

# The Meadows Mag

A vibrant and caring learning community

2C Fuller Street, Seven Hills NSW 2147 T 9631 3737 F 9896 3281

E [themeadows-p.school@det.nsw.edu.au](mailto:themeadows-p.school@det.nsw.edu.au)

Website: [www.themeadows-p.schools.nsw.edu.au](http://www.themeadows-p.schools.nsw.edu.au)



Issue 18 - Term 4 - Week 6

Friday, 23<sup>rd</sup> November, 2018

<b>Office Hours</b> Monday to Friday 8:20am - 3pm	<b>Canteen</b> Monday, Wednesday & Friday 8:20am - 2pm
<b>Before &amp; After School Care</b>  Enrolments can be made online at: <a href="http://www.squiggler.com.au/enrol-now/">www.squiggler.com.au/enrol-now/</a> or for more information contact Urvashi Barot on 0481 229 280	<b>Uniform Shop</b> Uniforms are sold in the canteen Monday, Wednesday & Friday 8:20am - 9am  Payment by cash & cheque at school OR prepay online using MasterCard Visa or 

## Calendar

### Important Dates in Term 4, 2018

#### Week 6

Thursday, 22 <sup>nd</sup> November	Ready, Set, Kindy Session 3
Friday, 23 <sup>rd</sup> November	Summer PSSA Final Round

#### Week 7

Monday, 26 <sup>th</sup> November	White Ribbon Day
Tuesday, 27 <sup>th</sup> November	3-6L Cares Bike Safety Excur.
Thursday, 29 <sup>th</sup> November	Years 3&4 Field of Mars Excur.
Thursday, 29 <sup>th</sup> November	Ready, Set, Kindy Session 4 & Parent Information Meeting

#### Week 8

Friday, 7 <sup>th</sup> December	Run4Fun Colour Explosion
----------------------------------	--------------------------

#### Week 9

Tuesday, 11 <sup>th</sup> December	Year 6 Graduation
Tuesday, 11 <sup>th</sup> December	P&C Lunch
Tuesday, 11 <sup>th</sup> December	Year 6 Farewell
Thursday, 13 <sup>th</sup> December	Presentation Day

## Principal's Message

### Movie Night!

**Congratulations** to our P&C for their leadership and organisation of a most successful movie night last Friday. Over 350 patrons enjoyed the movie Rock Dog on a giant inflatable screen as well as a grand assortment of food options including a sausage sizzle, hot chips, slushies, lollies, popcorn and fairy floss.

It was a real carnival atmosphere on our lower playground and the Chocolate Wheel in the hall was another major success with over 70 prizes collected by some very lucky winners.

Our P&C can be immensely proud of the \$4000 profit made on the night – an INCREDIBLE effort. The school will ask the P&C to apportion some of these funds to go towards the provision of new Mathematics resources to be used in K-6 classrooms.

### 2018 Photo Yearbook

This year, at the request of our P&C, we have produced a photographic yearbook to celebrate our extra-curricular programs and the opportunities we provide at The Meadows Public School. The yearbook is approximately 64 pages in length and it is packed with full-colour photos from Harmony Day, the Easter Hat Parade, Cross Country, ANZAC Day, Mothers' Day High Tea, Rugby League Gala Day, Winter PSSA Sport, NAIDOC Day, the Athletics Carnival, Education Week Open Day, the Book Character Parade, Fathers' Day Breakfast, Blacktown Festival of Performing Arts, the Whole School Performance, Halloween Disco, Stage 3 Camp to Berry, Grandparents' Day and Movie Night!!

The books need to be ordered by next Tuesday, 27<sup>th</sup> November. Each book is priced at \$12. While many students are represented in the book, I cannot guarantee that all students will appear. The book is still a wonderful keepsake of the year that was at The Meadows Public School.

If you wish to order a yearbook, please complete the order form and return to the office by no later than next Tuesday, 27<sup>th</sup> November. Here's a small sample of a page from the book!



