



Cnr Lucas Rd & Sackville St  
Seven Hills NSW 2147  
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24 October 2018

## Principal's Message

### Learning with Ms Becker



### Welcome back to Term Four!

We have all returned back safe, healthy and sporting the hints of summer with our skin aglow. I went around to the classes at the beginning of school to get an idea of the fun they had in the holidays and I was so excited to hear that even though there was some rain around, the students at our school still got out to the park and played with friends.

While we were on holidays, there were many projects happening at our school. The biggest project being resurfacing of our asphalt area near Kindergarten. The size of the area was stage one of a process where we hope to work through the various parts of the school, reducing the cracks and uneven surfaces. We had to remove a tree in order to make this happen and we are now in the process of getting another shade sail built over the astro turf near the library.

We also removed the window air conditioners and fixed the windows which is much safer and better for our students. Ms Jade-Pierces' classroom was repainted with another green screen wall placed into her room. This will make it even easier for our students to make movies and innovate their teaching and learning.

During this term, we are continuing our work on the school and this will include exciting projects that are a secret with Year 6 at the moment!

### Challenge Expo

Our Stage Three students are so close to getting their final touches on their Challenge Expo games ready for Week 4. It will be a fantastic day and the advertisements are being shared with our school students as we speak.

### Invictus Games

On Monday October 22, I will be joining our students at the Invictus Games in Sydney. It is going to be such a wonderful experience for our students and I cannot wait to get a glimpse of Harry and Meaghan!

### Kindy Information Night

On Monday October 22, our future Seven Hills West Superhero parents will join in the library for a session about our school, Kindergarten and what fun the students have at our school. Thank you to those who have helped to make this event possible.

### Smooth Walking and Dance2BFit

Stage Three have a big term ahead of them. Smooth Walking for Year 5 happens next week and Stages 2 and 3 are beginning their dance programs this week.

This is only the beginning of our term of events and programs that happening. Please check for notes and on our website to make sure you don't miss anything and of course our Facebook page will keep you up to date. With the busy nature of the term, it is important we support the office by sticking to times and handing notes in on time and being prompt with payments.

It has been a great start to teaching and learning and here are some examples of our students back into the swing of things!

**Kind regards,  
Ms Kylie Becker**

## Important Reminders

### ALLERGY ALERT

In the interests of the health and safety of all our students please ensure that your child does not bring anything to school for recess or lunch which contains nut and/or egg products. This will include peanut butter or Nutella spread on sandwiches, peanut butter dippers, snack packs with nuts and nut muesli bars.

Your understanding and support in this very important health issue are greatly appreciated.

### SCHOOL HOURS

Children **ARE NOT** to be at school **BEFORE** 8.30am each morning and **must be collected at 3.00pm** each afternoon. Should your child need to be at school **EARLIER** than 8.30am or need to be collected **LATER** than 3.00pm, it is necessary for you to arrange for your child to be taken to **Out of Hours School Care** that is located on our premises. This is run by Wesley Out of School Hours Care and their contact number is 9626 1260

## Healthy Eating

**EAT MORE VEGETABLES and fruit**  
Vegetables and Fruit taste great and keep us healthy. Everyone should eat Fruit and veggies every day. While most children eat at least 1 serve of Fruit each day, the majority don't eat enough veggies!

**WHAT IS A SERVE?**

- 1 medium piece of Fruit
- 2 small pieces of Fruit
- 1 cup chopped Fruit
- 1/2 cup cooked vegetables
- 1 cup salad
- 1/2 cup Lentils
- 8 Vegetable sticks

**HOW MANY SERVES OF VEGGIES AND FRUIT EVERYDAY?**

CHILDREN 2-3 YEARS	2.5 Vegetables	1 Fruit
CHILDREN 4-8 YEARS	4.5 Vegetables	1.5 Fruit
CHILDREN 9-16 YEARS	5 Vegetables	2 Fruit

Recommended intakes have been rounded based on the Australian Dietary Guidelines (NHMRC, 2013).

MAKE **ESSENTIAL** NORMAL | Health Western Sydney Local Health District

## COLES SPORTS FOR SCHOOLS

Thanks for your great support this year in Coles Sports for Schools.

See all the goodies we were able to purchase from your generosity.



## Challenge Expo

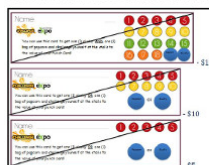


Stage 3 students will be hosting a Challenge Expo on Tuesday 6<sup>th</sup> November 2018. Altogether Stage 3 students have planned and organised **25 different activities and challenges** and a Punch Card will need to be purchased to take part in the activities.

