Dear Antonio Park Families,
End of Term & Happy Holidays!

Just a couple more sleeps to the holidays. School finishes at 2:30 this Friday. The teachers and our Educational Support staff (ESO) should be very proud of the warm, caring, rich learning environments they provide. Our teachers’ and ESO’s dedication to their students’ learning opportunities is to be held in high regard. Jan, Annette and I have the privilege of visiting classes on a regular basis and it is impressive to see the learning and work that occurs on a daily basis.

On behalf of our staff, I would like to wish all of our students a safe and happy holiday. It is also a great time for our wonderful staff to recharge their batteries in anticipation of a successful Term 2. See you all back on Tuesday 22nd April. In the first week back students attend on Tuesday, Wednesday and Thursday; Monday is a public holiday and Friday 25th April is ANZAC day.

FETE
The fete committee and Donna are still finalising the figures and we will announce the money raised as soon as possible. APPS fete is well known, both within our school community and in the wider community. Our fete is known for its quality and in particular the strong sense of community it exudes. We have a lot to be proud of!!!!

Special Religious Instruction
The school has completed its review of Special Religious Instruction (SRI). There will be some changes for Term 2. I have requested a new SRI instructor from ACCESS Ministries who we look forward to starting with us in May. Our school counts diversity, respect and tolerance among our core values. The personal views published on Karen Dobby’s blog were clearly inconsistent with these values and as such, her position as SRI instructor at our school is no longer tenable.

I would like to thank Karen Dobby for her 17 years of service at our school. I have also sent current SRI consent forms home with all students. Only students whose parents sign and return these forms by tomorrow will participate in SRI in Term 2. Parents wishing to discuss SRI at our school are welcome to contact me on 9874 4371.

Term 2...What To Look Forward to:
- GATEWAYS
- Level 3 CSIRO visit
- Mother’s Day stall
- Level 4 camp to Licola
- Senior Cross Country
- Information Night for new families
- Working Bee-Sunday 18th May

Aussies of the Week
Congratulations to everyone celebrating a birthday this week.

Karen Patten
In level 1 this week we had a BUSH DANCE! Thank you to all the special adults that came on the day and enjoyed dancing with their special level 1 child. We had Kaitlin Jempson from 'Dancing Queen' come and 'call' all the dances on the day. We enjoyed party food for lunch, which was brought in by all the parents. It was wonderful to see all of the adults and students dancing together, especially in their lovely cowboy outfits. Doing the Bush Dance was a fun way of finishing off our topic called, ‘Family Ties’.

This week in literacy we are revising all the letters of the week we have focused on, talking about the sound they make and words we know and can write starting with those letters. In writing we have been finishing off a portfolio persuasive piece about ‘The Best Thing to do at School’. These pieces of writing will go up on display at the start of term 2. Some pieces will be selected to go on the display board outside the library. We encourage you to have a look through the main corridor at the persuasive writing across all levels that will be on display at the start of term 2.

In maths this week we have been focusing on number, looking at number charts, ten frames and counting and representing numbers to 20. We ask the students to work with numbers to twenty so they are confident when using these numbers in many different situations.

We hope you have a fabulous holiday break. We are looking forward to term 2! In term 2 we will be doing the Inquiry Unit, ‘Young Einsteins’, where we will explore chemical and physical science, exploring reactions and materials. It will be a fun topic, based around enjoying experiments together.

Have a happy Easter!
Level 1 Team
Elizabeth, Stacey, Lauren and Sophie
What’s Happening In Level 2?

Last Wednesday the level 2s went for a learning walk to Schwerkolt Cottage. The students loved looking at all of the artefacts on display and there were plenty of questions being asked about some of the machinery that we saw.

Fast forward one week and our Fun For Ones afternoon was a great success. All of the year one students had a ball playing some games and eating some treats! The year two students are gearing up for the sleepover tonight and it will no doubt be loads of fun!

Next term our inquiry unit is ‘Science Works’ in which the students will be completing lots of hands on experiments. One of these experiments requires each student to have a Pringles can with a lid. If every family could bring along one (or more) of these it would be greatly appreciated. Who would have thought eating chips would be educational as well as delicious!

Have a relaxing break,

The Level 2 team

What’s Happening In Level 3?