**2019 School Planning**

Things are certainly gaining momentum in terms of planning classes and school structures for 2019. With that in mind, it is imperative that we are kept informed of any planned movement of families for 2019. If you know you are moving out of area or to another school next year, please ensure you have told the ladies in the front office. Likewise, if you have a child commencing Kindergarten in 2019 and you are yet to enrol, please commence the enrolment process at the office now. Our Kinder orientation process will conclude with a final session from 9:30 till 11:00am next Thursday, 29<sup>th</sup> November which includes a parent information session in our hall.

**Community Grant Opportunity**

We have been selected by the Telstra Store Seven Hills as one of three organisations up for voting in the Connected Community Grants program. As Principal, I nominated our school to be considered for a grant to aid the provision of new Mathematics resources for 2019.

On Friday, 16<sup>th</sup> November, in the Telstra Store at Seven Hills, voting for the most popular cause commenced. We are up against Parklea Public School and the Common Groundz Community Café.

Telstra Store Seven Hills will have an iPad instore at which shoppers can select the organisation that they would like to win \$1000. All the computers in the store will rotate images of the three organisations. After the voting period is over, Telstra Store will calculate the responses and the organisation/cause with the highest number of votes will win \$1000. The second highest wins \$300 and the organisation with the third highest will win \$200. So everyone wins!

Remember, voting opened on Friday, 16<sup>th</sup> November and closes on Friday, 14<sup>th</sup> December! So get into the Telstra Store at Seven Hills Plaza and Vote for The Meadows Public School!

**The ‘Last Slice of Pizza!’**

At this time every year I have a somewhat quirky chat to all of our students about the importance of the final 5 weeks of the school year.

If we look at a whole school year as about 40 weeks and we cut each term in half we have eight ‘slices’ of the year, each slice being worth 5 weeks. I likened these slices to a pizza. This week I challenged every student to make sure that they really enjoyed this ‘last slice of pizza’ for the year. It should never be ‘thrown out’ and it certainly should be savoured!

This should be when the year’s BEST work is produced, when the behaviour of every student is at its BEST level, when attendance and punctuality rates are at the BEST level and when coming to school in full school uniform is happening EVERY SINGLE DAY.

I encourage ALL parents and carers to continue this ‘chat’ with your children at home, ensuring all of our students are the very best they can be until we close out the school year with a feeling of pride and satisfaction on Wednesday 19<sup>th</sup> December.

Look after each other,

*Scott Staveley*

**Principal**

<b>Excursions &amp; Activities in Progress</b>			
<b>Excursion/ Activity</b>	<b>Date of excursion/ activity</b>	<b>Amount due</b>	<b>Payment due by</b>
Sport in Schools	Every Monday	\$10 Term	Now
White Ribbon Day	Monday, 26 <sup>th</sup> Nov.	Gold Coin Donation	Monday, 26 <sup>th</sup> Nov.
Field of Mars	Thursday, 29 <sup>th</sup> Nov.	\$30	Friday, 23 <sup>rd</sup> Nov.
Run4Fun	Friday, 7 <sup>th</sup> December	Sponsorship Money	Friday, 30 <sup>th</sup> Nov.
Year 6 Farewell	Tuesday, 11 <sup>th</sup> December	\$25 for Yr 5 Students	Tuesday, 4 <sup>th</sup> December



## CONGRATULATIONS Award Winners!

### Week 3

#### Teacher's Awards (2 points)

KO	Michael Samrin
KR	Isha Jenuli
1/2L	Darius Sahayata
1/2R	Brooklyn Sydney
1/2S	Asna Hezekiah
3/4B	Narges Shaza
3/4H	Isabella Shania
3/4T	Riley Savannah
3-6L	Lauren
5/6D	Aarav Alishba Ella Prabin
5/6KB	Kianna William

