENCE  
CALL 9420 5050



LCPS COMMUNITY PARTNER SPONSORS

- Onsite Parking
- Open 6 Full Days Including 2 Late Nights
- Dentistry For All Ages
- 6 Dentists to Choose From  
With Over 80 years of Combined Experience
- Single Visit Crowns
- Digitally Guided Dental Implants
- Cosmetic Dentistry Of All Levels
- Invisalign Clear Aligners
- Sleep Dentistry

apple DENTAL  
*a fresh approach*

BOOK ONLINE [www.appledental.com.au](http://www.appledental.com.au)



Only a professional orthodontic team can provide you with the best quality care and expertise required to achieve beautiful straight teeth. Lane Cove Orthodontics has been servicing the local community for over 20 years, using the latest innovative technologies to produce the best results for our patients. Ask us how today.

Book a consultation with our Specialist Orthodontists or visit [lanecoveorthodontics.com.au](http://lanecoveorthodontics.com.au) for more information.



CALL 02 9427 8088 VISIT [lanecoveorthodontics.com.au](http://lanecoveorthodontics.com.au)

lane cove orthodontics



## Your child's feet are changing fast!



LCPS COMMUNITY PARTNER SPONSORS

### Does your child suffer from ...

- Arch pain
- Knee pain
- Heel pain
- Shin pain
- Nocturnal leg pain
- Leg pain after sport
- Ingrown toenails

### Does your child ...

- Have flat feet
- Walk toe-in or toe-out
- Toe walk
- Have tight calf muscles
- Walk with a bouncy gait

## He or she may need support to adjust to these changes.

At The Foot Group we have decades of experience in successfully treating the complications that arise in the hectic environments of school and sports.

Whether your child is experiencing problems for the first time, or their existing orthotics need updating, we can conduct a comprehensive biomechanical assessment. We can also provide expert advice on the best school shoes for your child.

To discuss how our qualified podiatrists can help, make an appointment today.

**thefootgroup**

MOVE WITHOUT PAIN

LANE COVE (02) 9428 3000    BROOKVALE (02) 9938 2222  
 ONLINE [www.thefootgroup.com.au/make\\_an\\_appointment](http://www.thefootgroup.com.au/make_an_appointment)



# Rebecca Mitchell

## Senior Sales Agent | Raine & Horne



Having lived in Lane Cove for more than 30 years, successful sales agent Rebecca Mitchell is extremely passionate about the area she lives and works in. She knows the marketplace intimately and loves the Lane Cove community, the people and the lifestyle, making her a valuable addition to the Raine & Horne team.

Inherently hardworking and dedicated to what she does, Rebecca consistently goes above and beyond the call of duty to assist her clients in one of their most significant financial and emotional decisions.

She believes strongly in the Raine & Horne brand and what it has to offer both clients and agents, from outstanding technology and systems to the high degree of support from management. She is proud to be working for a market-leading company and a pioneer in real estate where she can thrive and provide her clients with the best possible service.

If you are interested in buying, selling or leasing residential Real Estate in Lane Cove, please call me on 0412 257 625 for a confidential chat.

### Here's what my client's say about me:

"When it came time to sell our home there was only one person who we trusted with it. Rebecca Mitchell's knowledge of the Lane Cove area, and selling properties made the process stress free. She is an agent who goes above and beyond every single day.

We cannot recommend her more highly."

**Brooke & Geoff – Vendor of 4/115 Burns Bay Rd, Lane Cove**

**Rebecca Mitchell**  
Licensed Real Estate Agent

0412 257 625  
rebeccam@lanecove.rh.com.au

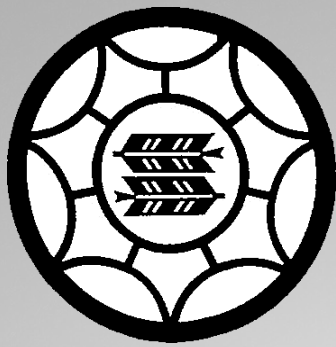
Follow Rebecca on social media to stay up to date.  
facebook.com/RebeccaRaineandHorne/

# Raine & Horne®

Shop 2, 85 Longueville Rd, Lane Cove NSW 2066

**Winner of Rate My Agents,  
Agent Of The Year Lane Cove 2019 Award**





# SHINBUKAN

JAPANESE CULTURAL &  
MARTIAL ARTS ACADEMY



Shinbukan offers traditional Japanese training in karate, ninjutsu and a variety of Japanese martial arts. Sensei Saito is the 16th Grandmaster of Igaryu Ninjutsu & Grandmaster of Goju-Ryu Karate.