It has been a busy and exciting term in Level 3. Our big excursion to the Melbourne Museum seems like a long time ago! There are many exciting things planned for next term to go with our Wild Weather unit. The CSIRO are coming to visit Level 3 and towards the end of term the students will be putting on a big Wild Weather expo. We hope you have a great rest over the holidays and are all ready for fun and learning in term 2.

Towards the end of term 1 the students have been learning about money in maths. It would be great in the holidays to practice budgeting for items when you go shopping with your children and talking about how much change they should receive. In writing we have been completing our persuasive texts. The students will be experts at convincing mums and dads to take them to the movies, playgrounds and shops so watch out!

We all had fun on the dress up day this week and enjoyed guessing what everyone had come as in relation to the first letters of their names.

Have a great break,

The Level 3 Team

What’s Happening In Level 4?

What a busy term we have had in Level 4! Our students have been working really hard on their persuasive writing, if you haven’t seen their pieces yet, they are on display in the classroom and in the corridor outside the staffroom. Have a look at all the level and see what amazing writers we have at Antonio Park.

Students have also been busily researching information for their mini inquiry! What a wealth of knowledge they now have. You should be very pleased with their work when it comes home next term. We are looking forward to their inquiring minds facing more challenges next term!

Over the holidays we are strongly encouraging all students to continue participating in the home reading program. If you do not have a book or one is finished head to your local library for some great literature. If you are unsure of a genre be sure to speak with a librarian. Please ensure that all reading is continued to be recorded in diaries.

Here are some elapsed time websites for all to continue with their time skills over the break!

http://www.sheppardsoftware.com/mathgames/time/mathman_time_elapsed.htm
http://www.numbernut.com/basic/activities/dates_quiz_timepast30.shtml
http://www.numbernut.com/basic/activities/dates_quiz_timepast15.shtml
http://www.numbernut.com/basic/activities/dates_quiz_timepast05.shtml
http://mathsframe.co.uk/en/resources/resource/246/Telling_the_Time_Dominoes

The Level 4 team.
DISTRICT & DIVISION SPORTS TRIALS
Last week we had the following students represent the School at District and Division trials.
Congratulations to Jess Z, Georgia W, Josh C, Jack C, Matthew PB, Harry W for their efforts at the District Basketball and to Isaiah H who went on to participate at the Division level.
Congratulations to Jessica G, Ella G, Maddy M and Gloria Y for their efforts at the District Netball trials.
Congratulations to Matthew PB who participated at the District Football trials and to Jack C, Josh C and Alex Mc, who went on to participate at the Division level.

SCHOOL SWIMMING PROGRAM
Parents please make sure you read the information letter in this Newsletter outlining our organisation and costing for the 2014 whole School Program.

TERM 2 DATES
Inter School Sport commences on Friday May 2 against Kalinda PS.
There will be no game the following week due to camp. Games are then scheduled on Fridays for the remainder of the term against Croydon Hills, Bayswater North, Donvale CC, Good Shepherd, Great Ryrie, Ringwood North and Warranwood in a morning game on the final day of term 2.

We would also like to invite parents who wish to assist teachers with inter school sport to let Clive Hoskin, Bonnie Ratten or myself, know. It may be a coaching, scoring or umpiring role.

Our Senior School Cross Country date has had to be brought forward due to a clash with Naplan Testing. The Level 4 Camp in week 3 also complicates things, so it will be now be conducted on Monday 12th May which will give us time to prepare for the District event on Tuesday 3rd June.

The Junior Levels will also conduct their event again this year. If the weather is suitable for the younger students, we will hold their event on the same day, following Assembly, with the Levels 3 and 4 students participating after morning recess.

Darren McMenaman
Phys Ed

WHAT’S HAPPENING IN PE?

SWIMMING PROGRAM 2014
Our school is very committed to our Swimming Program. Last year we conducted a very successful program. Our Swimming Program is a very important part of our Curriculum and it is expected that all children participate.
When we reflect on the enjoyment families experience from warm weather aquatic and leisure activities, it is really important for all children to be equipped with knowledge and skills related to water safety from a young age.

The program emphasises the following aspects….. water familiarisation, buoyancy, mobility and safety, stroke development, aquatic safety, survival and rescue skills. Grades 5/6 students will participate in an extension program that includes stroke technique and water safety components. The program also includes raft making, snorkelling and resuscitation skills.