### Week 4

#### Teacher's Awards (2 points)

KO	Dhruv Katie
KR	Kaidyn Nicola
1/2L	Chloe Rayan
1/2R	Albert Vinoth
1/2S	Jaxson Mele
3/4B	Allissa Trinity
3/4H	Adam Kaleisha
3/4T	Kaylee Lachlan
3-6L	Kelepi Sione
5/6KB	Ashton Cody Zacariah
5/6P	Shihab Telykah

### K-6 Assembly Award Winners - Week 5

#### Assistant Principal Awards (3 points)

Kindergarten	Adyaan
Year 1	Vedanshi
Year 2	Srinath
Year 3	Kaleisha
Year 4	Nikiah
Year 5	Eilaf
Year 6	Martin

#### Principal Awards (5 points)

Kindergarten	Vidwath
Year 1	Pratyush
Year 2	Misha
Year 3	Shaun
Year 4	Hari
Year 5	Tahi
Year 6	Aarav



## CONGRATULATIONS Award Winners!

### Week 5

#### Teacher's Awards (2 points)

KO	Lahtarnah Zyana
KR	Bahar Sienna
1/2L	Aloysius Joanna
1/2R	Brooklyn Vinoth
1/2S	Asna Mele
3/4B	Nathan Raina
3/4H	Hugo Ryan
3/4T	Azlan Rachel
3-6L	Faisal
5/6D	Lorraine Muddithir
5/6KB	Ryly Tia

### Week 6

#### Teacher's Awards (2 points)

KO	Katie Kavya
KR	Bailey Julius
1/2L	Adhiraj Gurveen
1/2R	Pratuysh Sienna
1/2S	Esha Tiahna
3/4B	Donald Isabella
3/4H	Manuth Jacob
3/4T	Keeley Myra
3-6L	Elexi
5/6D	Pema Annika Dishan
5/6KB	Naomi William

### HAVE YOU TOLD US?

If you have changed:

- ◆ Your address,
- ◆ Your home phone number,
- ◆ Your mobile phone number,
- ◆ Your work contact number,
- ◆ An emergency contact if you are unavailable.



Please notify the school as soon as possible so our records are accurate and we can reach you in case of an emergency.



# CONGRATULATIONS Award Winners!

## K-6 Assembly Award Winners - Week 5

### Kookaburra Pins

#### Blue

Dhruv  
Michael  
Shamel  
Vidwath  
Adyaan  
Jenuli  
Nicola  
Pratyush  
Sahayata  
Hari  
Ria  
Danny  
Eilaf  
Leanne  
Muddthir  
Priyanshi  
Sadiq  
Yassin

Issa  
Samrin  
Smit  
Zachary  
Bahar  
Kaidyn  
Isla  
Rudra  
Adam  
Hassan  
Ryan  
Dylan S.  
Faisal  
Lorraine  
Prabin  
Roman  
Seth

#### Yellow

Darius  
Allissa  
Kaleisha  
Riley  
Shaza  
Cody  
Hazel  
Varsha

Jasmine D.  
Jacob L.  
Remojan  
Savannah  
Aiden  
Ella  
Taleala

#### Orange

Chloe  
Emma  
Melisa  
Alex  
Mahi

Mason  
Jayden  
Zeel  
Dylan W.  
Naomi

#### Purple

Aakanksha  
Christopher  
Leila  
Raina  
Aarav  
Jack  
Liam  
Ryly  
Tahi

Joanna  
Jordan D.  
Mishaal  
Shaun  
Isaiah  
James  
Precious  
Shanelle

#### Gold

**Melisa  
Alishba  
Zacariah  
William**

#### Platinum

**Harriet**

At the beginning of the year The Meadows Public School became a White Ribbon School. Throughout the year, we have held successful fundraisers including cupcake stalls and mufti days in order to raise awareness and money for the White Ribbon organisation. We also had a member of our local police station come and speak to Stage 2 and 3 about the effects of domestic violence and how it affects the state's emergency departments and the greater community.

