Uniform Shop hours
Payment by cash or cheque only.
Monday 2:30 to 3pm
Wednesday & Thursday 8:30 to 9:30am

Calendar

Important Dates

Term 4

Week 3

Tuesday, 21st October   Grandparents Day
Tuesday, 21st October   Stewart House Clothing
                      Appeal last day to return
                      bags
Wednesday, 22nd October Stewart House clothing bags
                      returned by today
Thursday, 23rd October   Ready, Set Kindy 1:50 to
                      2:50pm
Friday, 24th October   Stage 2 & 3 Public Speaking
                      final

Week 4

Thursday, 30th October   Ready, Set Kindy 11:30 to
                      1:15pm
Friday, 31st October   Halloween Disco

Week 5

Thursday, 6th November   Ready, Set Kindy 9 to 11am

Week 6

Wednesday, 12th November   Blacktown Public Speaking
Thursday, 13th November   Kindy Orientation 9:15-11am
Friday, 14th November   K-2 Calmsley Hill City Farm

Principal’s Message

STAFFING

This term we welcome back Mrs Wilkinson from maternity leave. Mrs Wilkinson will be working with some of our students in Kindergarten, Year 1 and Year 2 on Mondays.

Unfortunately, Mr Flores was unable to return this term due to personal reasons. This term, 3/4T have Miss Byun as their teacher. Miss Byun has taught the class previously on a number of occasions. 3/4T are very settled and doing a wonderful job with their new teacher.

Mrs Baily has joined us on Mondays and Fridays this term as a Learning and Support teacher. She will be working teachers and supporting students with their learning.

READY, SET KINDY PROGRAM

We are looking forward to welcoming our 2015 Kindergarten students next Thursday, 23rd October, for an afternoon of discovering what ‘big school’ is all about. If you haven’t yet enrolled your child for kindergarten next year, please come into the office and complete an enrolment form.

ORGANISATION FOR 2015

We are starting to organise our class structures for 2015. Please notify the office if you will be leaving our school at the end of the year and not returning next year. This does not apply to students in Year 6 as we know they will be moving on to high school.
CANTEEN LEASE

At the end of this year, the current canteen lease will expire. We are currently running a new tender process for the canteen for the next three years. The tender information has been published in our local newspapers and will close at 3pm on October 31st, 2014.

SELECTIVE HIGH SCHOOL PLACEMENT IN 2016

Next Monday, 20th October, a note will be sent home to our Year 5 students with information about applying for Year 7 Selective High School placement in 2016. If you would like your child to apply for selective high school entry in 2016, please complete the Intention to Apply slip at the bottom of the letter and return to school by next Friday, 24th October.

Lisa Littlejohn
Principal

STEWART HOUSE CLOTHING APPEAL 2014

The Stewart House Clothing Appeal is here again. Please send any unwanted clothing in the bags supplied and leave on the verandah of Block F. If you require extra bags please see your class teacher. All bags need to be returned by Tuesday, 21st October, 2014.

Student Banking Thursdays.

Vision screening for children

Did you know that 80% of children's learning is visual? This makes eye health one of the most important areas of a child's academic development. Academic achievement is strongly linked to vision, with poor vision often resulting in behavioural troubles such as being disruptive in class, poor concentration and the inability to understand basic fundamentals of learning.

OPSM are now providing parents with a screening tool to use at home. It's a child's story book called 'Penny the Pirate'. It comes complete with comprehensive instructions.

This resource can be collected from your local OPSM or order online at OPSM.com.au.
CONGRATULATIONS Award Winners!

