



BARDIA PUBLIC SCHOOL NEWSLETTER

37 Arthur Allen Drive
BARDIA NSW 2565
9605 2459

'THE BUGLE'



Term 4 – Week 6 – 2019

Message from the Principal

Dear members of the Bardia Public School community,

Thanks to all of those people who welcomed me back to work on Monday of last week. I had a wonderful holiday. Russia is certainly an amazing country with a fascinating history and culture. The people were extremely friendly and helpful and appreciated my terrible attempts at speaking Russian!

A huge thankyou to Miss Lewis who took on the role of Acting Principal. Once again she has done a terrific job in ensuring our school runs very smoothly. Thanks also to the executive teachers and the rest of the staff in supporting Miss Lewis. Ensuring our school students maximise their learning in a safe environment is a team effort.

While I was away we had a win with the section of Macdonald Road next to the school soon to be made a 40kph School Zone. This will go a long way to ensuring our students remain safe as they arrive and leave BPS. There have also been further developments with the installation of traffic lights at the intersection of Arthur Allen Drive and MacDonald Road. I will let you know more as soon as information comes to hand.

Afternoons – If you are collecting your children from school in the afternoon, we ask that you kindly wait outside the roller door and keep the office foyer free for the office staff to attend to visitors and students needing to access the office.

Our wonderful cleaning staff have a very tight schedule to clean our entire school, so we ask that all students and parents leave the school premises by 3:20pm in order for the toilets and courtyard to be cleaned.

Kindergarten Orientation – Our Kinder Orientation program continues tomorrow 9.00am to 11.00pm. If your child is starting Kindergarten next year please come along and learn all about your child's school!

November

Tue 19/11	Kinder Orientation
Thu 21/11	Assembly 2pm ALL WELCOME
Tue 26/11	Kinder Orientation
Thu 28/11	Assembly 2pm ALL WELCOME 2020 Captains' speeches
Fri 29/11	K-2 Athletics Fun Day

December

Tue 3/12	Line of coins
Wed 4/12	Russ the Bus Stages 2 & 3
Thu 5/12	Bardia's Got Talent (BGT)
Wed 11/12	Year 6 Farewell

Thursday 12/12

Presentation Day
11.40 pm start / 2.00 pm finish
ALL WELCOME

Fri 13/12	Combined scripture
Wed 18/12	Last Day of School

First day of school for 2020 is
Wednesday 29th January

Please remember that you **MUST** be here at 3.00pm each afternoon to collect your child. There is **no** afternoon supervision provided. If you are going to be late regularly you should enrol your child in after-school care. *Camp Australia* is the licensor on school premises. If there is an emergency and you will be unavoidably late, please ring the school before 2.30pm and inform the office staff.

Please note that children have been arriving at school long before 8.30am. Supervision is only provided from 8.30am.

Did you know that if a child is absent from school an average of 14 days per year from Kindergarten to Year 12 this equates to them missing a whole year of education?

If you really want your child to be successful at school

Disclaimer:

Bardia Public School does not endorse any product or services advertised in this newsletter.

We need your help! Because our school is growing so quickly it is becoming very difficult when planning and allocating resources. It would help tremendously if you could let the school know: **Do you have a child starting kindergarten in 2020?**

Library News

The library will be closed for stock take from Week 8. This week is the last week the students will be able to borrow. Students are still able to return books to the returns box until the end of the year. During this time the library staff and volunteers will be returning all books to their correct place in the library, culling and repairing books. We will also be doing an audit of the stock in the library.

Classes will be given a selection of books for the remainder of the year.

In Week 8 class libraries and student one-to-one devices will be returned and these will be checked and made ready for the following year.



Keeping the Reading Bug

Even if your child is not borrowing from the school library, they can borrow from the local library all year around. Studies have shown that children who read during the holidays come back to school better prepared to begin learning again. We have fantastic local libraries that offer many programs for children and have a wide range of children's books. The Summer Reading Club through Campbelltown libraries is a wonderful way to continue reading in the summer break. Registration is free, please see the link is below.