Shinbukan emphasises the harmony of mind, body and spirit.  
Martial arts training develops self-confidence and strength of mind.

You don't need to be fit or strong to commence training  
Kids must be 5 and above. Parents are most welcome to participate

Mention this advertisement for 4 free trial lessons.

Kit Kirkwood Hall  
Lane Cove Public School  
Austin Street Lane Cove

Tuesday Evening  
Kids Karate 5:45pm-6:30pm  
Adults Karate 6:30pm - 7:30pm  
Ninjutsu 7:30pm - 8:30pm

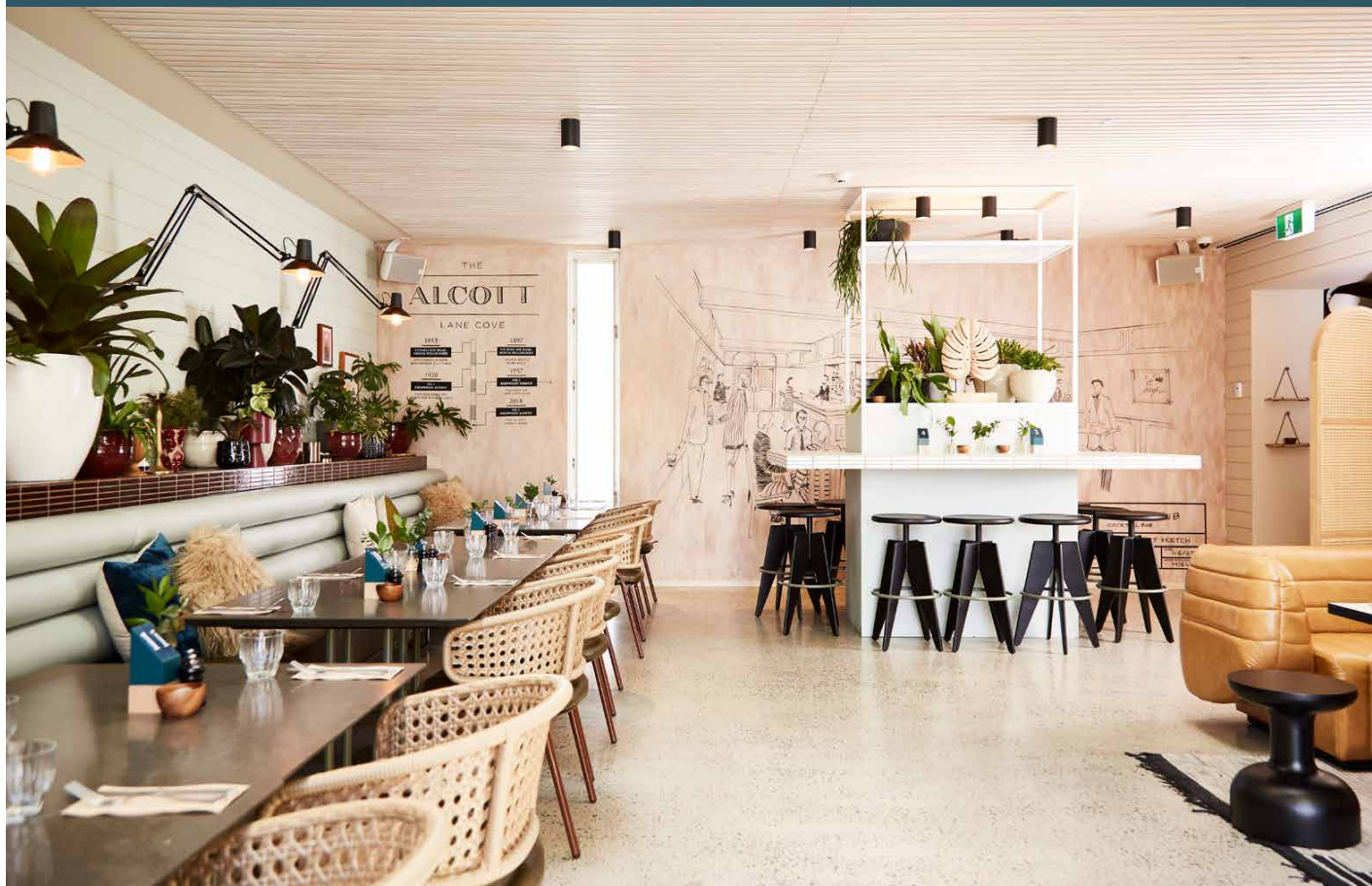
Saturday Morning  
Kids Karate 8:30am - 9:15am  
Adults Karate 9:15am - 10:15am  
Ninjutsu 10:15am-11:15am

