

# The Meadows Mag

A vibrant and caring learning community

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



Issue 8 - Term 3 - Week 6

Friday, 26<sup>th</sup> August 2022

<b>Office Hours</b> Monday to Friday 8:20am – 3:00pm	<b>Canteen</b> Monday, Wednesday, Friday 8:20am – 1:30pm
<b>Before &amp; After School Care</b>  Enrolments can be done online: <a href="http://www.squiggler.com.au/enrol-now/">www.squiggler.com.au/enrol-now/</a> or for more information contact head office on 1300 778 444	<b>Uniform Shop</b> Uniforms are sold in the canteen Monday, Wednesday & Friday 8:20am – 9:00am  Payment by Cash or cheque at school OR prepay online using MasterCard or Visa 

## Calendar

### Important Dates in Term 3, 2022

#### Week 7

Monday, 29 <sup>th</sup> August	ICAS Maths
Tuesday, 30 <sup>th</sup> August	Sydney Zoo Excursion
Tuesday, 30 <sup>th</sup> August	Botanic Garden Excursion
Wednesday 31 <sup>st</sup> August	Father's Day Stall
Friday 2 <sup>nd</sup> September	Father's Day Big Brekky
Friday 2 <sup>nd</sup> September	PSSA

#### Week 8

Tuesday, 6 <sup>th</sup> September	BFOPA Performance Night
Thursday, 8 <sup>th</sup> September	Kindy '23 Parent Info Night
Friday, 9 <sup>th</sup> September	PSSA

#### Week 9

Tuesday, 13 <sup>th</sup> September	P&C Meeting 9:00am
Tuesday, 13 <sup>th</sup> September	Whole School Assembly

#### Week 10

Tuesday, 20 <sup>th</sup> September	Stage 2 Inquiry Learning
Friday, 23 <sup>rd</sup> September	NAIDOC Day
Friday, 23 <sup>rd</sup> September	Last Day of Term 3

## Principal's Message

### Before-school Safety

In recent weeks, a significant number of students have been arriving at school prior to the school opening time of 8:20am. Our gates open to signal the beginning of the school's duty of care when supervision begins at 8:20am. Students arriving prior to this time are not supervised and reports have been received of a small number of our students involved in unsafe pedestrian behaviour at this time. To maximise your child's safety, please ensure, at the very earliest, that your child leaves home in order to arrive at school on or after 8:20am.

## Staffing News

Best wishes to Mrs Amy Russell who has commenced maternity leave awaiting the birth of her second child. For the remainder of Term 3, Mrs Russell's classes will be taken by Mr Andrew Kim (3-6L and Kinder classes on Thursdays) and Miss Vanessa Klinke (Stage 1 Dance classes on Fridays). We will welcome back Mrs Taleah Thornton from her own maternity leave to take up this role on Thursdays and Fridays in Term 4.

## Athletics Update



A big thank you to our wonderful TEAM at TMPS for running our 2022 Athletics Carnival under difficult circumstances on Wednesday, 10<sup>th</sup> August. With a mix

of considerable teacher illness and staff in other roles, the available staff dug deep to get the job done!

Sincere thanks also to our wonderful team of P&C volunteers who raised over \$1300 through the provision of an excellent canteen on the day. Thanks also to the parents and carers who attended and biggest thanks of all to our students who enjoyed the day with plenty of team spirit and good sportsmanship.

We have a team of 34 students who have proudly represented TMPS at the Zone Athletics Carnival yesterday and today.

Finally, the ribbons for all placegetters at our carnival will be presented at the next K-6 Assembly on Tuesday 13<sup>th</sup> September.

### Excursion Opportunities

Students in Kindergarten and Stage 2 are looking forward to their upcoming excursions next **Tuesday, 30<sup>th</sup> August**. Kindergarten classes are heading to Sydney Zoo, whilst Stage 2 students will enjoy a day at the Royal Botanic Gardens!