<https://www.campbelltown.nsw.gov.au/ServicesandFacilities/Libraries/ChildrensServicesAndPrograms/SummerReadingClub>
[Benefits of summer reading](#)

Overdue Books

If your child has an overdue book, don't panic, stay calm, have them check your home and then contact us in the library and if you haven't found it we will go from there. If you wish to pay for the book please refer to the overdue slip and pay at the office.

Parent Helpers

If you have any time from the 2nd to 6th of December we would appreciate some help with the library stock take and shelving books from class libraries. Please contact us through the office or drop in and chat to us about when you could help.

Mrs Gabriela De Horta & Mrs Kathy Wyber
Teacher Librarians





Our Kindness focus has been seen around the school with good deeds and acts of kindness overflowing everywhere...

We know that kindness is important but science backs this as well.

We all know the golden rule: treat others the way you want to be treated. Science shows that as children, we're biologically wired to be kind and we can further develop this trait with practice and repetition.

Sometimes however, due to outside influences and the stress of our day-to-day lives, we can lose this inherent ability.

During Weeks 5 & 6 students will be doing activities to promote kindness to the planet. Here are some activities you could do at home as well.



KINDNESS to PLANET

- Use less plastic
- Drink from a reusable water bottle
- Turn off the lights when you leave the room
- Use reusable shopping bags
- Pick up 5 pieces of litter
- Walk more, drive less
- Recycle
- Make a piece of art work from recycled materials



Macarthur Nature Photography competition

On November 1st, Hayden Wilson was awarded first place in the Macarthur Nature Photography competition in the Experience Nature category (Primary) for his photo 'We're going on a bushwalk'. He was also a semi-finalist in the National Healthlink Photographic Competition 2019 for the same image.



Measles

Last updated: April 2019

Measles is a serious disease that is easily spread through the air. Immunisation is effective in preventing the disease. All children and adults born during or after 1966 should be vaccinated with 2 doses of measles containing vaccine if not already immune.

What is measles?

- Measles is a viral disease that may have serious complications.
- In the past, measles infection was very common in childhood. Most people born before 1966 will have been infected with measles as a child and are likely to be immune.
- Thanks to immunisation measles is now rare in Australia.
- Measles remains common in many parts of the world, and large outbreaks continue to occur in a number of countries. This is why it is important to make sure you are fully protected against measles prior to overseas travel.

What are the symptoms?

The first symptoms are fever, tiredness, cough, runny nose, sore red eyes and feeling unwell. A few days later a rash appears. The rash starts on the face, spreads down to the body and lasts for 4-7 days. The rash is not itchy. Young children (especially infants) may also experience diarrhoea.

Up to a third of people with measles have complications. These include ear infections, diarrhoea and pneumonia, and may require hospitalisation. About one in every 1000 people with measles develops encephalitis (swelling of the brain).

How is it spread?

Measles is usually spread when a person breathes in the measles virus that has been coughed or sneezed into the air by an infectious person.

Measles is one of the most easily spread of all human infections. Just being in the same room as someone with measles can result in infection.

People with measles are usually infectious from just before the symptoms begin until four days after the rash appears. The time from exposure to becoming sick is usually about 10 days. The rash usually appears around 14 days after exposure.

Who is at risk?

People are at risk of measles if:

- They have never had measles infection **OR**
- They have not had two doses of measles containing vaccine **OR**
- They have a weakened immune system (e.g., people who are receiving chemotherapy or radiotherapy for cancer or people who take high-dose steroid medications) even if they have been fully immunised or have had past measles infection.

AND they have had contact with someone with measles infection

How is it prevented?

- The best protection against measles is immunisation with two doses of measles containing vaccine, given at least 4 weeks apart.
- In Australia two doses of measles containing vaccine are offered to children under the National Immunisation Program (NIP). The first dose is scheduled at 12 months of age as measles-mumps-rubella (MMR) vaccine. The second dose is scheduled at 18 months as measles-mumps-rubella-varicella (MMRV) vaccine. These vaccines provide protection against mumps, German measles, and chicken pox as well as measles.
- People planning travel with children between 6 and 18 months of age should discuss their travel plans with their GP as the schedule can be adjusted for children travelling to areas with a high risk of measles.
- Anyone born during or after 1966 who has never had measles infection should see their doctor to make sure that they have had two doses of measles containing vaccine at least four weeks apart. If not the vaccine is free in NSW
- It is safe to have the vaccine more than twice, so people who are unsure whether they are immune should be vaccinated
- People with measles should stay at home until they are no longer infectious (i.e. until 4 days after the rash starts) to reduce the possibility of spreading it to other people.