To ensure the safety of all students and family members, classes will be invited to participate in the activities during the following times:

<b>10:15am-11am</b>	K-2S and 1-6C Support classes, K/1M, 1/2P, 2M and 1/2C
<b>11:20am-12pm</b>	Preschool and Kindergarten classes
<b>12:10pm-1pm</b>	ALL Stage 2 classes

Students will need to prepay their **Punch Cards** but they will be **sold on the day to families** from 10am from the **ticket stall**. Each Punch Card holds a different value:



**\$5 Punch Card** – 5 activities and either a slushy **OR** popcorn bag.

**\$10 Punch Card** – 10 activities and either a slushy **OR** popcorn bag.

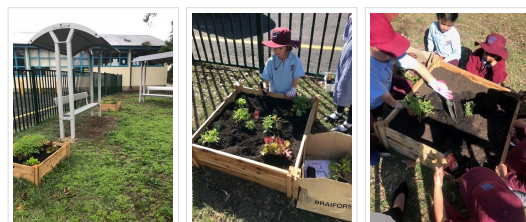
**\$15 Punch Card** – 18 activities and a slushy **AND** popcorn bag. Students are encouraged to bring loose change on the day

Please complete the "Ticket purchase form" and return it in an envelope to the Front Office **before Friday 26<sup>th</sup> October** to purchase a Punch Card.

## NEW GARDEN BEDS

At the end of Term 3, Kindergarten were hard at work planting a beautiful little garden which was donated by our local Bunnings! We now have various delicious herbs and vegetables growing near our newly installed bus shelters. We have chives, capsicum, basil, tomatoes – and that's just to name a few!

Thank you very much to Bunnings for donating such yummy herbs and vegetables, we can't wait to taste them all!





# Breakfast Club



## Seven Hills West Public School Respectful, Safe, Responsible Learners

### Super Kids Breakfast Club Tuesdays and Thursdays

We are pleased to confirm that the Super Kids Breakfast Club will run on two mornings in Term 4. The aim of the club is to ensure that our students are afforded an opportunity to consume a healthy breakfast so as to have a positive start to their school day.

- Breakfast will be provided every **Tuesday and Thursday from 8:30am - 8:55am.**
- Breakfast will be served outside the **School Canteen.**



Super Kids Breakfast Club would not have been possible without the generous donations provided to the program from our parents and community. If you would like to contribute to the Super Kids Breakfast Club, there will be a donations box in the school office.

Possible donations could include:

- ☉ Fruit – Apples, Oranges, Bananas and Pears
- ☉ Bread – White or Brown Bread
- ☉ Utensils – Disposable Plastic Spoons and Knives
- ☉ Equipment – Napkins and Plastic Gloves
- ☉ Long Life Milk



Should you wish to volunteer your time to assist with Super Kids Breakfast Club, it is necessary for you to have a current Working With Children's Check and hand a copy of the approval to the office.

Car Lucas Road and Sackville Street Seven Hills NSW 2147  
Telephone: 9622 2136 Facsimile: 9831 6437 Email: [sevenhills-w-p.school@det.nsw.edu.au](mailto:sevenhills-w-p.school@det.nsw.edu.au)

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A Proud PBL School (Positive Behaviour for Learning)

# Tell Them from Me



## Seven Hills West Public School Respectful, Safe, Responsible Learners



### Tell Them From Me

Dear Parent/Caregiver,

You're invited to participate in the *Tell Them From Me (TTFM)* Partners in Learning survey designed for parents and carers. This survey compliments the TTFM student and teacher surveys, which focus on student engagement, wellbeing and effective teaching practices. All Department of Education schools have the opportunity to participate if they choose.

Why should I participate?

Parents and carers are an important and valued part of the school community. Schools can use survey feedback to make practical improvements and inform school planning.

What does it involve?

This online survey takes about 15 minutes to complete. It is anonymous and voluntary. If you have more than one child at the school, and feel that your children's experiences differ, you can complete the survey more than once.

How can I participate?

You can access the survey in your own time before **27 October 2018**. Follow the link below on your computer, smart phone or tablet: <https://nsw.tellthemfromme.com/shwvs>

Your feedback is greatly appreciated.