Week 2
Teacher Awards (1 point)

<table>
<thead>
<tr>
<th>Class</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>KH</td>
<td>Anthony Manuth</td>
</tr>
<tr>
<td>K/1R</td>
<td>Zeel Andy</td>
</tr>
<tr>
<td>1/2L</td>
<td>Tahi Andy</td>
</tr>
<tr>
<td>2K</td>
<td>Kayla William</td>
</tr>
<tr>
<td>3-6S</td>
<td>Emmet Salesi</td>
</tr>
<tr>
<td>3/4T</td>
<td>Aleeha Kirusha</td>
</tr>
<tr>
<td>3/4F</td>
<td>Burak Tiara</td>
</tr>
<tr>
<td>5/6D</td>
<td>Jaidan Hridhima</td>
</tr>
<tr>
<td>5/6H</td>
<td>Palvisha Emily</td>
</tr>
</tbody>
</table>

At The Meadows we are Safe, Responsible

Speech Development

Learning to talk and understand language varies greatly from child to child. However, when students have a delay in their articulation (the ability to say sounds correctly) or their language skills (using words in the correct sequence, speaking in full sentences, following instructions and expressing themselves clearly) this can impact greatly on their overall learning.

According to Dr Jennifer Hudson from Maquarie University it takes about seven years for children to learn to pronounce speech sounds the same way adults do. Different children develop speech at different rates. In general, most children should make few mistakes with the listed speech sounds at the ages shown in the table below.

<table>
<thead>
<tr>
<th>Speech sounds by age</th>
<th>Example sounds</th>
</tr>
</thead>
<tbody>
<tr>
<td>By around 3</td>
<td>b, p, m, n, h, d, k, g, ng (sing), t, w, f, y</td>
</tr>
<tr>
<td>By around 4-5</td>
<td>f, sh, zh (measure), ch, j, s, and cluster sounds tw, kw, gl, bl</td>
</tr>
<tr>
<td>By around 6</td>
<td>l, r, v, ng, and cluster sounds pl, kl, kr, fl, tr, st, dr, br, fr, gr, sn, sk, sw, sp, str, spl</td>
</tr>
<tr>
<td>By around 7-8</td>
<td>th, z, and cluster sounds sm, sl, thr, skw, spr, skr</td>
</tr>
</tbody>
</table>

If you have concerns about your child’s speech and language development you can contact Blacktown Speech Pathology

Dikea Tziogas - Blacktown Speech Pathology
Address: 36 Stanley Street, Blacktown NSW 2148
Phone: 0418 401 504
Fax: 02 9622 6550
Email: blacktownspeechpathology@bigpond.com (link sends e-mail)

EXCURSIONS/ACTIVITIES IN PROGRESS

<table>
<thead>
<tr>
<th>Excursion/Activity</th>
<th>Date of excursion/activity</th>
<th>Amount due</th>
<th>Payment due by</th>
</tr>
</thead>
<tbody>
<tr>
<td>Years K to 2 Calmsley Hill City Farm</td>
<td>Friday, 14th November</td>
<td>$30</td>
<td>Friday, 7th November</td>
</tr>
<tr>
<td>Years 3 &amp; 4 IMAX &amp; Sydney Observatory</td>
<td>Tuesday, 25th November</td>
<td>$33</td>
<td>Tuesday, 11th November</td>
</tr>
</tbody>
</table>
2KA Love of Learning

This term, 2KA have been learning about Transport and Machines. They learned that machines found in the home which help to make life easier all have a motor to make them work. These machines include: washing machines, hair dryer, fan, motor vehicles, microwave and lawn mower. They have consolidated their understanding through different multimedia such as visual and information texts, videos and the internet. 2KA enjoyed working in groups to create their very own transport vehicle.

Grandparents Day

Next week, on Tuesday 21st October we will be celebrating Grandparents Day. Thank you to all the parents who have returned their RSVPs for the barbeque lunch. We look forward to celebrating this wonderful day with you.

11:45 – Gates open for classroom visits
12:45 – 1:15 Special Assembly
1:20 – 1:50 BBQ Lunch

Parents please adhere to the times, as gates will be shut once the assembly begins. All entry onto the school grounds after these times will need to be made through the office.

Mrs Pho Kirkland
Assistant Principal
Maths Matters!

Learning to tell the time is an important skill. Test your ability to tell time by answering these questions.

K-2

Look at the hands on the clocks below. What time are they showing?
Write the time below each clock.

a. 

b. 

c. 

d. 

What time do you go to bed?
Draw what that time looks like on the clock below.

3-6

1. How many times in a 12 hour period does the sum of the digits on a digital clock equal 6? Try to think of a way to solve this without going through every single time. Describe what you did.