How is it diagnosed?

Measles is suspected when a person feels unwell, has a cough, runny nose and/or sore eyes and a fever, followed by a rash.

Whenever measles is suspected, samples from the nose, throat and urine should be collected to confirm the diagnosis. A blood test may also be performed. Confirmation of the diagnosis is important as it allows prompt public health follow-up of other people who are at risk of measles.

How is it treated?

People with measles infection are normally advised to rest, drink plenty of fluids, and take paracetamol to treat the fever. There is no specific treatment.

What is the public health response?

Doctors, hospitals and laboratories, schools and childcare centres must notify cases of measles to the local public health unit. Public health unit staff will interview the doctor and patient (or carers) to find out how the infection occurred, identify other people at risk of infection, implement control measures (such as immunisation and restrictions on attending school or work) and provide other advice.

The "Measles: Information for Contacts" form provides information for clinicians to provide to measles contacts, following assessment and/or provision of post exposure prophylaxis.

(<https://www.health.nsw.gov.au/Infectious/factsheets/Factsheets/measles-information-for-contacts.pdf>)

Further information

For further information please call your local Public Health Unit on 1300 066 055 or visit the New South Wales Health website www.health.nsw.gov.au

UnitingCare Burnside Christmas Giving Tree

Dear Parents/Carers,

This year, the staff and students have decided to once again support UnitingCare Burnside's Christmas Giving Tree. Last year, our school donated many gifts to brighten the Christmas of many disadvantaged families in the local community.

UnitingCare Burnside works directly with families in need in the Macarthur area. Their Brighter Futures program targets families experiencing problems that impact on their ability to care for their children. UnitingCare currently have over 180 children who need our help to ensure they receive a Christmas gift this year.

If you would like to support one of these families in need, we are now taking donations of new toys and gifts for girls and boys up to age 13. The gifts do not need to be expensive but they must be new. All gifts collected will go directly to targeted families working with UnitingCare in our local area.

Once you have purchased your gift, please place it in a gift bag or leave it unwrapped, and attach the gift tag to the present indicating the age group it is suitable for. Students can then place the present under the Christmas tree located in the office. Extra gift tags are also available at the office.

Some suggested gift ideas include: toys, games, colouring in and reading books, sporting equipment, puzzles, art and craft supplies.

Please place all gifts under the Christmas tree by Thursday 12th December to enable them to be collected by UnitingCare and distributed before Christmas.

Thank you for your support of this worthy charity and in helping to bring the Christmas spirit to needy children in the Macarthur district.

Miss Lewis
Assistant
Principal



FROM THE OFFICE

Tissues



URGENT! We have run out!

It would be appreciated if families would pop a box of tissues into their shopping trolley next time you are shopping to build up our supply. Boxes can be sent to the office.

Thank you in anticipation.

Office staff.

School Banking



Wednesday is school banking day and students should bring in their weekly deposit to the front office before 9:00 a.m.

For every deposit made at school, no matter how big or small, students will receive a cool Dollarmites token. Once students have individually collected 10 tokens they can redeem them for a school banking reward item in recognition of their continued savings behaviour. Remember our school earns 5% commission on every deposit made (to a maximum of \$10 per individual deposit). Thank you for supporting the School Banking program at Bardia Public School.



LOST PROPERTY

We have a quite a number of uniform items in lost property with no names. If your child has lost clothing that does not have their name on it but you feel you would recognise it, please go through the lost property (located in the blue crate under the COLA).

UNIFORM INFORMATION



Don't forget to bring your hat and jacket purchases to the office for embroidery with your child's unique initials. We retain a register of all records so we can return any **lost items to the students.**

Spare Uniforms

Do you have any uniform clothing that you don't use anymore?
We would greatly appreciate it if you would kindly donate them to the school as our spare clothing pool is getting low. Please drop off to the front office.