The Swimming Program for 2014 is as follows:

Level 1 Nunawading Pool: 20th – 31st October
Level 2 Nunawading Pool: 11th – 22nd August
Level 3 Nunawading Pool: 25th Aug - 5th September
Level 4 Nunawading Pool: 6th – 17th October

All students have 10 lessons except for a small number of Level 3 students who will be involved at the District Athletics on Tuesday 2nd September.
These students will pay for 9 sessions.

Costing of the Program is very difficult and we ask parents for their assistance in keeping the cost to a minimum by supporting the program. The price set reflects travel costs, entry to the pool and for swimming instructors. The total cost is $130.00 per student and will be non refundable. Parents are asked to plan their payments so that they are completed by the start of each program...Levels 2 and 3 in third term and Levels 1 and 4 in fourth term.

We look forward to a continued positive response from families in supporting their children to learn to swim and be safe in water.

Further details will follow from level co-ordinators.

 Regards
Darren McMenaman
On Monday May 12th, all Level 3 & 4 students will be running in our annual House Cross-Country. Students who are 8, 9 and 10 year olds run 2 kms, and 11 & 12+ year olds run 3 kms. We aim to commence at 12.15pm. Presentations will be made after all events prior to lunch. The course this year will be through Antonio Park with the start and finish located on the school oval. Permission for this event has been granted through the local excursion form. Course Officials will be placed around the course to ensure safety for all students at all times whilst competing.

Age groups and order of events is as follows:

10 Years – any student is 10 years of age or younger by 31st December this year.
11 Years - any student turning 11 years of age by 31st December this year.
12 Years - any student turning 12 years of age or older by 31st December this year.

All students who complete the course will receive points for their House and a participation ribbon. The first ten boys and first ten girls in each age group qualify to represent our school at the Ringwood District Cross Country on Tuesday June 3rd at Domeney Reserve, Park Orchards.

Students are asked to wear their House colours, appropriate footwear and clothing to run in, and to bring clothing to keep warm in before and after their event. It may be wise to send along a change of clothing/footwear if the weather looks inclement. Parents are very welcome to come along and support the children and may like to assist as an Official.

Students should have a drink bottle handy, and any child who requires an asthma spray must remember to bring it along and use it if and when appropriate.

If any parent is able to assist on the day, please leave your name at the Office or simply turn up at 11.30 am on the day.

Thank you.
Darren McMenaman
JSC FREE DRESS DAY

Come dressed as something beginning with the first letter of your name or surname...
Samantha: "I get to catch up with friends I haven’t seen in a long time. On Saturday, I got to see my kinder friend, Grace. We got to see each other once a year.”

Kayli: "I like fundraising for the school. Going to the fete and having fun means the school gets more money for things like the new playground.”

Millie: "I’m really thankful that we get to have our fete every year, because it’s a huge celebration for our school. I’m so thankful for the teachers and parents who help out.”

Nathan: "On fete day my absolute favourite thing was Bad Boys, because I went on it with the Fantastic Mr B! It was totally amazing.”

2CC: "The fete is special because everyone in our school gets involved and lends a hand to help each other.”

2CC: "The fete is a fun, exciting day, where we get to spend time at our school with our family and friends.”

4CE: "We enjoyed hanging out with friends from last year and going on the rides!"

The fete is full of happiness and joy and lollies.”

2LM: "The fete makes us very happy from all the fun stalls and rides and also very full from the yummy food.”

Olivia M: "The Fete means that the old APPS community come and enjoy the celebration with the school. It is great to see old students and parents come and help.”

2BC: "A definite highlight was the big slide!"

To 3DH the fete means getting together with old friends, having fun and working together to raise money for our school.”

2CC: "It is important because it gives our community a big boost and we raise money for our school.”

2LM: "The fete is enjoyable and makes people smile.”

Lyla: "I think the fete is fun with songs and seeing your friends. I love the fete and I hope you do too!"

You can help with stalls so that you can meet other people in different classes.”

At the fete you get to buy lots of cool stuff.”
We hope everyone has a great week and have safe and happy holidays. Also don’t forget we have our holiday club, with plenty of great activities. Some of our activities this week are:

**Craft:** This week we have been getting ready for Easter celebrations, children have been making baskets, cards, posters, Easter bunnies and plenty more.