2. For a school Project, Ron recorded how much TV he watched in one weekend and what kinds of programs he watched. This chart shows the time he watched TV:
SATURDAY: 9:30-10:30 AM; 1:00-3:30 PM; 8:00-10:00 PM
SUNDAY: 1:00-2:30 PM; 8:00-10:00 PM
Ron watched sports programs for one half of the time. He watched movies for one third of the time. He watched cartoons with his sister Ronnette the rest of the time. How many minutes did Ron watch cartoons? Make sure you explain all of the steps and label your answers.
What’s happening in Personal Health and Development this term?

School Drug Education
This term, students K-6 will be learning about Drug Education and Nutrition during their Personal Development and Health lessons.

Drug education is taught in primary and secondary schools in NSW as part of Personal Development, Health and Physical Education (PDHPE) programs from Kindergarten to Year 10.

What is taught in drug education?

Kindergarten to Year 6

In Kindergarten and Years 1 and 2, students have opportunities to learn:
- about medicines and the need to use them properly under the supervision of an adult
- that medicines and poisons must be stored out of reach of children
- how to contact emergency services if there is an accident at home.

In Years 3 to 6, students:
- learn about legal drugs - how they affect the body and how they can be helpful and harmful
- examine the effects of tobacco on the body and ways to avoid passive smoking
- learn about the effects of alcohol on the body
- discuss both legal and illegal drugs.

An brochure is attached with additional information about Drug Education.

Students will be also learning about nutrition and physical exercise to promote and encourage healthy lifestyles. As part of this program, we will be holding a ‘Nude Food’ week during the month of November. Students will be encouraged to bring in a healthy lunch with minimal to no packaging to develop a sense of environmental health and healthy eating. We will be holding a competition for class with healthiest and least amount of packaging during the week. Stay tuned for further information about this in The Meadows Mag later this month.

I look forward to a great term and if you have any questions or require further information, please do not hesitate to contact me 😊

Sandy Newcome
PDHPE Coordinator
**GIRRAWEEN HIGH SCHOOL**

**Invitation To Open Night 2014**

Girraween High School is an academically selective high school which offers a curriculum for students who aspire to achieve exceptional HSC results. The school has experienced and dedicated staff, providing students with safe, engaging classes and well-equipped facilities.

You are invited to attend an Open Night which will be held at the school.

The school will host events from 4.30pm and you are welcome to enjoy this performance.

The Open Night will feature classroom tours, displays, presentations, refreshments, and the chance to meet students and teachers.

Referrals will be provided.

**Date:** Tuesday, 4th November 2014

**Time:** 6pm to 8pm

**Venue:** Girraween High School

110 Guitto Road

GIRRAWEEN NSW 2145

**Tel:** 9636 7293 or 9636 7303

**Fax:** 9636 3274

**Web:** [www.girraween.hsc.nsw.edu.au](http://www.girraween.hsc.nsw.edu.au)

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**2014-2015 Family Energy Rebate**

Apply before Midnight 16 June 2015

**WHAT IS THE FAMILY ENERGY REBATE?**

The Family Energy Rebate helps to cover the cost of energy bills for NSW households with dependent children. In 2014-2015 the rebate gives:

- A $150 credit or electricity bills for eligible applicants who hold an account with an electricity retailer.
- A $150 direct payment to nominated bank accounts for eligible applicants who live in a residential community (apartment or mobile home park) and receive electricity from the park operator.

**AM I ELIGIBLE FOR THE REBATE?**

To be eligible you must:

- Be a NSW resident, and
- Have been economically at the Australian Government's Heatcare Line in 2013-2014.

**HOW TO APPLY**


**Road safety**

Key points to remember around schools

1. **In and out of the car**

   To comply with national child restraint law, your child should be restrained in the car as follows:

   - 0 – 6 months: Approved rear-facing child car seat
   - 6 months – 4 years: Approved rear-facing or forward-facing child car seat
   - 4 – 7 years: Approved forward-facing child car seat or booster seat.

   Make a rule that every child passenger must be securely buckled in a seat or child car seat before you start the car.