Brooke's CANTEEN



Tommy Warmers

Keep an eye out on the Brooke's Canteen Facebook page for photographs of just some of the healthy counter items that are made daily!



Sandwiches And Wraps

Vegemite, Jam or Honey HM	\$1.50
Cheese Sandwich V HM	\$2.00
Cheese & Tomato Sandwich V HM	\$2.50
Ham & Cheese Sandwich HM	\$3.50
Tuna Sandwich HM	\$3.50
Salad Sandwich V HM	\$3.50
Ham & Salad Roll HM	\$4.00
Chicken Caesar Salad Wrap HM	\$5.00
Chicken & Salad Wrap HM	\$5.00
Sweet Chilli Chicken Wrap HM	\$5.00
Salad Wrap V HM	\$5.00

Salad Boxes & Cold Food

Garden Salad Box GF V H HM	\$3.50
Fruit Salad Box GF V H HM	\$4.00
Vermicelli Noodle Salad Box V H HM	\$5.00
Greek Salad V HM	\$4.50
Teriyaki Chicken Rice Paper Rolls HM	\$5.00
Vegetarian Noodle Rice Paper Rolls HM	\$5.00
Teriyaki Chicken Salad HM	\$5.00
Ham or Tuna Salad Box HM	\$5.00
Moroccan Chicken Salad Box HM	\$5.00
Chicken Caesar Salad Bowl HM	\$5.00
Yoghurt Fruit & Muesli Bowl V HM	\$5.00

Pizzas & Quesadillas

Garlic Bread H V HM	\$2.00
Cheese Pizza Roll H V HM	\$2.50
Cheese & Diced Ham Roll HM	\$2.50
Vegetarian Pizza Roll H V HM	\$3.50
Hawaiian Pizza Roll HM	\$3.50
BBQ Chicken Pizza Roll HM	\$3.50
Cheese & Tomato Quesadilla V HM	\$4.00
Spinach & Feta Quesadilla H V HM	\$4.00
Ham & Cheese Quesadilla HM	\$4.50
BBQ Chicken Quesadilla H HM	\$4.50
Vegetarian Quesadilla H V HM	\$4.50
BBQ Chicken Pizza H	\$5.00
Cheese Pizza H V	\$5.00
Meat Pizza H	\$5.00



Snack Food



Frozen Pineapple Ring GF V H HM	50c	Milo Cereal Cup V	\$1.00
Piece of Fruit GF V	\$1.00	Nutrigrain Cereal Cup V	\$1.00
Carrot or Cucumber Sticks GF V HM	\$1.00	2 x Vegemite Saos V HM	\$1.00
Yoghurt Tub V	\$2.00	2 x Cheese & Tomato Saos V HM	\$2.50
Frozen Grapes GF V H	\$2.00	Popcorn GF V H HM	\$1.00
Corn Cobette GF V H HM	\$1.50	Koala Popcorn – BBQ, Chicken + Sweet Chilli	\$2.00
Custard Cup V	\$2.00	Grain Waves Sour Cream & Chives 28g	\$2.00
Watermelon Cup GF V HM	\$2.00	Red Rock Deli Crisps Sea Salt 28g	\$2.00
Honey & Yoghurt Cup V	\$2.50	Mamee Noodle Snacks	\$2.00
Orange Wedges GF V H	\$2.00	Mamee Rice Sticks GF	\$2.00
Fruit Kebab GF H V HM	\$2.50		



Thirst Quenchers

Water 600ml	\$2.00
Fruit Infused Water	\$2.50
Oak Milk Lite	\$2.50
Juice Bomb Cans	\$2.50
Juice Poppers	\$1.50

Frozen Treats

Ice Many Triangle	\$1.00
Juicies Ice Treat	\$1.00
Quelch Stick	\$1.00
Frozen Juice Cup	\$1.00
Moosies	\$2.00
Frozen Yoghurt	\$2.50

To order online please go to www.myschoolconnect.com.au. All online orders must be placed by 8am. If you miss this cut off time orders can be placed at the canteen by 9:00am. We accept cash & EFTPOS payments also. Sauces + Salad dressings are available for 50c each. Sandwiches can be toasted for an extra 50c and can also be changed to a wrap or bread roll for \$1. You can add cheese and other extras for 50c each. Extra spoons and forks are 10c each. All ice blocks, watermelon cups, yoghurt cups, noodle cups and custard cups need to be collected from the canteen by the student as these will not be sent to their classroom to avoid any spillage. Healthy over the counter items are available daily and range from 50c to \$2.50, these will be displayed on the counter at lunch and recess.

