Uniform Shop hours for 2015
Payment by cash or cheque only.
Monday 2:30 to 3pm
Wednesday & Thursday 8:30 to 9:30am

Canteen days for 2015
Monday, Wednesday & Friday
Please see the canteen menu on the back page.

Calendar
Important Dates
Term 1
Week 5
Monday, 23rd February  Eels Visit
Friday 27th February  Chinese New Year

Week 6
Friday, 6th March  Zone Swimming Carnival

Week 8
Friday, 20th March  Harmony Day

Week 9
Monday, 23rd March  Young Leaders Day
Tuesday, 24th March  School Photos
Friday, 27th March  Movie Night Students only

Week 10
Monday, 30th March  Life Education
Tuesday, 31st March  Life Education
Wednesday, 1st April  Life Education
Wednesday, 1st April  Easter Scripture Assembly
Thursday, 2nd April  Easter Hat Parade
Friday, 3rd April  Good Friday school holidays start

Term 2
Week 1
Tuesday, 21st April  School resumes for all students

Principal’s Message
Meet the Teacher
Last Tuesday night we held our Meet the Teacher Evening. It was wonderful to see so many parents attend to find out about the great things that are happening at our school this year. Thank you to everyone that attended, especially our teaching staff.

Swimming Carnival
Two weeks ago, Mrs Archer had the pleasure of taking Sila, Noah, Lekeya-Lee, James, Burak and Rhys to our combined school swimming carnival with Bert Oldfield Public School. Four of our swimmers - James, Noah, Sila and Rhys - will now represent our school at the Zone Carnival on 6 March. We wish them all good luck!
Leadership Assembly

Congratulations to all of our leaders who were awarded their badges at our special assembly on Wednesday afternoon. Whether you are a School Representative Council (SRC) member, a House Captain or Vice-Captain or School Leader, I know each and every one of you will do an outstanding job. I’m looking forward to working with all of our student leaders this year.

Interviews with Teachers

Often parents will need to meet with their child’s teacher to discuss issues and concerns relating to their child. If you would like to meet with your child’s teacher, please come to the office and make an appointment. Teachers are busy in the mornings preparing for the day ahead and are unable to meet with parents without prior notice. Please refrain from going to your child’s classroom before school, unless you have a pre-arranged appointment.

School Awards System

Meadows Marvels are given out to all students as recognition for positive behaviour. The Marvels then go into a weekly draw at K – 2 or 3 – 6 assemblies. Students whose names are drawn out for that week have the choice of a pencil or wrist band as a prize. All students who receive a Meadows Marvel over the term have their name entered into a draw at the end of the term to win a special prize. At stage assemblies, teachers give out two Teacher’s awards to students in their class. We will be having two whole school assemblies this term – one in Week 6 and one in Week 10. These assemblies are held on a Wednesday afternoon at 2:00pm. At these assemblies, one chosen student from each grade will receive an Assistant Principal Award and one chosen student from each grade will receive a Principal Award. These awards will focus on academic progress and/or student welfare.

Each of the awards is worth a number of points:
- Teacher’s Award: 2 points
- Assistant Principal Award: 3 points
- Principal Award: 5 points

Once a student has reached 10 points, they receive a Kookaburra badge and become a ‘Legend’.

The award system carries over from year to year, so it is very important that students look after their certificates and keep a tally of their points.

Lisa Littlejohn
Principal

Swimming Carnival

The Meadows Public School Swimming Carnival was held on Thursday 5th February at Stanhope Leisure Centre.

Seven students across year 3 to year 6 attended the carnival and they all performed well on the day. The boys and girls tried their best, competed fairly and encouraged their fellow swimmers with enthusiasm.

James, Sila, Noah and Rhys will progress to the Zone Swimming Carnival which will be held on March 6th at Blacktown Aquatic Centre. They will be representing our school and we wish them the best of luck.
P&C Meeting

At our first meeting of the year, the P&C voted to give $2000 to the school library using funds raised at the Fair last November.

In coming weeks, look out for notes about Hot Cross Buns and an Easter raffle.

Our next meeting is the Annual General Meeting, held on Tuesday 10 March at 6:30pm in the staffroom.

Everyone is welcome.

SCHOOL PROCEDURES

We impress upon children not to leave money in school bags or classrooms as stolen money creates unhappiness and inconvenience.