   A sleeping child must remain firmly buckled up while the car is in motion.

   Reward your child with lots of praise for good road safety behaviour.

2. **At school**

   Ensure your children always get in and out of the car through the safety door. This is the back door of the car.

   Never allow children to get out of the car on the traffic side.

   When possible, children should remain in the car until an adult opens the safety door. This helps ensure children get out of the car safely.

   Children aged between four and seven years cannot travel in the front seat of a vehicle with one or more rows, unless all other back seats are occupied by children younger than seven years in a child car seat.

   A child that is properly secured in an approved child car seat will be less likely to be injured or ejected in a car crash than one who is not.

   NEVER leave a child under 5 years in a vehicle without supervision. A small child may rapidly suffer from dehydration, heat exhaustion and severe and permanent organ failure. Older children could play games that may lead to danger.
Got It! Tip of the Week
For a lot of parents, their child’s challenging behaviors can become hard to understand and frustrating to manage. It is important to remember that, like adults, a child’s behaviour is a way of expressing their emotional and physical needs. It can sometimes be tricky to know what your child is trying to communicate with their behaviour; however thinking about the emotional needs behind your child’s behaviour is a great place to start. Emotions guide our behaviour and being aware of our feelings and the feelings of others means we are able to handle our moods better, bounce back from emotional events faster, are healthier, get along better with people, and manage our behaviour better.

Please note: Application Forms are available from the office

MindQuest 2014

PO Box 439
Kiama
NSW 2533
Tel. 02 4232 3404
Fax 02 4232 3487

Glenwood HS cnr Forman Ave/Glenwood Park Dr
Saturday & Sunday 8 & 9 November 2014
PLEASE HAND OUT THE BROCHURES BEFORE THE END OF TERM 3

Dear Gifted and Talented Coordinator

May I take this opportunity to thank you for your wonderful support of the NSW Talent Enrichment Weekends. Our last weekend held in June at Glenwood HS was very successful.

Please find enclosed brochures advertising courses for the seventy fourth MindQuest to be held at Glenwood HS on Saturday 8 & Sunday 9 November 2014, 9.00am-3.30pm. You may wish more students to have an opportunity to attend through advertising the activities in your newsletter. It is anticipated that many of the courses will be full before the closing date. Feel free to photocopy any additional information required or ring me for additional brochures.

Many parents of students from low socioeconomic backgrounds may find difficulty in paying the course fees of $175 (INC GST). May I draw your attention to a limited number of part scholarships for the enrichment weekend program; please contact me if you know of students who need financial assistance. I hope that you will promote this program to the staff and students in your school. I have appreciated the wonderful support schools have given in the past and I look forward to your continued support in the future.

Glenwood HS is very accessible to most areas of Sydney and the Blue Mountains (20 mins Becroft, 35 mins North Sydney, 28 mins Strathfield, 30 mins Richmond, Peirith and Hornsby)

Yours sincerely,

Shelagh Forde
Director, NSW Talent Centre Pty Ltd

Information for Newsletter

MindQuest 2014
Glenwood HS
Cnr Forman Ave and Glenwood Park Ave
Glenwood 2568
Saturday 8 & Sunday 9 November 9.00am-3.30pm

On Saturday 8 & Sunday 9 November 2014, the seventy fourth MindQuest program will be held for gifted and talented primary students from Years 3-6 at Glenwood HS. These include gifted and talented students, gifted underachievers and students with well above average ability with a special emphasis. Students will have an opportunity to participate in over 36 exciting, fast paced courses in the two day program. They include courses in chemistry, earth sciences, drama, logo robotics, chemistry and much more. Most of these highly successful courses have been run in the past and students’ evaluations suggest that they have been challenged and enriched by the experience. The cost of the weekend is $175 (including GST).

Glenwood HS is in the Baulkham Hills area close to the M7 and is easy to get to from most parts of Sydney, 20 mins Becroft, 35 mins North Sydney, 28 mins Strathfield, 30 mins Richmond, Peirith and Hornsby.

Contact your school for a brochure or call Shelagh 02 4232 3499
Closing Date: Tuesday October 2014
Free Playgroup

Wednesdays/Fridays
(On grounds of The Meadows Public School)

‘Playing helps learning.’ – Play 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 of your children.