Monday, 26<sup>th</sup> November is White Ribbon Day at our school. It will be our final fund raiser. We are asking students to come to school in black and white mufti and donate a gold coin. On this day, the White Ribbon Committee will also be holding a cupcake stall at recess and lunch to be purchased for \$1 and \$2. All monies raised will add to the total money raised this year and be donated on behalf of the school to White Ribbon Australia.

As a school we are continuing to stand up, speak out and act to prevent men's violence against women. At The Meadows Public School, we recognise the equality and respect towards both females and males and take a strong stand against violence and abuse towards women. Together we want to build a future that is free from violence and abuse and replace it with respect and tolerance.

We look forward to your support in the upcoming event and look forward to taking an oath together to putting an end and breaking the silence.

Mrs S Dawson.





# We will remember them!

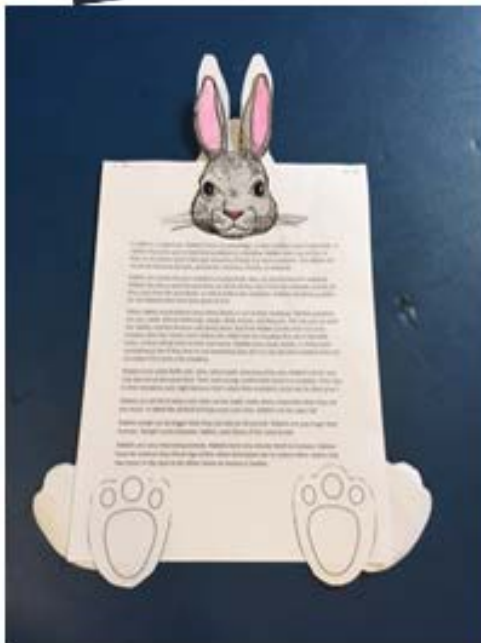
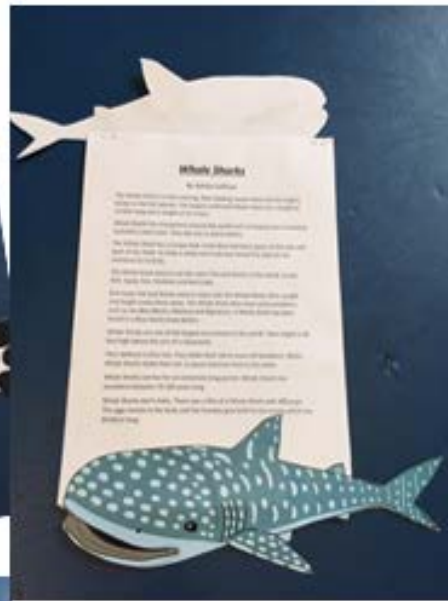
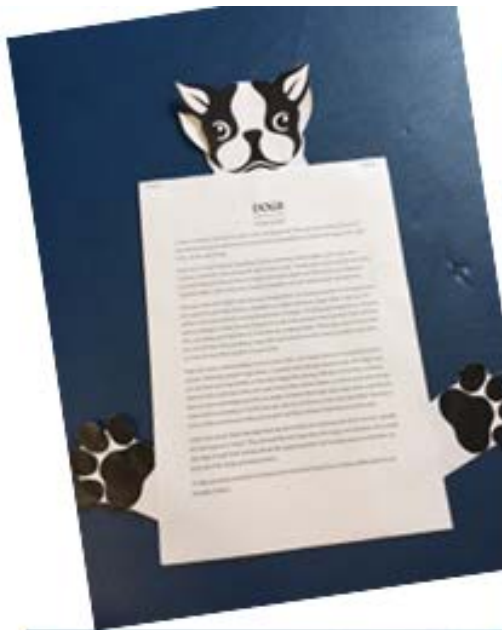


Class 3-6L officially opened their memorial flowerbed on Remembrance Day 11/11/2018. The garden is to remember all past students who attended The Meadows Public School and fought in the war.