**Outdoors:** Everyone is enjoying the lovely weather we have been having. Football season is almost here, so children have been busy playing marks up and games of footy, we have also been playing basket ball, and the bush playground is always a great place for the children to play on.

**Cooking:** Children are busy in the kitchen, this week we made cheese and herb scones, we will also be having French toast, jelly, nachos and our pancake Fridays.

**Indoors:** This week card games such as spit have been popular, Lego construction, children are still bringing in their looms, making amazing bracelets for them and their friends. Cubbies and forts with the cushions is also a favourite for children.

If you have any further enquiries or questions please call us on 0412 545 042 or 1300 105 343 or visit our website www.campaustralia.com.au

---

**Mother’s Day Stall**

**Thursday 1st May – Level 4**

**Thursday 8th May – Level 1, 2, 3**

On the day of the stall, please bring:

- $5 (maximum spend per child)
- carry bag for your gifts

Every child will get an opportunity to buy something special for Mum

**We need your help!**

If you can help on the stall on these days – even for half an hour, please call or text Caitlin – 0434 352 495

Alternatively, please meet us outside the library in the hallway at 8:50am on the day of the stall to arrange a time that suits you.

Thanks in advance. Caitlin and Sharon

---

**Words for Wellbeing**

**How to give an apology**

Saying sorry has 3 parts:

1. I’m really sorry.
2. I know what I did was wrong.
3. To fix it I will.....

**accept an apology**

Accepting an apology has 3 parts:

1. Thankyou for your apology.
2. I felt.....
3. When you .....
Aussie of the Week Awards

1EA Teiva
For her interest in books. I enjoy looking at the books you have made. What an author!

1LC Morgan H
For being a responsible, independent worker, completing all learning tasks at a high standard and approaching them with a positive attitude.

1SG Madeline I
For your outstanding progress in your writing. It’s great to see you sounding out words carefully and including more detail. Well done!

1SP Jogaak
For having a go at all tasks! Your writing has improved so much and you are a super star at counting by 10s. Keep up the good work.

2BC Ella
For her independence with her writing. Top job!

2CC Kira
For having a fantastic attitude towards your learning. It is so wonderful to see you working hard and giving your best!

2BW Sajani
For developing confidence in maths and always having a go!

2CN Allie
For excellent persuasive writing. I love the way you approach your work with an ‘I can do it’ attitude.

2JS Alanna
For always being considerate of others, a kind helper!

2MN Evan
For your excellent contributions to our class discussions this term. Keep it up buddy!

3AB Liam B
For the sensational amount of effort you have put into your persuasive writing! I am super proud of you!

3DH Amelie
For always trying to achieve her personal best. You are a positive role model to everyone. Keep it up Amelie!

3KT Alessia L
For your resilience and determination in mastering your trading skills with subtraction - well done super star!

3NA Charlie F
For displaying greater confidence with your maths tasks and having a go at more challenging problems.

3RM Liam E -
For creating interesting arguments and creative evidence for your persuasive texts.

4CH Kate M
For working extremely well, being a positive member of the class and displaying the school values at all times.

4BR Eboni M
For the outstanding effort you have put into your readers notebook. You have set the standard for our grade. Well done!

4CE Puneet D
For amazing discussions during your literature group. You shared with confidence and trust. Awesome work.

4KD Ben S
For the wonderful way to show empathy for others and ensure that they are always included. You are a good friend to everyone.

4RF Maddy C
For managing your time so well and completing a beautifully presented mini inquiry. Excellent work Maddy!

Performing Arts
Sebastian Poynter
For his expressive movement improvisation. Well done Seb, you’re great at taking movement directions.
COMMUNITY NOTICES
(Please check the Community Noticeboard for further details)

- Enrol now in classes for Term 2 at the Vermont Uniting Community Centre. Classes include Music Monkeys, Book Groups, Playgroups, Excel, Ebay, and many more. New Gentle Yoga class starting Monday, 28th April at 1.30 pm to 2.45 pm. Cost is $80 for 8 weeks (Mondays). Places are limited. Call on 9874-2058 for details and bookings.

- Vermont Uniting Community Centre are offering School Holiday activities such as: drawing workshops, card making workshops, and science fun. Contact Melanie on 9874 2058 or 0447 369 994 for bookings.