Car Lucas Road and Sackville Street Seven Hills NSW 2147  
Telephone: 9622 2136 Facsimile: 9831 6437 Email: [sevenhills-w-p.school@det.nsw.edu.au](mailto:sevenhills-w-p.school@det.nsw.edu.au)

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A Proud PBL School (Positive Behaviour for Learning)

# Halloween Disco



## Seven Hills West Public School Respectful, Safe, Responsible Learners

### Halloween Disco

Preschool to Year 6



Dear Parents/Carers,

Seven Hills West is holding a **Halloween Disco** this term. The details of the event are outlined below.

<b>Date:</b>	Wednesday 31 <sup>st</sup> October, Week 3
<b>Where:</b>	Seven Hills West Public School, New Hall
<b>Theme:</b>	Halloween Dress-up
<b>Times:</b>	4:00 to 5:00pm (P-2) 5:30 to 6:30pm (3-6)
<b>Cost:</b>	\$5 per child (which includes entry and spooky jelly cup) <i>Students will be able to purchase glow sticks at the door for an extra \$1 on the night.</i> <b>PLEASE PAY AT THE DOOR</b>

Students can dress up as various Halloween characters. Costumes may include: witches, monsters, vampires, ghosts, scary animals or skeletons. If you are unable to get a costume for the night, students can wear 'muff' clothing. They are not required to wear their school uniform.

Money raised from this disco will go towards purchasing new PBL Superhero signs for our school. These signs will match our school's expectations of being a Respectful, Safe, Responsible Learner. They will be displayed around the school, replacing older signs.

Please be advised that only P-2 will be admitted into the school grounds during their disco between 4:00 - 5:00pm. This will be the same for 3-6 students, who will only be admitted into the school grounds during their disco from 5:30-6:30pm. Year 3-6 students should arrive at the school gate no earlier than 5:30pm

The gate will be locked at the conclusion of the P-2 disco at 5:00pm and reopened at the beginning of the 3-6 disco. **No students or parents will be allowed into the school grounds during this period.**

**\*Drop off area:** Parents please drop your child at the gate on Lucas Road closest to the new school hall. **This is the only gate that will be open on the night. ONLY Seven Hills West students will be admitted inside the school grounds during ALL discos.**

Adequate supervision will be provided on the night by many teachers. Please ensure your child is dropped off and picked up at **ON TIME**. Students will not be allowed to walk home by themselves; an adult **MUST** pick them up. At the conclusion of the disco, a teacher will escort parents to the canteen covered area to collect children. Upon leaving the disco, students will be given their 'spooky jelly cup' to take home with them. This term, students will not be eating throughout the disco.

**Student attendance will be dependent on their behaviour at school.**

This activity has the approval of the Principal.

Mrs K Becker  
Principal  
15.10.18

Mrs L Pizarro  
Classroom Teacher

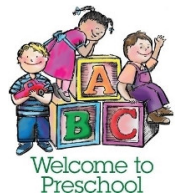
Mrs L Ashworth  
Classroom Teacher

Car Lucas Road and Sackville Street Seven Hills NSW 2147  
Telephone: 9622 2136 Facsimile: 9831 6437 Email: [sevenhills-w-p.school@det.nsw.edu.au](mailto:sevenhills-w-p.school@det.nsw.edu.au)

A Proud PBL School (Positive Behaviour for Learning)

# Expression of Interest for Preschool 2019

If you have a child or know of someone in the area (a neighbour, friend etc) who has a child, turning 4 **BEFORE 31ST JULY 2015** – please phone, or come to the office, to place the child's name on our waiting list.



Expressions of interest are then considered by a Placement Panel during 3rd Term, and should you be successful, you will be contacted by the school to come and collect an enrolment form.

# Enrol For Kindergarten 2019

If you have a child, or know of someone in the area (a neighbor, friend etc) who has a child, turning 5 born **BEFORE 31ST JULY 2014** – please come to the office to collect an enrolment form.

Original birth certificate (or passport and visa), Immunisation Statement from Medicare and proof of residence (ie rates/bank statement/lease etc) are also required for us to take a copy.



## Kindy Orientation

**Seven Hills West Public School**  
Respectful, Safe, Responsible Learners

**IMPORTANT DATES FOR THE CALENDAR**

**Kindergarten Orientation Sessions**

Session 1 Monday 29<sup>th</sup> October 9am – 10:45am  
Session 2 Monday 5<sup>th</sup> November 9am – 10:45am  
Session 3 Monday 12<sup>th</sup> November 9am – 10:45am

This is an opportunity to learn about the school your child will be attending in 2019.

We look forward to meeting you.

## Positive Behaviour for Learning

**SEVEN HILLS WEST IS A PBL SCHOOL!**

PBL encourages positive behaviour from students...