Come along and enjoy the playgroup with other parents and children at FACES (Families and Children Early Start) Centre

Grandparents, uncles, aunties and caregivers are all welcome.

Where: FACES at The Meadows Public School
       (Located at Fuller Street Seven Hills)

When: Wednesday or Friday (during school terms)
       Time: 9:45am – 11:15am

It is free for families with children from 0 – 5.

Music, painting, stories, songs, craft, outings, play and lots more

Please visit website for more information
https://sites.google.com/site/sevenhillschilderplaycentre/home
(Or simply just google “seven hills playgroup”)

Download registration form on website and email it back to: sevenhillsSACC@gmail.com

SaCC is a Families NSW funded project for families with children aged from birth to eight. For more information, please phone 9986 7514.

1,2,3 Magic & Emotion Coaching

Learn to manage difficult Behaviours in 2-12 year old children

A four-session program for parents

Junnya Family Development Services in partnership with
The Meadows Schools as Community Centre.

When: Monday
Start: 27/10/14
End: 17/11/14
Duration: 4 sessions
       9:30 a.m. – 11:30 p.m.
Where: A Community Centre Based at the
       Meadow’s Public School
       Address: Fuller Street, Seven Hills, NSW.
FREE Child Care: Places are Limited—Booking Essential.

Topics covered:
• Engage your child’s cooperation
• Setting clear expectations in the home
• Brain development in children
• A model for responding to conflict
• Strategies for being a calm parent

What people are saying:

“Just read your booklet, I’ve decided to implement everything as soon as possible. I’ve already seen a difference in my son.”

“For me 1-2-3 Magic came just in time after I had to undergo surgery and could not understand things as well as I normally would...”

For further information, expression of interest and bookings please phone: 02 9861 3022
Mobile on 0423 799 961 Or complete the reply slip and return to The Meadows SaCC

1,2,3 Magic Registration Reply Slip

Name of Parent/Carer: ___________________________
Address: ______________________________________ Postcode: __________
Email address: __________________________________ Contact phone number: ____________________
Do you require childcare? Yes / No (Please circle)
Name: Child 1) ___________________________ Age: ___________________________
Name: Child 2) ___________________________ Age: ___________________________
Parent/Carer’s signature: ___________________________ Date: ____________________
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.

‘SKOOL IS KOOL WITH KARL’
FUNDRAISER FOR OUR SCHOOL

Shop 17, HomeBase Shopping Centre Prospect
PHONE: 9849 3000

For every $25 spent at the Good Guys Prospect, $1 will be donated to our school. Just make sure you mention our school’s name at point of purchase. The more you buy the more we earn.

KILDARE ROAD MEDICAL CENTRE

20+ male and female GPs

BULK-BILLING

NO GP CO-PAYMENTS

OPEN EVERY DAY 8:00AM TO 8:00PM
WALK-INS WELCOME
Book your GP and Physio appointment online at: www.kildaremedical.com.au
or download the “AppointIt” App
36 Kildare Road, Blacktown 2148 (next to Westpoint) 8823 3000

Cool Kids Music Co.

Excellence in Group Primary School Music Tuition

www.coolkidsmusic.com.au
For more information please call or email our friendly staff on:
enquiries@coolkidsmusic.com.au
0457-6-MUSIC
0457-6-88742

Rollercoasters™
A Curriculum for children of Change

FOR KIDS WHOSE FAMILIES ARE CHANGING
Group activities for children aged 5-12 who are experiencing & dealing with
Family separation / Parents’ divorce / Family changes
Six Tuesdays: 21st October to the 25th of November 2014

Time: 3:30 – 5:30 pm. After school
Registrations: Please register to receive a place
Cost: $20 per child per session (includes snack)
Cancels can be negotiated
Topics Covered:

- Whv? (Why is it different?
- Whv? (What if it’s different?
- Whv? (Why is everything was been kept the same?
- Whv? (What are we going to do?
- Whv? (What if I have changed?)

NSW GOVERNMENT
Education & Communities