- Whitehorse Bushland Holiday Programs include: Story writing Workshops for 8-12YO, Wurundjeri Indigenous Cultural Session and Biodiversity-Braking down a big word. Call 9262 6222 for bookings.

- Maroondah, Whitehorse and Manningham Councils would like to announce the 16th Mullum Mullum Festival, 3rd, 4th, 10th and 11th May. Brochures available in the office foyer.

- Community Weight Loss Challenge starts on Thursday April 24th at 7.30 pm at the Vermont Uniting Community Centre. Only $49 for 10 weeks, with weekly weigh-ins, group support, free wellness evaluation and cash prizes for biggest losers. Call/SMS Fiona on 0402 510 698.

- Try an exciting Bubble Dome course in the April Holidays. Courses include Lego, Minecraft, Website design, Fashion and Wearable Art and App Development. Ph 1800 115562 for bookings.

- City of Whitehorse is holding a parent information forum on ‘Promoting positive mental health in young people’ on Tuesday 6th May 7.30-9.30. Ph 9262 6332 for more information.

- Nunawading Viking Basketball Club is running Aussie Hoops for 5-7 yrs and Miniball for 7-12 yrs. The programs aim to teach and enhance basketball skills. Ph: 9877 9859 visit www.nunawadingvikings.com.au

---

PIANO/KEYBOARD LESSONS
with MICHELLE WAN
at Antonio Park Primary School

- Individual (one to one) Lessons: 30 minutes duration.
- Group Lessons. Please visit website for info before enrolling.

Enquiries & Enrolments.

Ring or email 0450 578 328 E: ausland@yahoo.com

On your email’s subject box quote “Piano Lessons APPS - Group” or “Piano Lessons APPS - Individual”.

Lesson cost details & my credentials visit [http://piano-antonio.blogspot.com/](http://piano-antonio.blogspot.com/)

For Michelle Wan, Piano Teacher. Front Office Staff - please leave slip in Music Teacher’s blue tray. Thanks!

To enrol your child onto my program please leave your name, phone contacts & email address on the slip below. Please fill in all your details. Alternatively you can ring to enrol or return your filled slip by scanning it & send directly to me by email.

- [ ] Group Lessons
- [ ] Individual Lessons

Parent’s Name: ________________________________
Child’s Name: ________________________________ Grade: ______
Phone number (landline): ____________________
Mobile ph number: ____________________ Email address: ____________________
Has your child learned piano in the past? Yes / No. Please circle.
If Yes, for how long? ________________ What level did your child achieved? ________________
BECOME A KARATE KID!

FIRST LESSON FREE

Self Defence
Fitness
Discipline
Confidence
Control
Co-ordination
Fun

Mob: 0404 846 166
Email: kancho@sckarate.com.au
Web: sckarate.com.au
Learn to swim like a fish

Winter is an excellent time to get a “head start” in swimming!
  • Expert caring teachers
  • Purpose built pool for children
  • Warm and clean every day
  • No public swimming

Call for a free introductory lesson
PHONE NOW 9800 2555
We’re located at 141 Mountain Highway, Wantirna
www.kingswim.com.au

---

Holiday Swim Intensive Classes!

- Use your holidays to learn!
- Max. 4 students per class!
- Qualified Teachers.

Programs available for:
- 3-5 years
- School age
- Jnr Squad
- Group or Private Lessons available!

Classes run in the mornings for 5 consecutive days. This allows your children to consolidate and build on their skills every day. Weeks are booked individually.

Enrolments NOW OPEN.
Phone today!

[Healthways Swim School]
www.healthways.com.au

---

Come TENPIN bowling!

Casual Bowling.
Birthday Parties.
Social Events.
Celebrations.

- 8 lanes
- Ample FREE parking
- Glow in the dark lights
- Adjoining Party Room
- Catering & Self Catering options available for parties.

Phone 9895 2300 to book a lane.

[Box Hill Tenpin]
www.healthways.com.au

---
Creating a foundation for your child’s study success

To set your children or teens up for success in study, from a young age, form healthy habits around study. These will stick with them throughout their schooling years and into their adult life. Keep it simple and place importance on getting each of these factors in line.