PAYMENT FOR EXCURSION, ETC.

When students are issued with a note for an excursion, student activities, carnivals, etc. they are to return the permission note & money in a plain envelope or plastic bag from home. Please write your child’s name, class and what you are paying for on the envelope.

If your child has not received a note due to being absent, please see your child’s class teacher as they should have any notes that were not initially handed out.

All receipts for payments will be sent to your child’s class during the day and handed back to the student the next day.

No late payments - please endeavour to make payments before the due date as paying on the due day could result in your child missing an activity. No late payments after the due date will be accepted.

No change - no change will be given at the front office. As a school we bank daily, consequently we do not have change.

LATE ARRIVAL TO SCHOOL

Please proceed to the office for a late note before going to class.

EARLY LEAVERS

When signing children out early of an afternoon, for appointments etc., parents are asked to do so before 2:40pm. Students will not be signed out after this time as this causes disruption to the class teacher who is trying to finalise the day’s lessons so students can leave on time.

MESSAGES REGARDING LATE COLLECTION OF STUDENTS

Please phone before 2:40pm with any messages if you will be late picking up your child.

SCHOOL CAR PARK

Parents are reminded that the school car park is for STAFF PARKING ONLY. Parents are asked not to park in, or walk through the car park.

HAS ARRIVED AT THE MEADOWS!

The Meadows Public School now has a solution for working parents!

Kids Club Quality Child Care are working closely with the staff at TMPS to ensure working parents now have a convenient option for Out of School Hours care within the grounds at TMPS.

What services does Kids Club Quality Child Care provide?

- Care from qualified/experienced educators
- A nutritious afternoon tea from a varied menu
- Daily program of structured and free play activities catering for 5 – 12 year olds
- Homework assistance (afternoon only)
- Staff trained in first aid, anaphylaxis and asthma management
- Competitive prices
- Casual and Permanent sessions available

Parent Information Handbooks and Enrolment Forms are now available from the front office.

Contact Details

Enrolments, Billing & General Enquiries

Jodie Gullick – Business Manager
Ph: 0414 773 058
Email: kidsclubqualitychildcare@gmail.com
Free GetStarted Zumba
A Social Support Group for Women

Keeping fit while having fun with a group of enthusiasts...Sharing each other’s energy, support and interests!

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

Zumba Classes are designed to cater to people of all levels and are led by a qualified Zumba instructor.

You don't need to have experience in dancing.

It is a fun way to keep fit and meet new friends.

When: Mondays (commencing on 16 Feb)
Time: 9:00am – 11:00am
Where: SaCC Room (Block I) & School Hall
(on grounds of The Meadows PS, Fuller Street, Seven Hills)

A limited number of free child care places are available on 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.

Registrations now open for 2015
1,2,3 Magic & Emotion Coaching
Learn to manage difficult Behaviours in 2-12 year old children
A free four-session program for parents
Jumaya Family Development Services in partnership with The Meadows Schools as Community Centre.

When: Tuesday
Start: 10/3/15
End: 5/5/15
Duration: 4 sessions
9:15 am – 12:00 pm
Where: A Community Centre Based at the Meadows’ 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...
"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 and is actually easy to remember when memory is the first thing to go."

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

For further information, expression of interest and bookings, please phone Maika on 04 9806 7814 or 0423 708 961.
Or complete the reply slip and return to the school office.

Please return only the reply slip and retain the top part for your reference.

1,2,3 Magic Registration Reply Slip

Name of Parent/Career: ___________________________ Postcode: _________
Address: ______________________________________ Email address: ____________
Contact phone number: ___________________ Mobile: __________________
Do you require child care? Yes / No (Please circle)

Name: Child 1) ___________________ Age: ______ Name: Child 2) ___________________ Age: ______
Parent/Caregiver’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.

KILDARE ROAD MEDICAL CENTRE

INTRODUCING... Dr. Sameer Abedi MBBS, MRCP, FRACGP

Dr. Abedi studied at the University of London and completed his GP training in the UK. His interests include chronic disease management and paediatrics and he also works in our Skin Cancer Clinic. Dr. Abedi speaks Urdu and Hindi.

