

Back to school made easy

After a summer of sleeping in and doing things on school holiday time, the alarm bell announcing the first day of school can be a rude awakening.

To make the back-to-school transition a cinch in 2012, Waurm Ponds Shopping Centre has just about everything needed to get organised.

Shoppers can stock up on stationery from Target, Woolworths and Coles, while home office computing and printing essentials are available from Dick Smith.

Students can wow schoolmates with Apple Mac multimedia and state-of-the-art iPad technology from iSpeak IT.

The sporting professionals at Sportsco have the best athletic footwear advice for growing feet.

Dymocks bookstore offers an impressive range of cook books

full of school lunchbox and fast family meal ideas, while House features a world of cookware and kitchen gadgets to bring recipes to life.

A variety of services for the start of the school year are also available.

OPSM Waurm Ponds resident optometrist Rowan Prendergast says research has found that almost 80 per cent of children's learning is through their vision.

"We encourage parents to have their children's eyesight checked before the school year begins, whether symptomatic or not. The comprehensive testing is bulk-billed to Medicare, so there are no out-of-pocket expenses for a simple test.

"Furthermore a child's vision can be monitored throughout the year by watching for telltale signs such as rubbing eyes constantly,

complaining of headaches with close work, blinking frequently, losing concentration or losing their place while reading.

"Alternatively, they may hold the page closer than normal, use their fingers to underline words, omit or confuse small words, or turn or tilt their head excessively.

"We recommend children have their eyes examined every two years, especially once at school."

OPSM conducts a half-hour examination, testing vision to detect long or short sightedness, astigmatism, lazy eyes or crossed eyes.

The new technology in-store allows for a thorough eye health assessment of eye co-ordination, focusing ability and range, eye movement control, depth perception and colour vision.

"Kids often find the testing to be fun and we have a variety of

visual aid options for kids, including contact lenses and funky spectacles," Mr Prendergast says.

Alterations Now is also on hand to help with school uniforms.

Owner Stella says Alterations Now, opposite the car park next to ANZ Bank, has a rich, family history of tailoring.

"We have years of experience and are delighted to provide professional, affordable clothing alterations to the families of Waurm Ponds and surrounds.

"If clothing is too tight, too loose, too long or too short, come and see us to make your clothing fit like a glove."

Waurm Ponds Shopping Centre is at 173-199 Pioneer Rd, Waurm Ponds, phone 5244 2580 or visit waurmpondssc.com.au.



OPSM Waurm Ponds' Rowan Prendergast conducts an eye test for Anton.



Alterations Now's Stella at work.