### Father's Day Events

1. Father's Day Stall - This event, coordinated by our wonderful P&C volunteers will be held next Wednesday, 31<sup>st</sup> August in the hall. Each class will have an opportunity to visit the stall and each student will be able to purchase a gift for their dad or significant father figure. Gifts are priced between \$1 and \$8.
2. Father's Day Big Breakfast - This event is set down for Friday, 2 September from 8:00-8:45am. Fathers and father figures have been invited to school to join their children for a bacon and egg or plain egg roll. Children and dads are then encouraged to enjoy our playground spaces together for a game of handball, shooting some hoops on the basketball court or kicking a soccer ball or football around on the top field until the morning bell sounds! RSVPs for this event have now closed with catering being ordered this weekend.

Finally, wishing all our dads and father figures a very happy Father's Day when it comes around on Sunday, 4<sup>th</sup> September.

### Kindergarten 2023

Do you have a child ready to start Kinder in 2023? We are enrolling NOW! Please enrol online, contact the school on 9631 3737 or drop into the office in person!

To access the online enrolment system please head to:

<https://themedadows-p.schools.nsw.gov.au/about-our-school/enrolment.html>

To hear a whole lot more about Kinder 2023, on **Thursday, 8<sup>th</sup> September at 6pm** we are holding a 2023 Kindergarten Parent Information Session. A flyer has been sent home featuring a QR Code for you to register your interest! If you have any further questions please contact the school on 9631 3737.

### Blacktown Festival of Performing Arts

Best wishes to all of our talented dancers and singers who will be performing at the Blacktown Festival of Performing Arts at Wyndham College Hall on the evening of Tuesday, 6<sup>th</sup> September. Parents and carers of all students involved have received information a fortnight ago in regard to the online purchasing of tickets to this event involving many primary schools from the Blacktown Learning Community.

### NAIDOC Day

Our 2022 NAIDOC Day is locked in for the final day of term, Friday 23<sup>rd</sup> September. A full day of fun activities is planned to increase all of our students' knowledge of Aboriginal Australia. The day will be a mufti day where all students are encouraged to wear the colours of either the Aboriginal (red, black, yellow) or Torres Strait Islander (green, blue, white) flags.

A key feature of our 2022 NAIDOC experience will give students the opportunity to explore Indigenous Australian astronomy in a fascinating mobile Planetarium show. "Stories in the Stars" shows children a new way—the oldest way—of looking at the night sky. European night sky stories are familiar to many people. However the Aboriginal stories of the southern skies are less well known. We look forward to this new learning opportunity!

### Book Character Parade / Open Day

Following the recent Covid-19 restrictions impacting large events, we have rescheduled some of our major events into Term 4. Our traditional favourite, the Book Character Parade, will now be held on Tuesday, 8<sup>th</sup> November. The same day will also feature our Open Classrooms where parents will be given the opportunity to visit the classrooms of their children and check out some of the learning and work taking place! Our Scholastic Book Fair will also take place in the same week next term.

### Disney Dance Concert

Preparations are now in full swing for our K-6 Disney Dance Concert. Classes have been busy learning dance moves to their various songs from a range of Disney movies from over the years. The concert will take place at our school on Friday, 2<sup>nd</sup> December. Save the Date – more information to follow next term!

### P&C Meeting

Our next P&C Meeting will be held at 9:00am in the staff room on Tuesday, 13<sup>th</sup> September. We look forward to seeing some new parents become involved as many hands make light work!

### The Fathering Project

Recently, we became a school in partnership with The Fathering Project, an organisation aiming to improve student wellbeing by engaging fathers and father figures.



This newsletter features the second of a series of brief readings for our dads (mums can read too!). The second topic is all about how fathers and father figures can build the resilience of their children.

### Students' Fun Page

We always want our students reading their newsletter as much as their parents. To encourage student readership, there's a fun activity at the back of this edition of The Meadows Mag! Check it out, there's some prizes to be won!

Look after each other,

*Scott Staveley*

**Principal**



THE MEADOWS  
PUBLIC SCHOOL

A vibrant and caring learning community

## 2023 KINDERGARTEN PARENT INFORMATION SESSION

The Meadows Public School invites parents of students who will be starting Kindergarten in 2023 to an essential information night in our school library.