To make an appointment with Dr. Abedi (and all GPs and Physio) book online at kildaremmedical.com.au, download the Appointment App or call Reception on 8822 3000

To stay up to date with our services and health news, follow us on:

Facebook & Twitter @kildaremoudmc

OPEN EVERY DAY 8:00am - 8:00pm
BULK-BILLING PRACTICE WALK-INS WELCOME
36 Kildare Road, Blacktown (next to Westpoint)

Something for dads in 2015 .........

- Are you a dad with a child or teenager with a disability?
- Would you like to meet up with other dads in this situation?

A small group of fathers are meeting informally to chat about common challenges, and share information with each other.

(Grandfathers also welcome)

Meetings are on the second Tuesday of the month.

Time: Around 6.30 pm - but come when you can (we finish up around 7pm)

Where: Colicotters Arms Hotel, 385 Reservoir Rd, Prestons (see map below)

Dates for 2015:
- (No January meeting)
- 10th Feb; 10th March; 14th April; 12th May; 9th June; 14th July; 12th August; 9th Sept; 13th Oct; 10th Nov; 8th Dec.

Inclusions:
- Sit down (one of the group members)
- Food
- Drinks
- Email dadfedin2015@hotmail.com

Please feel free to contact Dad for any questions about the group - he will be very happy to help you out!

If you are new to the group just ask at the bar for the Carers’ Palace Alliance Dad group and the staff will direct you to our table. We usually have an outside table under the covered area at the back (except when it’s cold)

For general inquiries: Mail Carroy (Manager, Pialligo)  Ph 62771112; Mob: 0428700575; Email: recovery@carroy_paliligoo.com.au
THE HILLS SPORTS HIGH SCHOOL
OPEN AFTERNOON
WEDNESDAY 11TH MARCH 2015, 3.30pm-6pm

2015 Year 6 students and their parents are invited to attend The Hills Sports High School Open afternoon, come along and meet staff, explore what learning opportunities are available, visit our specialist rooms and Science Laboratories for practical lessons.

Tours of the school will occur every half hour until 6pm.

Talented Sports Program
There will be an Information session hosted by the Director of Sports at 5pm in the library for interested students & parents

TALENTED SPORTS PROGRAM OPEN NIGHT

An information evening will be conducted for students and parents interested in the Talented Sports Program for 2016 on Monday 4th May, 2015 at 6.30pm. Sports on offer are AFL, Athletics, Baseball, Cheerleading, Cricket, Golf, Netball, Rugby League, Rugby Union, Rugby “7’s” (Girls), Soccer, Softball, Swimming, Touch Football, and Water Polo.

Sport and Fitness Trials will be held in May/June 2015,


ENJOY A REFRESHMENT AS YOU TOUR
THE SCHOOL, PROVIDED BY OUR
SENIOR HOSPITALITY STUDENTS

<table>
<thead>
<tr>
<th>Prices</th>
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<tbody>
<tr>
<td>COFFEE</td>
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<tr>
<td>SMALL -</td>
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<tr>
<td>LARGE -</td>
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<tr>
<td>MILKSHAKES -</td>
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</tbody>
</table>

SAFETY, TOLERANCE, ACHIEVEMENT, RESPECT
### Uniform Shop Order Form

**Hours Open:** Monday 2:30 to 3pm  
**Wednesday & Thursday 8:30 to 9:30am**

_Hours Open:_ Monday 2:30 to 3pm  
_Wednesday & Thursday 8:30 to 9:30am_

**Please note:** If parents are unable to attend the uniform shop, students can bring a completed order form to the office and the office staff will fill the order.

**Student’s Name:**

The School emblem is embroidered on the polo shirts, sloppy joes, jackets & surf hats.  
The Meadows is embroidered on the tashon & tailored shorts.  
_TMPS_ is embroidered on the baseball caps.  
All short, jackets & track pants have zipped pockets.