1. Nutrition
Growing bodies and growing minds need a diet clean of processed and sugary foods. Be open with your children and from a young age, speak to them, in their language, about the importance of whole foods and how they nourish their bodies to make them ‘stronger and work better’. Processed, sugary lunchbox snacks have been shown to increase hyperactivity, decrease concentration levels and quite simply, not provide little, if any nutritional benefits. Opt for veggies sticks and a little packet of homemade dip or some seeds and nuts to keep them going throughout the day.

2. Sleep
The benefits of a good night’s sleep are boundless. Enough shut eye will help improve your child’s concentration and problem solving skills as well as increase their immune system and tolerance to stress, mood swings and irritability. During their hours of rest, your child’s growth hormones will also get a boost. For children aged between 6 to 12 years old, aim for 10-11 hours of sleep per night, teens need approximately 8.5-10 hours of sleep to function optimally and to keep those grumps at bay!

3. Physical activity
Being sedentary is a part of student life, there are no ways around it. To balance all the sitting your child will do at school, to and from school and while completing their homework, explore their interest in taking up a sport. They will gain both physical and social benefits from this. When studying at home, like recess and lunch at school, encourage regular movement breaks. The benefits of regularly moving for your children are the same as those for you – improved emotional wellbeing and concentration levels and better ability to manage stress. One hour of physical activity per day is sufficient for 5 to 18 year olds, remember this can be broken up throughout the day.

4. At home study space set-up
Set your child up for success at home study by ensuring that their study space is properly structured. Invest in an adjustable desk and chair that can be modified to their needs as they grow. When adjusting the height of their desk and chair, your child’s feet should sit flat on the floor and their arms should rest on their desk at a 90 degree angle, allows close to the body. A quiet, distraction free space away from the television and general household movement and noise is ideal. It’s worth noting that if your child experiences any form of pain as a result of their study set up at home or school, consult a physio to ensure it does not worsen.

Whether your kids are embarking on their very first day of school or returning for another year of learning, these tips should set a good foundation for productive study time and happy, healthy children.

Your physio can help review your home study space and assist with any barriers your child may be having performing activities in or outside of school.

CALL US TO ARRANGE YOUR FREE INITIAL ASSESSMENT AND RECEIVE:

$20 OFF
ANY SERVICE

only valid at back in Motion Mitcham, not valid with any other offers, not valid for services only. Not redeemable for cash or products. Expires 31st March 2024. Back In Motion Physiotherapy Pty Ltd

CALL TODAY 9872 5445
Back In Motion Mitcham
Suite 4/602 Whitehorse Road Mitcham
ANTONIO PARK PRIMARY SCHOOL

BRILLIANT BALL SPORTS

WORK UP A SWEAT! Our sports program will ensure your child will develop new skills, build coordination and awareness and increase their confidence. This 9-week program will allow your child to play a range of different sports; these include: Soccer, Basketball, Football and Hockey! Your child will learn how to play fairly and have fun all in an enjoyable environment.

WHEN: Thursday
COMMENCING: 1/5/14
CONCLUDING: 26/6/14
TIME: 3.40pm – 4.40pm
YEAR LEVELS: P – 4

VENUE: Antonio Park Primary School

ONLINE ENROLMENT

To enrol, please visit www.kellysports.com.au/zone/blackburn or fill out the below enrolment form & send with a cheque or credit card details to: PO BOX 71, Moonee Vale VIC 3055. Do not leave enrolment forms at the school office.

ENROLMENT FORM

School: ____________________________ Year Level: ________________
Name: ______________________________ Room No: __________________
Address: ____________________________ Post Code: __________________
Phone: ______________________ Mobile/Work: __________________
Email: ____________________________ Medical Conditions: ________________

At the completion of after school clinics, does your child?  □ Go to after care  □ Get collected

Parents’ consent: I hereby authorise Kelly Sports to act on my behalf should my child require medical attention, and release Kelly Sports Blackburn from any liability for injury incurred by my child at Kelly Sports programmes.

Parent/Caregiver name: ____________________________ Signature: ____________________________

Amount Paid: $______________ Credit card payment: □ Visa □ Master card

Card Number: ____________________________ Expiry Date: □ □/□ □
NOW OPEN at 511A Whitehorse Road Mitcham.
  • Relaxation Massage
  • Deep Tissue Massage
  • Lomi Lomi Massage
  • Hot Stone Massage
  • Couples Massages

10% off in April for all Mums from Antonio Park Primary!

Bookings are Essential please phone 9874 1123.

“Come up and wind down”