#### LEARN MORE ABOUT:

- Our wonderful school
- Opportunities we provide
- How to prepare your child
- The enrolment process
- Kindergarten orientation

THURSDAY 8TH SEPTEMBER 2022

6:00 - 6:45PM

2C FULLER STREET, SEVEN HILLS

Child minding available

SCAN THE QR CODE TO  
REGISTER YOUR INTEREST



02 9631 3737

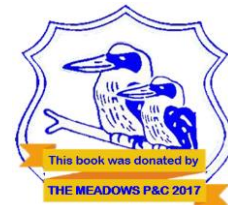
themedadows-p.schools.nsw.gov.au

# Father's Day Big Brekky

**Date: Friday, 2<sup>nd</sup> Sept.**

**Time: 8:00 – 8:45am**

**Place: HALL**



## P&C

# Father's Day Stall

**Date: Wednesday, 31<sup>st</sup> August**

**Gifts range from \$1 - \$8**







# CONGRATULATIONS Award Winners!

## Week 4

Teacher's Awards (2 points)

KH	Zara Liam
KT	Kendall Rose Hitharth
KY	Rithvik Kritav
1/2A	Liyanne Prakhar
1/2G	Mannat Ahmad
1/2J	Kirralee Curtis-Junior
1/2P	Therese Mustafa
3/4D	Julius Jerekai
3/4P	Dylan Kris
3/4R	
3-6L	Alex
5/6H	Sydney Joni
5/6S	Jadeth Luke

## Week 5

Teacher's Awards (2 points)

Asher Ivy-Sheree
Elijah Azaan
Ananya Krishang
Vithushan Harvey
Aria Samridh
Shavir Dhyan
Lior Nyra
Arpith Adharna
Issa Neveah
Malakai Lauryn
Vincent
Akid Aiden
Leah Chloe



# CONGRATULATIONS Award Winners!

## Week 6

Teacher's Awards (2 points)

KH	Matthew Ariah	3/4D	Lyriq Neveah-Lea
KT	Jayla Lexie	3/4P	Corbin Elina
KY	Nehal Sione	3/4R	
1/2A	Cruz Shehnoor	3-6L	Reyan
1/2G	Suniva Shivaansh	5/6H	Ilija Vinoth
1/2J	Feleti Micah	5/6S	Mohammed Trinley
1/2P	Akash Sara		

## K-6 Assembly Award Winners - Week 5

Assistant Principal Awards  
(3 points)

Kindergarten	Eli
Year 1	Aneesha
Year 2	Lateesha
Year 3	Brian
Year 4	Katie
Year 5	Peyton
Year 6	Vinoth

Principal Awards  
(5 points)

Kindergarten	Aaliyah
Year 1	Baani
Year 2	Andrew
Year 3	Joshua
Year 4	Shanen
Year 5	Raagavi
Year 6	Mann

## Kookaburra Pins

Blue (10 Points)

Kritav  
Lorelai  
Dhyan  
Tori  
Baani  
Sam  
Jahnira  
Krishnavi

Yellow (20 Points)

Nayte  
Krisha  
Ahmad  
Hadizatu  
Lauryn  
Kamel  
Chris  
Ravi  
Ijaz  
Raagavi

Purple (30 Points)

Michael  
Lahtarnah  
Vasundhara  
Isha  
Katie

Orange (40 Points)

Vinoth



# 1/2A's Persuasive Texts about Australian Animals!



## Prakhar

I definitely agree that Australia is the best country because it has the most fascinating animals in the world.



Some animals are unique animals like the echidna. An echidna has a long nose that can dig into the dirt to catch ants and it has sharp spikes.

Also, a koala is a unique animal because it climbs up trees with its sharp claws and its favourite food to eat is gum leaves.



## Akshita

I definitely agree that Australia is the best country in the world because of its unusual animals like the platypus. It has a bill like a duck, webbed feet like a frog and a tail like a beaver.



Another fascinating animal is the cassowary. This amazing animal seems to be from the dinosaur time. It has sharp claws like a sharp knife. This unique animal is so dangerous it can slice open anything so you do not want to disturb this animal!