If making a halal or gluten free order or if student has any allergies please write dietary requirements clearly on the lunch bag.

H = Halal, GF = Gluten Free, V = Vegetarian, HM = Homemade



Term 4 Weekly Specials

Week 2: Banana split with granola and yoghurt \$5.00

Week 3: Chicken Caesar lettuce cups \$5.50

Week 4: Tuna poke bowl \$5.50

Week 5: Egg, mayo and lettuce sub \$4.50

Week 6: Beef mince and rice casserole \$5.00

Week 7: Ham and corn pasta salad \$5.00

Week 8: Pancakes with honey and banana \$4.50



Healthy Kids School

Our school has been adopted by Wests Campbelltown as a Healthy Kids School! We would like to take this opportunity to thank the team at Wests for funding our school's membership to Healthy Kids Association until 2022. Thanks to their generous support, we'll be able to create an even healthier learning environment for our students.

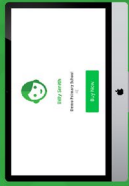


OUR SCHOOL TUCKSHOP IS NOW ONLINE!

Download the free app or access www.myschoolconnect.com.au/bardiaps

STEP 4

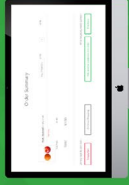
To start ordering lunches simply select your Student and click "Buy Now", and you can order for the day, week. It's that simple!



STEP 4a



STEP 4b



STEP 4c

STEP 5

Once you have completed your order, view your order summary in the "cart" and proceed to "checkout". Select your preferred form of payment and submit, all orders are confirmed via email.



STEP 5a



STEP 5b

Note: only paid orders will be sent to your canteen, not those still sitting in your cart. To start ordering lunches simply select your Student and click "Buy Now", and you can order for the day, week. It's that simple!

www.myschoolconnect.com.au/bardiaps



My School Connect has a 7 day a week Support Line, contact (03) 8669 1869



OUR SCHOOL TUCKSHOP IS NOW ONLINE!

Download the free app or access www.myschoolconnect.com.au/bardiaps

STEP 1

Register your account on any device, simply login to www.myschoolconnect.com.au/bardiaps and click on "Create Account", follow the prompts to add your email and password.



STEP 1

STEP 2

Add your Child as a "Student", and make sure that you select your school and classroom details.



STEP 2a



STEP 2b

STEP 3

Select "Top Up" to add money to your account via Credit Card or Paypal, you can choose Direct Deposit but allow 3-5 working days to process prior to ordering. You can also pay as you go, simply skip the pop up screen for adding funds and start ordering



STEP 3a



STEP 3b

(Please note Merchant Fees applies to Credit Card or Paypal Transactions)

BARDIA PUBLIC SCHOOL - UNIFORM PRICE LIST.

Macdonald Road

Bardia, NSW, 2565 Phone : 9605 2459

Email : bardia-p.school@det.nsw.edu.au

Website : www.bardia-p.schools.nsw.edu.au

Available from the school (Mondays 8.30 - 9.30am) and at our retail shop in Ingleburn.

Proudly supplied by :

SKOOL UNIFORMS PTY LTD

Shop 45A Oxford Road, Ingleburn, 2565

Phone : 9829-1027

Email : skooluniforms168@gmail.com

Prices effective 1/1/2019 inclusive of GST.

