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 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

Week 7
Friday, 21st November The Meadows Fun Fair & Outdoor Movie Night

Week 8
Tuesday, 25th November Years 3 & 4 IMAX & Sydney Observatory

Week 9
Wednesday, 3rd December Years 6 The Hills Sports High Orientation

Week 10
Tuesday, 9th December Presentation Day
Wednesday, 10th December Thank You Morning Tea
Wednesday, 10th December Christmas Scripture Assembly

Principal's Message

Staff News
Congratulations go to Mrs Newcombe, who has received a transfer in 2015. Mrs Newcombe will be leaving us at the end of this year and starting at Riverbank Public School in The Ponds. Hopefully by the end of this year, we will know who will be replacing Mrs Newcombe next year.

Grandparents Day
What a wonderful day last Tuesday was! It was so nice seeing so many grandparents come and visit our school to see all the great things The Meadows Public School students are doing. Thank you to those grandparents who shared their ‘school day’ stories with some of the classes – I’m sure our students found it very interesting! A big “thank you” goes to the organising committee – without your great organisation the day wouldn’t have been so successful.

World Teachers Day
Today we celebrated World Teachers Day and said a big “thank you” to the teachers for the important role they play in making a difference in educating and inspiring our students. We are very fortunate to have such dedicated and caring teachers at our school.

Appropriate Language
Just a reminder to all parents and visitors to our school – it is not appropriate to swear or use inappropriate language on school grounds. A number of people have been into the office to say they are very disappointed that a few parents and visitors have been swearing whilst students are around. Please be aware that action will be taken if parents and visitors continue to use inappropriate language whilst on school grounds.
Ready, Set, Kindy

Our new Kindergarten students for 2015 have had two very successful visits to ‘big’ school. They have enthusiastically participated in a number of activities and are learning lots of skills needed for school. It’s so lovely to see such eager and happy faces each week.

Sick Children

It seems the school has been struck down with an awful tummy bug! If your child is not well, please DO NOT send them to school, as we do not want everyone else in the school becoming sick.

Lisa Littlejohn
Principal

Attendance

Congratulations to the following winning classes for their outstanding attendance:

Week 3 winners: 1/2L and 3/4T

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>
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</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>
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<tr>
<td>Years 3 &amp; 4 IMAX &amp; Sydney Observatory</td>
<td>Tuesday, 25th November</td>
<td>$33</td>
<td>Tuesday, 11th November</td>
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</tbody>
</table>

Student Banking Thursdays.

CONGRATULATIONS Award Winners!

Week 3
Teacher Awards (1 point)
KH Melisa Isabella
K/1R Jared Betul
1/2L Alishba Dominic
2K Tithu Shanelle
3-6S Bianca Zachary
3/4T Daniel Kyen
3/4F Jayden Tameka
5/6D Emily Huseyn
5/6H Taje Jack

Week 4
Teacher Awards (1 point)
KH Elizabeth Sonny
K/1R Ravnoor Aaliyah
1/2L Taleala Melike
2K Freedom Lilian
3/4F Atilla Jacob
3/4T Enoch Jayden
5/6D Gauri Chanula
5/6H Alisha Benji

At The Meadows we are Safe, Responsible
Grandparents Day 2014

On Tuesday 21st October we celebrated Grandparents Day. The day commenced with our grandparents and friends attending open classrooms to see the great work being done by our students and teachers.

This was followed by a whole school assembly and performances by our Junior and Senior Choirs as well as congratulating the winners of our Favourite Family Memory Writing Competition. Congratulations to our K-2 and 3-6 winners; Raina K/1R and Sabhyata 2K, Stephanie 3/4T and Chloe 3-6S.

A free sausage sizzle lunch was enjoyed by all!

It was wonderful to see an outstanding number of grandparents and friends attending. Our students thoroughly enjoyed your company and showing you their classroom and school.

A BIG THANK YOU for your warm support and attendance!

Great avatar and digital story telling Apps for kids!

Chatterpix – Chatterpix Kids can make anything talk -- pets, friends, drawings, and more. Simply take any photo, draw a line to make a mouth, and record your voice. Children can tell a story through characters they create in this app.

Tellagami – Allows you to create and share quick, animated messages called Gami. You can customise your avatar to look however you want. Record your message or story and share.