TO be a **SUPERHERO** at SHW, we need to follow these expectations:

- Be Respectful
- Be Safe
- Be Responsible
- Be a Learner

When students meet these expectations they can be given a **SUPERHERO TOKEN**

When students earn **5 SUPERHERO TOKENS** from one expectation they will receive a **PBL CERTIFICATE** from that expectation

When a student earns **5 PBL CERTIFICATES** they will receive a **PBL SUPERHERO BADGE**.

## Health and Safety Matters

As well as keeping our staff and students safe on school grounds we aim to maintain a safe environment for parents. If you have a slip, trip or fall or any other issue related to parent safety in the school grounds please notify the office as soon as possible so we can endeavour to identify and resolve any hazards.

It is also a request that dogs not be brought onto the school site without prior permission. Companion dogs are always welcome as required, however pets in the school can cause stress to students and animals.

### Staff Car Park

A reminder to parents/caregivers. **The Staff car park IS NOT a 'walk through' area** or parking for area for parents.

Safety is of the utmost importance to our students and it would be appreciated if you would cooperate in regard to safety in our car park.

### Student Toilets

Just a friendly reminder that student toilets are **not to be used** by parents. If parents have a younger child that requires toileting assistance, please see the office staff to access the toilets located beside the new school hall.

Student toilets are to be used by **students** of Seven Hills West PS.

### Changes of Clothes

Children in Kindergarten to Year 2, can, on occasion, have an 'accident' by forgetting to go to the toilet at break time, or not advising the teacher that they need to go to the toilet.

This then results in children 'wetting' themselves and coming to the office for a spare change of clothes.

Our supplies are now depleted – so we ask that each parent with children in Kindergarten to Year 2 supply a change of clothing in their child's bag in case of emergencies.

We thank you for your support in this matter.

**SHWPS Administration Office**

### Birthday Cakes

We welcome small individual cakes or the like if your child wishes to share his/her birthday with the class.

Candles **ARE NOT** permitted and teachers are **UNABLE** to cut cakes.



# Calendar

## TERM 4 2018

Planning Sheet for Term 4 – 2018					
3	Monday 29 <sup>th</sup> KINDY ORIENTATION – 9-10.45am	Tuesday 30 <sup>th</sup> BREAKFAST CLUB 8.30am-8.55am	Wednesday 31 <sup>st</sup> HALLOWEEN DISCO	NOVEMBER Thursday 1 <sup>st</sup> S2 & S3 Dance28FF BREAKFAST CLUB 8.30am-8.55am	Friday 2 <sup>nd</sup> SUMMER PSSA
	Monday 5 <sup>th</sup> P-6 Assembly 2-3pm KINDY ORIENTATION – 9-10.45am	Tuesday 6 <sup>th</sup> CHALLENGE EXPO BREAKFAST CLUB 8.30am-8.55am	Wednesday 7 <sup>th</sup>	Thursday 8 <sup>th</sup> S2 & S3 Dance28FF BREAKFAST CLUB 8.30am-8.55am	Friday 9 <sup>th</sup> SUMMER PSSA
5	Monday 12 <sup>th</sup> KINDY ORIENTATION – 9-10.45am Remembrance Day - assembly	Tuesday 13 <sup>th</sup> BREAKFAST CLUB 8.30am-8.55am	Wednesday 14 <sup>th</sup>	Thursday 15 <sup>th</sup> S2 & S3 Dance28FF BREAKFAST CLUB 8.30am-8.55am	Friday 16 <sup>th</sup> SUMMER PSSA
	Monday 19 <sup>th</sup> SUPERHERO ASSEMBLY 2-3pm ZooSnooZ – Year 4	Tuesday 20 <sup>th</sup> BREAKFAST CLUB 8.30am-8.55am ZooSnooZ – Year 4	Wednesday 21 <sup>st</sup> P&C – 9.15am Learning Lounge	Thursday 22 <sup>nd</sup> S2 & S3 Dance28FF BREAKFAST CLUB 8.30am-8.55am	Friday 23 <sup>rd</sup> SUMMER PSSA - Last!
7	Monday 26 <sup>th</sup>	Tuesday 27 <sup>th</sup> BREAKFAST CLUB 8.30am-8.55am	Wednesday 28 <sup>th</sup>	Thursday 29 <sup>th</sup> S2 & S3 Dance28FF BREAKFAST CLUB 8.30am-8.55am	Friday 30 <sup>th</sup>
	DECEMBER Monday 3 <sup>rd</sup> P-6 Assembly 2-3pm	Tuesday 4 <sup>th</sup> High School ORIENTATION BREAKFAST CLUB 8.30am-8.55am	Wednesday 5 <sup>th</sup>	Thursday 6 <sup>th</sup> S2 & S3 Dance28FF BREAKFAST CLUB 8.30am-8.55am	Friday 7 <sup>th</sup>

Dates and activities are subject to change. Please review newsletter, our Facebook page and/or our school website, for any changes.