GIRLS UNIFORM	SIZES	PRICE
Dress	5, 6, 8, 10, 12, 14 and 16	\$62.00
Polo Shirt with Logo	5, 6, 8, 10, 12, 14 and 16	\$29.00
Jazz Pants	5, 6, 8, 10, 12, 14 and 16	\$26.00
Skort	5, 6, 8, 10, 12, 14 and 16	\$24.00
Navy Tights	4 to 6, 6 to 8, 8 to 10, 10 to 12, Ladies 2 to 8	\$10.00
BOYS UNIFORM		
Polo Shirt with Logo	5, 6, 8, 10, 12, 14 and 16	\$29.00
Microfibre Shorts	5, 6, 8, 10, 12, 14 and 16	\$20.00
UNISEX UNIFORM		
Polar Fleecy Jumper with Logo	5, 6, 8, 10, 12, 14 and 16	\$34.50
Bomber Jacket with Logo	5, 6, 8, 10, 12, 14 and 16	\$44.00
Fleecy T/Pants with Cuffs	5, 6, 8, 10, 12, 14 and 16	\$23.00
Bucket Hat with Logo	S (55cm)/M (57cm)/L (59cm)	\$14.50
Sport Socks	S (9 to 2)/M (2 to 7)/L (7 to 12)	\$10.50
White Socks	9 to 12, 13 to 3, 2 to 8	\$3.80
PAYMENT BY CASH, EFTPOS, CREDIT CARD (VISA / MASTERCARD) AND INTERNET (EFT) AVAILABLE.		
Account name : Skool Uniforms	BSB : 062185	Account number : 498172378
Reference is BPS plus childs name and surname.		V2

Book Club LOOP

LOOP is the Scholastic Book Club **Linked Online Ordering & Payment** platform.

It's easy to order and pay online for your child's Book Club order using your credit card. If your school is not yet in the **LOOP**, speak with your school's Book Club Organiser.

Head to **[scholastic.com.au/LOOP](https://www.scholastic.com.au/LOOP)**

or



Follow these **easy** steps!

1 Simply grab your child's Book Club catalogue and either **SIGN-IN** or **REGISTER** your account.

2 Add your child's first name and last initial (so the school knows who the book is for), then select your **SCHOOL** and your **CHILD'S CLASS**.

Note: You can order for multiple children at once if they attend the same school.

Looking for **MORE** product information? Additional content such as videos and downloads are available for select titles. Select your issue and enter the item number to view information on titles and some great resources, such as videos and reviews.

[HOME](#) | [ABOUT](#) | [REGISTER](#) | [HELP](#)



LOOKING FOR MORE PRODUCT INFORMATION?

7

Item No.

FIND

3 Click on **ORDER** and enter the item number from the Book Club catalogue.

4 All orders are linked directly to the school for submission to Scholastic. Books will still be delivered to your child's classroom if you order by the close date.

That's it! There's no need to return paper order forms or payment receipt details to your school.

 **SCHOLASTIC**



Bookings now open for

Summer Holiday Club



Every Holiday Club across Australia has a unique program filled with fun activities, games, projects and sports that are designed to include key learning opportunities.

Children discover themselves at Holiday Club.



Adventures at HQ

Get hands-on and create something cool with a project-based workshop or experience something new with special guests.

This Summer we've got:
 Dino Days • Hip Hop Parties
 • Cooking Science • Music days • WizardBall • Mindfulness • And heaps more



Embark on a journey

Join us on an adventure into the wild and visit new and exciting places.

This Summer your children could go to: The Movies • The Zoo • Trampolining • Playcentres • Rock Climbing • Ice Skating • Inflatable Playgrounds • Roller Blading • And heaps more



Holiday Club has

- Over 200 showcase activities & events
- Over 220 locations
- Government subsidies available for eligible families
- Mindfulness activities in every program
- And is open to all primary school aged children



To book, visit www.campastralia.com.au/holidayclubs

Every session is unique as they're all programmed by our amazing Coordinators. Here's an example of a day-in-the-life at Holiday Club.

Al Fresco

Monday

6:30am Breakfast

Flexible Play options:
Comic Books • Bead Jewellery

8:45am Group Discussion

Sun Safety & Playing Fair

9:00am Activity

Create your own game
We'll discuss all different sports and then everyone can create their own game.