Sock Puppets – Lets you create your own lip-synched videos and share them with friends. Add puppets, scenery and backgrounds. Record your story and it will automatically sync the puppet’s lips.
Got It! Tip of the Week

Got It! Tip of the Week

Reading feelings books will help you teach and support your child to learn about emotions. While reading different books, you may ask your child questions that get them to think about different emotions and help them learn how to recognise feelings. For example, you might ask, “How do you think she is feeling?”, “How do you know that he is feeling sad?”, “What is his face doing that let’s us know he is angry?” and “What is her body doing to let us know she is excited?” You can also start asking your child how they might feel if they were in the same situation as the character in the book.

Got It! Tip of the Week

Emotional moments can be an opportunity to build your relationship and teach your child. One way to do this is spending a few minutes each day talking with your child about emotional events happening in their life. This quality time might happen after school, after dinner, or at bedtime. Not all children will want to talk openly about feelings. Be patient and try talking when you are doing something together, like driving or doing household tasks. But if they don’t want to talk, it is important not to pressure them. This is not the time to discipline; it is just a time for listening and reflecting your child’s emotions. Over time this will build your child’s trust in you and help them to feel more comfortable to share their feelings.
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.

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Turn off the TV or computer and get active

Did you know?

★ Spending too much sedentary or ‘still’ time watching TV, surfing online or playing computer or electronic hand-held games is linked to children becoming overweight or obese.

★ Children who watch TV for more than 2 hours every day are more likely to have an unhealthy diet, less likely to eat fruit and less likely to be physically active.

★ More than half of primary and about three quarters of secondary school students exceeded the recommended screen time guideline.

★ Children are more likely to snack on foods that are high in sugar, salt or saturated fat when they’re watching TV.

How much time in front of the screen?

When kids and teens spend time in front of small screens – whether it’s the TV, computer or hand-held games – it takes away from the time they could spend playing sport, games or being active.

Australian guidelines recommend that kids and teens spend no more than 2 hours each day on small screen entertainment.

While computers and TV can be valuable for education and learning, the health benefits, skills and enjoyment that kids and teens get from being physically active are just as important.

“Set limits for computer games and being online”

Tips for parents

- Before you switch on the TV or the computer for your children, stop and think – could they spend the time being active and have some ‘small screen’ time later on?

- Set limits on TV viewing. If there is a specific program that your child wants to watch, turn the TV off once it has finished. Alternatively, record the program and watch it together later on.

- Set limits for computer games and being online – no more than 2 hours a day and not during daylight hours when they could be outside and active.

- Don’t allow a TV or computer in your child’s bedroom. Keep them in a common area of the family home so you can monitor use.

- Have a list of active indoor and outdoor games or activities for your children, so you can suggest alternatives to watching TV or playing on the computer.

For more information and ideas on healthy eating and physical activity, go to www.healthykids.nsw.gov.au
Key points to remember around schools

2 Driving near school buses

There is a 40km/h speed limit for traffic passing a school bus that is sitting down or picking up school children.

This speed limit is for all traffic travelling in the same direction as the bus, whether the bus is stationary or moving.

The 40km/h speed limit must be obeyed when the rear-way weak lights on the bus flash.

Rearing headlights on these buses also alert surrounding motorists that children are close by.

As a driver, remember: When the lights on the bus are flashing, you must slow down to 40 km/h.

Never park, or near a bus stop or bus route.

For information about times and contact points, visit: www.nsw.gov.au

3 On and off the bus safely

Your child must sit at risk in the minute after getting off the bus. You can reduce this risk.

Meet your child at, or arrange for another trusted adult to meet your child. At the bus stop, NEVER on the opposite side of the road.

Wait until the bus has been driven away before crossing the safest place to cross the road, then follow the usual road crossing procedure with your children.

STOP! One step back from the lamps.

LOOK! For traffic to your right, left and right again.

LISTEN! For the sounds of approaching traffic.

THINK! Whether it is safe to cross.

Teach your children to keep turning their heads in both directions to look and listen for traffic as they cross the road.

While waiting at the bus stop, stand well away from the passing traffic. Never stand right at the lamps. Turn your children away when a bus is fitted with seatbelts, they must buckle up.

Until they turn ten, hold hands with your child as you cross the road.

For more information visit: road-safety.transport.nsw.gov.au

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