<table>
<thead>
<tr>
<th>Description</th>
<th>Colour</th>
<th>Sizes</th>
<th>Size taken</th>
<th>Qty taken</th>
<th>Price each</th>
<th>Total</th>
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</thead>
<tbody>
<tr>
<td>Polo shirts &amp; shorts</td>
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<td>Polo Shirt</td>
<td>White</td>
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<td>Polo Shirt</td>
<td>Gold</td>
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<td>Shorts tailored (Girls)</td>
<td>Royal</td>
<td>4 - 16</td>
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<td>$15</td>
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<tr>
<td>Shorts taslon (Boys &amp; Girls)</td>
<td>Dark Royal</td>
<td>4 – Adult</td>
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<td>Fleecy tracksuits</td>
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<tr>
<td>Sloppy Joe Fleecy V-Neck</td>
<td>Dark Royal</td>
<td>4 – Adult</td>
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<td>XL</td>
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<td>Jacket Fleecy (NO adult sizes)</td>
<td>Dark Royal</td>
<td>4 - 16</td>
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<td>Track Pants Fleecy Double Knee</td>
<td>Dark Royal</td>
<td>4 to 10</td>
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<td>Track Pants Fleecy (NO adult sizes)</td>
<td>Dark Royal</td>
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<td>Microfibre tracksuits</td>
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<td>Jacket Microfibre</td>
<td>Dark Royal</td>
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<td>Track Pants Microfibre</td>
<td>Dark Royal</td>
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<td>Hats</td>
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<td>Surf Hat</td>
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<td>Baseball Cap</td>
<td>Royal/Gold</td>
<td>One size fits all</td>
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<td>Hats</td>
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<tr>
<td>Library Bag</td>
<td>Royal</td>
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<tr>
<td>School Bag with school emblem Hi Viz</td>
<td>Bright orange</td>
<td>Small</td>
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<tr>
<td>School Emblem metal badges</td>
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**Office use only**  
**Date:** Total minus GST
**The Meadows Public School 2015 CANTEEN MENU**

Open: Monday, Wednesday & Friday

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**OVER THE COUNTER**

<table>
<thead>
<tr>
<th>SNACKS</th>
<th>SANDWICHES, ROLLS &amp; WRAPS</th>
<th>SALAD BOXES</th>
<th><strong>HOT FOOD</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Fruit in season</td>
<td>White &amp; wholemeal sandwiches &amp; rolls available, white wraps only.</td>
<td>Salad box (lettuce, tomato, cucumber, beetroot, carrot &amp; pineapple)</td>
<td>$5.00</td>
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<tr>
<td>Bread Sticks</td>
<td>Vegemite or honey $1.50</td>
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<tr>
<td>Popcorn</td>
<td>Cheese $2.00</td>
<td>Egg &amp; salad box $5.50</td>
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<tr>
<td>Jelly Cups</td>
<td>Cheese &amp; vegemite $2.10</td>
<td>Ham &amp; salad box $5.50</td>
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<tr>
<td>J’s</td>
<td>Cheese &amp; tomato $2.30</td>
<td>Chicken &amp; salad box $5.50</td>
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<tr>
<td>Red Rock Deli Potato Chips (Original, Honey Soy &amp; Chicken)</td>
<td>$1.20</td>
<td>Salad dressing $5.00</td>
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<td>Grain Waves</td>
<td>Ham &amp; Cheese $2.50</td>
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<td><strong>DRINKS – Recess &amp; Lunch</strong></td>
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<tr>
<td>Bottled Water – 350ml</td>
<td>Salad $3.20</td>
<td>Beef &amp; cheese burger $4.00</td>
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<tr>
<td>Bottled Water – 600ml</td>
<td>Chicken $2.50</td>
<td>Chicken burger $4.00</td>
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<tr>
<td>Juice 200ml (Orange, Apple, Apple &amp; blackcurrants)</td>
<td>$2.00</td>
<td>Chicken &amp; mayonnaise $2.60</td>
<td>$2.50</td>
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<tr>
<td>Up &amp; Go (Chocolate, Vanilla ice, Banana &amp; Strawberry)</td>
<td>$2.00</td>
<td>Salad &amp; chicken $4.00</td>
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<tr>
<td>Hot Chocolate (Terms 2 &amp; 3 only)</td>
<td>$1.50</td>
<td>Chicken tenders &amp; mayonnaise $4.20</td>
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<td></td>
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<td>Nacho Dippers $4.00</td>
<td>$2.60</td>
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<tr>
<td>Ice Blocks &amp; Ice Cream</td>
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<td>Quench Fruit Sticks</td>
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<td><strong>ORDER BAGS</strong></td>
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- Please note: Prices are subject to change without notice.
- Payment by CASH ONLY no credit will be given.
- Prices effective Term 1 2015.