## Liyanne

I definitely agree that Australia is certainly the best country in the whole world because it has fascinating animals like adorable quokkas and beautiful platypus and those animals are not found in any other country. Other people not from Australia think that these animals are not real, but they are real!



Australia has so many cute, beautiful and unusual animals. One of the animals is the bilby, it has an amazing black and orange stripe pattern and lovely, fluffy, soft fur.

I also think that Australia is the best country in the world because it has a sugar glider that can fly in the night!



# Ohhh, The Wonders of Stage 1

# Math

Measuring area



Measuring area



Measuring length



Measuring area



Measuring length



# Science and Geography

Researching Australia

Researching Australia



Discovering  
our  
5 senses  
with  
popcorn



# Other fun stuff

Bus ride to the Athletics Carnival



Dance practice



Athletics Carnival

Story quest incursion



Junior dance group



Stage 1 athletics at school!



# English

Handwriting



Handwriting



Phonics



Persuasive writing debates



## 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.

# Feeling unwell?

Got a **fever, cough, sore throat, difficulty breathing, runny nose, loss of smell or taste?**



### Other COVID-19 symptoms include:

fatigue, acute blocked nose (congestion), muscle pain, joint pain, headache, diarrhoea, nausea, vomiting, loss of appetite, unexplained chest pain and conjunctivitis.

**Get tested and self-isolate until you get a negative result.**

Avoid contact with others until you feel better.

For latest information visit: [www.nsw.gov.au/covid-19](http://www.nsw.gov.au/covid-19)

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Transport for NSW Careers

## We're hiring School Crossing Supervisors



Help protect our vibrant school communities.



Be a road safety hero for school kids, caregivers, and school staff.



Be a second set of eyes for local motorists at busy times.



Earn an income and still have time to live your life to the fullest.

**Casual roles available**  
Blacktown Local Government Area - 72103

### Does this sound like you?

- Willing to work outdoors in all weather conditions.
- Able to communicate with different groups and give clear instructions.
- Community-minded.
- Friendly and positive manner.

### Days and hours

- Shifts will fall between 8:00 am - 9:30 am and 2:30 pm - 4:00 pm, Monday to Friday during school terms with a minimum of one hour shift as required

### Apply today

Applications close Sunday 4th September 2022

Visit [jobs.transport.nsw.gov.au](http://jobs.transport.nsw.gov.au) and search for **Reference Number: 72103** or search 'School Crossing Supervisors' for a full list or vacancies or scan the QR code to apply.

For further information, contact Manisha Bains  
E: [manisha.bains@transport.nsw.gov.au](mailto:manisha.bains@transport.nsw.gov.au)  
P: 0435 649 967



[jobs.transport.nsw.gov.au](http://jobs.transport.nsw.gov.au)

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- Autism Spectrum Disorders
- Speech Difficulties
- Articulation
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- Self esteem
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- Bachelor of Speech and Hearing Sciences Macquarie University

**Ashwini Thirukumaran**

To Book appointment  
Please call (02) 9631 7200

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07

Building Your Child's Resilience

Primary School · Essential Topics for Dads



# Building Your Child's Resilience

Children who are resilient are better able to cope with difficulties they encounter in their lives. Some children are naturally more resilient than others, their temperament allows them to deal with problems, difficulties or disappointments and recover without too much fuss or stress. However, not every child will have this natural resilience and will need your support to help build skills and confidence to deal with life's challenges and recover to move forward. To help you to support your child to continue to become more resilient, here are some important understandings and tips to support their journey.

**Resilience is our ability to cope with challenges and recover from difficult times.**

### Three important areas of resilience:

Ideally we would want our children to grow to have strong beliefs in the following areas.

**Support – 'I have'** strong caring relationships and support from people around me who I trust and who are good role models for me.

**Self-esteem – 'I am'** capable and confident in myself and my ability to take on challenges and try new things.

**Skills to cope – 'I can'** manage, think positively; solve problems and adapt to new or difficult situations.

The most common factor among children who demonstrate resilience is a strong relationship with a supportive parent, caregiver, or other adult. A father is often seen as a solid foundation for safety and security. Because of this, children often look to their fathers as a role model of how to react in different or difficult situations.