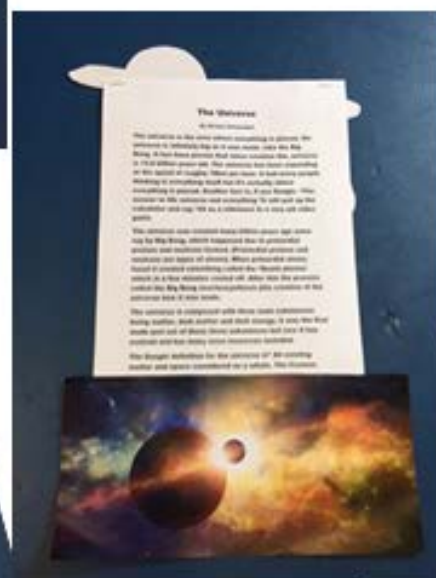
The project took over one term to construct. It took a whole class effort to dig, weed, build, paint, pave, lay down mulch, water and care for the garden. 3-6L designed and created a watering system so the garden would still receive water while we were away on holidays.

Our garden was sponsored by Bunnings Hardware at Seven Hills and we would like to say a huge Thank You to them for their time and the supplies they donated to us. We hope you enjoy having a look at our work and watch it grow to become a beautiful memorial.





5/6D have been learning to write an information report. They selected their own topic and then by researching and collecting information, produced their own unique and individual information report. These can be found displayed in our classroom.



## Where in the world is 5/6KB?

In Maths, students have been learning all about maps - position, co-ordinates, longitude and latitude. Students have also learnt how to locate places, countries and capital cities of the world using an atlas.



They even created a map of their very own city or town using a list of coordinates given to them by a peer. Each town or city was unique to each student.





# Movie Night 2018 Thank you to our Major Sponsors



## Platinum Sponsor

**JON'S CARPENTERRY PTY LTD**

## Gold Sponsors







# Movie Night 2018

## Thank you to our Major Sponsors



### Gold Sponsors

**Commonwealth**Bank



### Silver Sponsors



Kids Talk

Speech Pathology

Tayyaba Nabeel



## Have you registered yet???

The School Run4Fun Colour Explosion will be held on 7<sup>th</sup> December 2018 starting at 1:30pm

*Did you know that you have raised close to \$3000 so far!  
What an amazing effort!*

Don't forget that you have until 30<sup>th</sup> November to fundraise online and order your prizes.

- If you are not using an online account please finalise your fundraising, choose your prizes and bring it all to school by 30<sup>th</sup> November.
- If you have finished fundraising please see Mrs Baker on Thursday or Friday so that your child's fundraising prize can be ordered.

The Run4Fun is being held between 1:30pm – 2:50pm on 7th December 2018 on the top oval.

On the day there will be a lot of fun obstacles in place, and lots of coloured powder and water too.

- If you wish for your child to have a reminder of the day, why not send them to school in a white t-shirt.
- But please do not send your child in 'good' or new clothes or shoes, we would hate for them to be ruined.

***On the day the P&C will be selling cold drinks and ice-blocks.***

If you have free time to help on the day and don't mind getting 'a little colourful', then let the ladies in the office know. We are looking forward to a fun afternoon. If you have any questions please feel free to speak to Mrs Baker each Thursday and Friday or leave a message with the office.

Kind regards,  
Mrs Baker  
Organiser



# Dear Families,

We are holding a portrait fundraising day and would be delighted to receive a donation from you in return for a 10"x13" family portrait and keyring (of your family – valued at \$90!) by Laura Jean.



**HUGE 10"x13" FAMILY PORTRAIT PLUS KEYRING**



How long has it been since you had your family together for a group photo? Update your family pics with their relaxed and fun photographers.

[laurajeon.com.au](http://laurajeon.com.au)

[facebook.com/laurajeonfundraising](https://facebook.com/laurajeonfundraising)

Every family can receive this personalised photographic service, close to home. Flexible options include posing choices and obligation free additional portraits to suit your needs.

We will receive 100% of funds raised from your donation, plus bonuses (including a portrait pack plus digital images, which you may win!) when 25 families participate.

So please help us by inviting an extra family to our fundraiser.