10:15am Morning Tea

10:30am Activity

Group time
Set up tents for picnic.
Outdoor games
Frisbees, Mit & Ball Catch, 44 Homes

12:00pm Lunch

in the picnic tents



12:30pm

Making refreshing lemonade to share

1:30pm Flexible Play

Board games • Playground •
Art Corner • Dress up Corner

3:00pm Group Game

Water-balloon Baseball

4:00pm Afternoon Tea

4:30pm until close

Key Activity
Mindfulness Meditations & Storytelling.
Flexible Play options
Group Games • Dance Party •
Home Corner • Quiet Corner

Zoo Crew

Wednesday

6:30am Breakfast

Flexible Play options:
Lego • Drawing • Clay



8:45am Group Discussion

Excursion Safety

9:00am Excursion

The Zoo
A MONSTER 3 hour tour of the zoo to meet some new friends!



10:15am Morning Tea

12:00pm Lunch

Shaded area at the zoo for lunch.

12:30pm

Continue Zoo tour.

2:00pm

Group time back at the club.

2:15pm Flexible Play

Outdoor Games • UNO •
Home Corner • Music Corner

3:30pm Activity

Creating cities with building bricks.

4:00pm Afternoon Tea

4:30pm until close

Key Activity
Dance Party with Crazy Confetti.
Flexible Play options
Playground • Board Games •
Art Corner • Quiet Corner

Dream Team

Friday

6:30am Breakfast

Flexible Play options:
Monopoly • Clay • Making Pancakes

8:30am Group Discussion

Teamwork & Friendship

9:00am Activity

We'll split into 4 teams and every group will come up with a team name and draw a mascot and badge.

10:15am Morning Tea

10:30am Challenge #1

Sports Round Robin
Basketball • Soccer • Volleyball

12:00pm Lunch

12:30pm Challenge #2

Construction Challenge
Build the biggest and strongest structure.



2:00pm Flexible Play

Card Games • Outdoor Games •
Craft Corner • Home Corner

3:00pm Challenge #3

Trivia
Test your general knowledge with a fun quiz!

4:00pm Afternoon Tea

4:30pm until close

Key Activity
Learning Magic Tricks with everyday objects
Flexible Play options
Board Games • Playground •
Art Corner • Quiet Corner





LEARN MARTIAL ARTS



FIRST LESSON FREE!

Classes for beginners, advanced and learn leadership skills!

HELPS YOUR KIDS TO BUILD THEIR CONFIDENCE!

NO CONTRACT
No Joining Fee
FREE UNIFORM
Conditions Apply



Casula Community Centre

&

Dalmeny Public School, Prestons

0413 146 301

www.teammartialarts.com.au



Australian Childhood Anxiety TREATMENT STUDY

Free home-based assessment and treatment for 7 to 12 year old children with fear and anxiety disorders.

Does your child become very afraid of certain situations or objects, worry about a lot of things, get very distressed, or try to avoid things they fear?

About the study

Our team at Griffith University may be able to assist you. We are conducting a nationwide study that includes the following services at no cost to families:

- A thorough assessment of your child's anxiety with a trained psychologist via the telephone;
- Your child receiving one of two kinds of home-based treatments delivered on a PC, laptop or tablet; and
- Two follow-up telephone assessments with a trained psychologist 6- and 12-months after treatment to track your child's progress.

The study aims to find out if these two treatments are as effective as each other, and which children have the best response to each kind of treatment. This will mean that there are more evidence-based treatments available for helping anxious children.

About the treatments

Each treatment involves your child completing treatment sessions at home on a PC, laptop or tablet.

Each treatment involves your child learning practical strategies to better manage anxiety.

- One treatment helps children learn to control the focus of their attention on helpful things around them.
- The other treatment helps children learn to think differently and approach things they fear.


Each treatment includes information, telephone or email support for parents in assisting their child to better manage anxiety.

Prior studies have shown that children who complete each treatment experience significant reductions in anxiety.


Contact us

This study is being funded by the National Health and Medical Research Council and is led by Professor Allison Waters and a team of experts in childhood anxiety disorders.

For more information about our study and our team, or if you would like your child to participate, please contact us:

 (07) 3735 3351

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