For more info e [soke@shinbukan.com.au](mailto:soke@shinbukan.com.au) p 0408 497 437  
[www.shinbukan.com.au](http://www.shinbukan.com.au)



THE  
**ALCOTT**  
LANE COVE

# PLANNING A FUNCTION?



THE ALCOTT LANE COVE HAS A CHOICE  
OF FLEXIBLE EVENT SPACES

- PRIVATE DINING
- COCKTAIL FUNCTIONS
- MILESTONE BIRTHDAYS
- ENGAGEMENT PARTIES
- CORPORATE EVENTS

# Computer Science Programs

Learn to Code. Code to Learn. Be a Creator.

⚙️ 2 Day Holiday Programs ⚙️ 8 Week Term Programs

- > Small class size to maximize individual learning experience
- > Encourage young learners to bring ideas to life
- > Learn computational thinking skills while having fun




**Little Genius Creative Computing**  
Kindy - Year 3



**Little Genius Robotics Programming**  
Kindy - Year 3



**Mobile Computing Coding in Minecraft**  
Year 2 - Year 8



**3D Printing & Modeling Web Programming**  
Year 4 - Year 8



**Robotics & Python Programming**  
Year 4 - Year 8

☎️ **0450 497 173**  
✉️ **team@csone.com.au**  
📍 **212 / 1 Katherine Street Chatswood**

To register online visit  
**www.csone.com.au**



## Learn *Music* on the **KEYBOARD** at Lane Cove Public School **Enrolment**

Awesome songs!

Musical games!

Cool music knowledge!



Keyboard  
K - Y6 welcome!

- ♪ Convenient at-school venue ♪
- ♪ Small group - 45 min weekly lesson ♪
- ♪ Competitive rate - \$29 per session ♪  
(GST incl. Please do not forward payment to the school office.)
- ♪ Instrument not required initially ♪
- ♪ Fun introduction to music! ♪

# Smart Kids Love *Music*!

To enrol please call 9411 3122 or visit [www.learnmusicatschool.com.au](http://www.learnmusicatschool.com.au)



## Discover the power of Turmeric



# SHOJŌ



### Turmeric Tonic

Check out more at [shojotonics.com](http://shojotonics.com)

#### Turmeric

- High in anti-oxidants
- Anti-inflammatory properties
- Promotes liver function

#### Vitamins B1, 2, 3 and 6

- Promotes healthy neurological function
- Contributes to metabolic function
- Reduces tiredness and fatigue

#### Vitamin C

- Supports immune system function
- Reduces tiredness and fatigue
- Promotes normal collagen formation

Millions of Japanese can't be wrong



## My Hair House By Jen

### No appointment necessary

Phone : **9418 9080**

Address : The Village, Shop 5, 43-45 Burns Bay Road , Lane Cove  
( opposite to Coles , next to NiBu Café)

Trading Hours : (Mon – Sat) : **9:00 am – 5:00 pm**

Children cut: infants & primary school: \$18 - \$20 - \$23

high school boy: \$20 - \$25

high school girl : \$25 - \$35

Men's cut: \$22 - \$27

Ladies' cut: \$30 - \$35 - \$40

Root Tint : \$75    Full Hair Color : \$85 - \$130    Blowdry : \$38 - \$60    Updo : \$60 - \$80

Products : Joico    Schwarzkopt    Everescents (organic hair care)  
Organic color available

We promise to : Respect your hair and maintain your hair in healthy condition



# FAMILY FEASTS

## Now Available

The perfect place to feed your fam.

suitable for 2x adults & 2x kids



from **12PM**  
TUES - SUN

128 Longueville Road, Lane Cove  
[www.lillahkitchen.com](http://www.lillahkitchen.com)  
02 9588 1411



For more information and submission forms, download the Trader Information booklet on the school website at:

<https://lanecove-p.schools.nsw.gov.au/supporting-our-students/parents--carers-and-the-community/p-c-trader.html> or email [trader@lanecovepublicpandc.org.au](mailto:trader@lanecovepublicpandc.org.au)

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