For more information: [thefatheringproject.org](http://thefatheringproject.org)

07

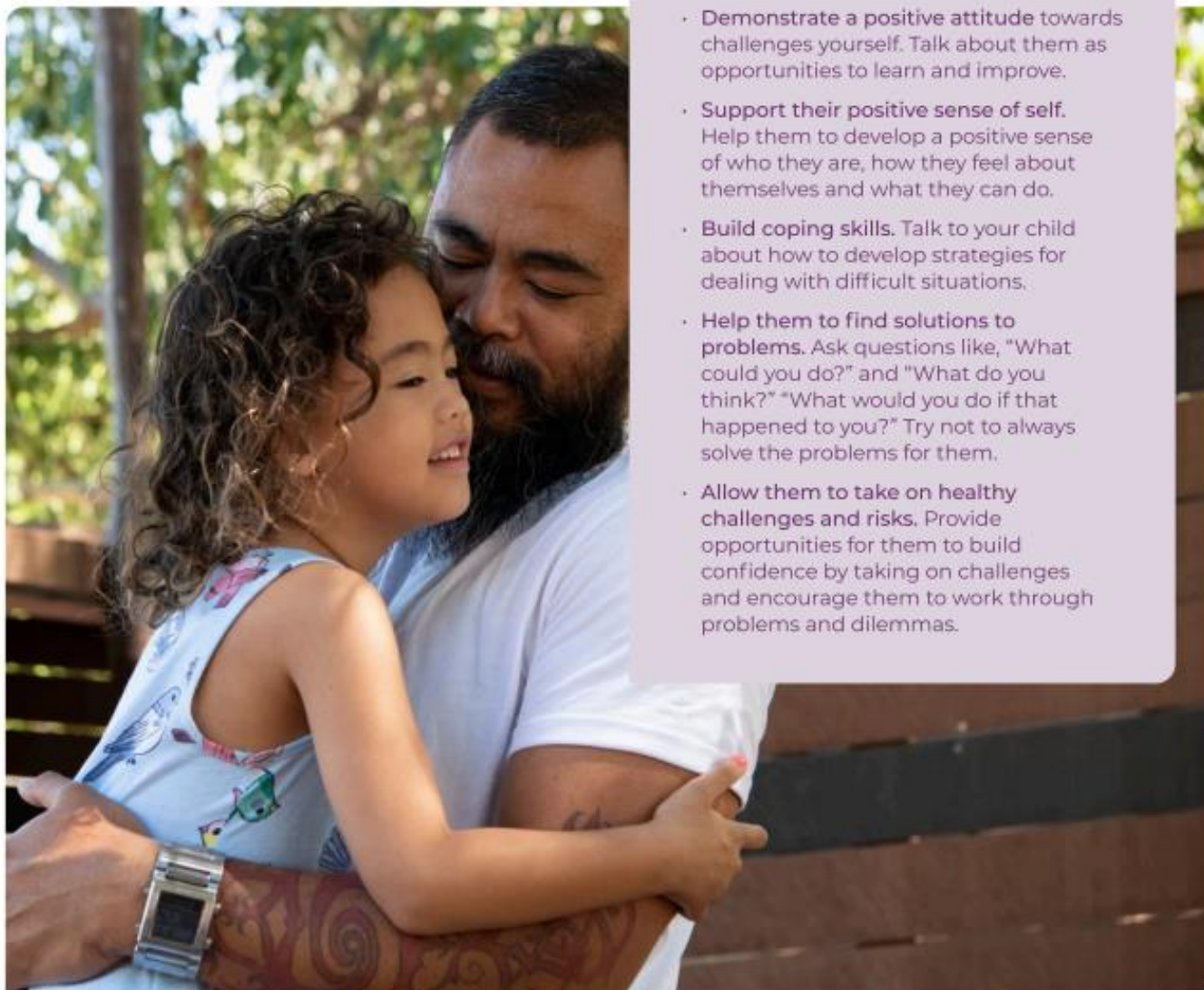
## Building Your Child's Resilience

Primary School • Essential Topics for Dads



### Top Tips for Dads

- **Demonstrate a positive attitude** towards challenges yourself. Talk about them as opportunities to learn and improve.
- **Support their positive sense of self.** Help them to develop a positive sense of who they are, how they feel about themselves and what they can do.
- **Build coping skills.** Talk to your child about how to develop strategies for dealing with difficult situations.
- **Help them to find solutions to problems.** Ask questions like, "What could you do?" and "What do you think?" "What would you do if that happened to you?" Try not to always solve the problems for them.
- **Allow them to take on healthy challenges and risks.** Provide opportunities for them to build confidence by taking on challenges and encourage them to work through problems and dilemmas.



### Wellbeing Check



It's important for you as a father to periodically check on your own resilience and coping strategies. To do this you can ask yourself: Do I have strategies to help reduce stress in times of difficulties? These may include: stepping away, refreshing and relooking at the problem; identifying things you can control and act on those; knowing your limits and being realistic about when you need help.

For more information: [thefatheringproject.org](http://thefatheringproject.org)



# The Meadows Playgroup

for the families with children from 0-5 years.

Playgroup caters for a range of activities like art and craft, outdoor play, music, story and music time, excursions and lots more.

## LEARN



## PLAY



## FUN



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

Every Wednesday and Friday  
from 9.15 am to 11.15 am  
(during school term).

The Meadows School as Community Centre (I BLOCK)  
at  
The Meadows Public School, Seven hills.

**To register please call on  
98967514**

# KindyPlaymates Playgroup



Playgroup is for the children starting Kindergarten in 2023.



This program will introduce parents/carers and their child/ren to a structured and fun learning routine to prepare them for a smooth transition into school.