## FREE 3-Pose Portrait Pack

When 25 families are photographed, one lucky family receives a complimentary portrait package + images.

How can you help us get there?

- Return your voucher ASAP **OR** Invite a friend with additional voucher below
- Encourage more families to book

## INSTRUCTIONS

If you see a link provided to the right, click on this to make payment and choose your booking time.

**OR** Complete voucher and return to office with your donation and an appointment time shall be confirmed soon.

ORGANISATION:

The Meadows Public School

RAISING FUNDS FOR:

Classroom resources

CONTACT:

Kathryn Brennan - 0407 114 745

[kathrynbrennan76@gmail.com](mailto:kathrynbrennan76@gmail.com)

[www.trybooking.com/431453](http://www.trybooking.com/431453)

DONATION:

\$20 and receive a 10x13" family portrait + keyring

PHOTO DATE:

Saturday 24th November



PLEASE CUT OUT AND RETURN TO OFFICE



**Voucher for 1x 10"x13" Family Portrait + Keyring at special Fundraising Price**

Oldest child's full name: \_\_\_\_\_

Class: \_\_\_\_\_

Mobile or home no: \_\_\_\_\_

Email: \_\_\_\_\_

Preferred time: \_\_\_\_\_

**\*Very special limited offer – please see back for details**

PLEASE CUT OUT AND RETURN TO OFFICE



**Voucher for 1x 10"x13" Family Portrait + Keyring at special Fundraising Price**

Oldest child's full name: \_\_\_\_\_

Class: \_\_\_\_\_

Mobile or home no: \_\_\_\_\_

Email: \_\_\_\_\_

Preferred time: \_\_\_\_\_

**\*Very special limited offer – please see back for details**

# Community Noticeboard

The Meadows Public School, as a service to parents, will advertise community events that may be of interest. The Meadows Public School does not necessarily endorse or sponsor the events and accepts no responsibility for the management or organisation of these events



## KILDARE ROAD MEDICAL CENTRE ALLERGY CLINIC NOW OPEN!

Do you suffer from a runny nose, runny or itchy eyes or excess mucous production?  
If so, you may be allergic to common airborne allergens such as:

- animal dander
- house dust mites
- mould spores
- pollens (grass, trees, weed)

To find out about diagnosis and treatment for these allergies book an appointment with Dr. Phil Humphris or Dr. Nabeel Makmahi today:

- online at [kildaremedical.com.au](http://kildaremedical.com.au)
- via the HotDoc App (free from the App Store)
- call Reception on 8822 3000

**BULK BILLING OPEN 7 DAYS**

**36 Kildare Road, Blacktown, NSW 2148**

## Returning Kids TV Show Looking for Kids & Their Pets Now!

Northern Pictures are looking for **kids aged 8-12 and their pets** to feature in the second series of an animal focussed, hilariously funny kids' TV series!



We are looking for **every kind of pet** – from bunnies to birds, frogs to ferrets, snakes to snails, horses to hogs – we'd love to meet them and give them their 5 minutes of fame!

Our hosts and camera crew would love to visit **you** – and find out exactly how well behaved (or not!) your pet is! So, don't delay – get in touch!

**DATES:** The first 3 weeks of the summer school holidays - 7<sup>th</sup> – 25<sup>th</sup> January 2019.

**LOCATIONS:** Your animals' natural habitat – in your backyard, home or property!

**NOTES:** We're looking for a wide variety of animals – No pet is too great or too small!

### HOW TO APPLY:

Send the following details to [kids@northernpictures.com.au](mailto:kids@northernpictures.com.au)

Full Name, Address, Contact Number, Email, Child's Name & Age, Pet Species/Breed and Name. The more information you can provide about your pet the better!



## BEST ROAD MEDICAL CENTRE

**SEVEN HILLS**

SHOP 3, CORNER OF BEST ROAD AND MACKENZIE BLVD, SEVEN HILLS.

# OPEN 7 DAYS

**CALL (02) 9631 7200 FOR ALL APPOINTMENTS**  
A/H 0402 593 333  
[www.bestroadmedical.com.au](http://www.bestroadmedical.com.au)

**FULL RANGE OF HEALTH SERVICES NOW AVAILABLE**

- Asthma Care
- Allergy Testing
- Immunisations
- Weight Loss
- Mental Health/Counselling
- Physiotherapy



## School Holiday Program (January 2019) for young people with a disability

*Want to give your child an invaluable experience these school holidays?*

During the school holidays, The Salvation Army – Youthlink Skills 4 Life will run a variety of programs for young people with disabilities (NDIS eligible only). The program is an evidence based program, designed and facilitated by Clinicians and Outdoor Recreation experts. The January school holiday program will be available for the following age and functional criteria:

**Skills 4 Life Explorers: January 7<sup>th</sup>, 10<sup>th</sup>, 14<sup>th</sup> and 17<sup>th</sup> (4 days)**  
(Students age 8-18 limited verbal communication, supervision or assistance with self-care.)

**Skills 4 Life Challengers: January 8<sup>th</sup>, 11<sup>th</sup>, 15<sup>th</sup>, 18<sup>th</sup> and 22<sup>nd</sup> (5 days)**  
(Students age 8-12 verbal communication, independent with self-care.)

**Skills 4 Life Adventurers: January 9<sup>th</sup>, 16<sup>th</sup>, 21<sup>st</sup>, 22<sup>nd</sup> and 23<sup>rd</sup> (5 days)**  
(Students age 13-18 verbal communication, independent with self-care.)

Activities will include outdoor recreation such as bush walks, canoeing and swim days. Centre-based activities including the Sargents Challenge Centre such as low ropes and high ropes.

Goals of the program include development and improvement of social, sensory, motor, and life skills, as well as increased self-confidence, motivation, team work, leadership, and improved physical health and wellbeing.

**Dates:** Starting from January 7<sup>th</sup> to January 23<sup>rd</sup> (Monday-Friday)

\*Note: Can book for all or some of program days

**Start and finish time:** 9am-3pm

**Drop off and pick up location:** 13 Walters Rd, Blacktown, NSW (Youthlink Sargents Challenge Centre)

### What you can expect program to cover:

- ✓ Outdoor recreation experiences
- ✓ All equipment and program materials provided
- ✓ Qualified, experienced and caring staff
- ✓ Insurances and national park fees covered
- ✓ Loads of fun and memorable experiences!

**Program Costs:** All costs are covered under NDIS plan.

**Enrolments:** Registration opens Monday 19<sup>th</sup> November 2018 and closes Friday 14<sup>th</sup> December 2018

Bookings or more info: Call (02) 9622 1823 Option 2 or email [skills4life@aus.salvationarmy.org](mailto:skills4life@aus.salvationarmy.org)

Registered NDIS Provider



## The Meadows Supported Playgroup

A Free Playgroup for families with children from 0 – 5  
 Early Childhood Specialist provides onsite support for parents.

Playing helps learning – Playing is children’s work

Playgroup is a place designed to provide the opportunity for children to play, interact with other children, develop social skills and enhance early childhood development before they start school.



Games, Outdoor play, Story time, Excursions, and lots more!

Come along and enjoy the playgroup with other parents and children in a friendly environment!

Grandparents, uncles, aunts and caregivers are all welcome.

Where: The Meadows SaCC Community Centre  
 (Located at Fuller Street on the school grounds of The Meadows Public School Block I)

When: Wednesday 9.30am – 11.30am OR Friday 9am–11am

For more information, please phone 9896 7514. Or, simply turn up on the day.