**When: Every Monday During School Term.  
Time: 9.30 am to 11.00 am**

**Where: The Meadows Schools as Community Centres**  
(located in the grounds of The Meadows Public School, Seven Hills - Block I)

**Cost: Free**

A parent/carer will need to accompany the child and be actively involved in guiding their child for some of the activities.

To secure a place for your child, please contact SaCC office on  
9896 7514.

The Project is funded by NSW Department of education.



# TIMEOUT ZUMBA

A social group designed to enhance health and general well-being for women and their families.

Focus on relaxation, self-care and creativity!

Zumba session (9.15 am-10.00 am) conducted by a qualified instructor.

Fun way to get fit and meet new friends!

**When: Every Tuesday**  
**(During school term)**

**Time: 9.00 am-11.00 am**

**Where: SaCC Room (I Block)**  
**School as Community Centre**

## Some activities:

- Mindfulness sessions
- Cooking,
- Art and Craft,
- Guest speakers,
- Learning new skills



Free Childcare places are available upon request.

For more information and Childcare arrangements please call  
98967514.




# Students Fun Page

## Meadows Mag Quiz

*Read the newsletter to get all of the answers. Get some help from Mum or Dad or a carer if you need some!*

Name: \_\_\_\_\_

**Complete the answers and hand in to Mr Staveley by next Friday 2<sup>nd</sup> September at 9.00am for a chance of winning a \$50 movie voucher!**

1. What time each day do the school gates open for students? \_\_\_\_\_
2. Where are Kindergarten going for their excursion? \_\_\_\_\_
3. When is the Father's Day Stall? \_\_\_\_\_
4. What time does the Father's Day Big Breakfast start? \_\_\_\_\_
5. List at least three colours that students could choose to wear on NAIDOC Day?  
\_\_\_\_\_
6. When is our NAIDOC Day? \_\_\_\_\_
7. Which big event is happening next term on Tuesday 8<sup>th</sup> November?  
\_\_\_\_\_
8. Name 3 Australian animals that the 1/2A students mentioned in their writing  
\_\_\_\_\_
9. **UNJUMBLE these 7  Movies & 1 character!**

<b>gib 6 reoh</b>	
<b>sedini tuo</b>	
<b>eth bleedsincri</b>	
<b>dinfing omen</b>	
<b>dinfing rody</b>	
<b>poozatio</b>	
<b>eth gunjel kobo</b>	
<b>glinthing nuceqem</b>	