### 1-2-3 MAGIC<sup>®</sup> & EMOTION COACHING PARENT COURSE

Learn to manage difficult behaviour in children 2-12 years old

A four-session program for parents and carers.  
 SWINSON COTTAGE FAMILY CENTRE  
 Address: 26 Swinson Road, Blacktown.  
 Date: 22/02/19 – 13/03/19  
 Time: 10:00AM – 12:00 PM

**LEARN:**

- ✓ TO ENGAGE YOUR CHILDREN’S COOPERATION BY POSITIVELY NOTICING AND ENCOURAGING THEM
- ✓ TO SET CLEAR EXPECTATIONS AND HELP CHILDREN DEVELOP FRUSTRATION TOLERANCE
- ✓ TO HELP CHILDREN’S BRAINS TO DEVELOP FILTERS FOR BEHAVING WELL
- ✓ TO RESOLVE FAMILY CONFLICT QUIETLY
- ✓ SOME SIMPLE STRATEGIES TO PRACTICE BEING A CALM PARENT

REGISTRATION FEE: FREE.

MORNING TEA PROVIDED.

LIMITED CHILDCARE AVAILABLE (MUST BE BOOKED IN ADVANCE)

CONTACT – LINDA 0407 245 407 linda.swinson@bigpond.com

What people are saying...  
 What a relief to come across a program that preserves the dignity of the child maintains the self-control of both the parent and the child.

Who is running it?  
 The presenter for this course is Uyenye.

Who completed the Parentshop’s 1-2-3 Magic<sup>®</sup> & Emotion Coaching practitioner training.

I realised quickly that 1-2-3 Magic can be a magnificent preventative and ensure that any parent can use to avoid raising a child who later down the line, needs excessive discipline or grows out of Control.



For more information contact Swinson Cottage: 9621 2454

• An end to the arguing and yelling! • It saved our lives • Simple, sane, effective  
 This course is being run by a Parentshop<sup>®</sup> licensed practitioner. www.parentshop.com.au

## Reading Corner

A program run by school staff that aims to promote literacy.

Reading helps the mind grow.



Reading is fun!

Children can learn about the world through reading.

Through reading, children develop confidence and their imagination.

Stories help children cope with feelings and problems that they may experience in their day.

Encourage your child to attend Reading Corner.

Help your child develop a love of reading. It’s the greatest gift a parent can give their child.

Let’s enjoy reading.

When: Mondays & Wednesdays

Time: 8:20am - 8:45am

Where: Heritage Building



## Free GetStarted Zumba



A Social Group for Women

GetStarted Zumba is a social group designed to enhance health and general wellbeing for women and their families.

Zumba classes (9:15am - 10:15am) are designed for all levels and are led by a qualified Zumba instructor.

It is a fun way to keep fit and meet new friends, share ideas and experiences, learn new skills and receive relevant information!

Social group (10.15am - 11:30am), we focus on relaxation, self-care and creativity. Some of the activities we do include: mediation, floral arranging, art and craft, we have guest speakers, or sometimes just chat over a cup of coffee.

When: Tuesdays

Time: 9:00am - 11:30am

(Zumba 9:15am - 10:15am)

Where: Meet in SaCC Room (Block I)

(in the grounds of The Meadows PS, Fuller Street, Seven Hills)



Limited free child care places are available upon request. Please phone for child care arrangement or just show up on the day if child care is not required.



For more information, please phone 9896 7514.



# Free English Classes



At The Meadows Public School we are offering Free English conversation classes in school, for parents of all levels who would like to improve their language skills. Learn English with other parents from the school community in a friendly environment. The group will be supported by a trained 'English as a Second Language' (ESL) teacher.

Come and join us - let's break the language barrier, gain confidence, enhance support for your child's education and be part of the community! And if you know parents in the school community would benefit from it, please spread the word.

**When:** Wednesdays 9:00am - 11:00am

**Where:** Heritage Room (F-Block)

**Cost:** Free

**Child Care:** Free child care available on request.

For registration, simply reply by sending the following reply slip to the school office

I, (your name) \_\_\_\_\_ would like to join the English Classes.

My contact number is: \_\_\_\_\_

My Email Contact is: \_\_\_\_\_

Do you require child care? Yes / No

If yes, please indicate number of children and their age(s): \_\_\_\_\_