- Buses are ordered for the right number of students
- Book correct numbers for all activities on excursions
- Organise supervision for students not involved in these activities
- Cancel activities if numbers are too low, within a reasonable timeframe.

It will also allow the office staff to have correct numbers, permission notes and money organised before the day of the activity or excursion.

These procedures include any area where money is paid to the school e.g. Excursions, visiting performances, sporting events, book club etc.

**For this to be implemented correctly all money must be paid to front office by the DUE DATE, there will be no exceptions.**

**Permission notes, fully completed with child's name and class, must be given to the front office once you have made your payment online, or at the same time as money is presented.**

In cases of financial hardship, the school *may* be able to assist by contributing a part payment.

Please contact the office for more information.

## Notes and Payments

Please be advised that all school notes and written communication are now placed on our website for your easy access. Families that have requested multiple copies will now need to access the website. We are encouraging the use of technology @ SHWPS!

### Important

It would be appreciated, if when completing permission notes, you could include **the child's FULL NAME (Given Name and Surname) AND CLASS**, in order for the office to correctly identify the student who is participating in the special activity.

### Sending money to school

If paying by cash or cheque, payment envelopes are available to allow office staff to quickly record details for our students.

**A reminder: A permission note must be completed for every student in the family for all activities. Please note the office does not carry change. Please provide the correct money with your payments. We encourage families to pay using our POP – Payment online system via our school website.**

### Collection of Money and Permission Notes

To ensure that students' needs are met on excursions, extra curricula activities and for visiting performances, it is necessary to have procedures in place regarding payments and permission notes. These procedures allow teachers to:

- Ensure that the correct number of teachers are allocated to an activity or excursion

## Attendance

Student attendance records will be closely monitored. If your child is absent, it is important that a note/certificate explaining their absence is given to the classroom teacher when your child returns to school. Parents/Carers will be given a letter if an explanation is not provided for the student's absence and this must be completed and returned to the classroom teacher so that the student's attendance records will be updated accordingly.

### Student Absences

**The Department of Education deems that all students must attend school every day. Families are also advised that holidays should be taken during school holiday periods.**

If your child is absent from school please notify the school in writing by either sending an email to the school email or sending a note to the class teacher explaining the absence.

**If your child is sick for one day, you DO NOT need to ring the school but can send a note to school with your child on the following day.**

Absences are recorded in the class roll and this roll is admissible as evidence in a court of law.

- Partial absences are also recorded in the roll, where a child arrives late to school or leaves school early.
- If a student is late to school, a parent should escort them to the office so they can give the reason for the late arrival.
- Students, who are constantly late to school, miss the morning lesson introduction and this can lead to gaps in learning.

Please endeavour to maximize your child's attendance at school to ensure that they have the best start possible, every day!

If you are intending to take leave for more than three days, and you know in advance, it is important that this be discussed with the school as an application for leave may be required. If your child is absent for longer than three days it is important that you contact the school to let them know the reason for the absence.

## Working with Children Check

We have received clarification from the department of education in regards to the requirements for parents and carers doing voluntary work with students in any NSW school.

We have been advised that a WWCC certificate is not required.

Any parent or carer doing voluntary work with students at Seven Hills West P.S will need to

- Complete Appendix 5 form (obtain from front office)
- 100 points of ID

Please ensure you visit the School office complete the above requirements prior to commencing volunteering duties.

Thank you for following this process to keep all of our children safe.

## P & C News

The P&C would like to welcome everyone back to the final term of 2018. This year is just flying by.

I would like to thank all the parents, teachers and students, for making the Dance-A-Thon so much fun. Also a friendly reminder the sponsorship money is due back on Friday.

If you would like to be more involved with the P&C please come along to our next **P&C meeting, Wednesday 21st November, 9.15am** in the Library. This will be our last meeting for 2018. Please come along and have your say.

**For more information on what the P&C does please feel free to ask any of this years committee members we are more than happy to answer your questions.**

## Uniform Shop & Canteen

These facilities provide an essential service to the school. They are run by the P&C and require volunteers. If you have some spare time and would like to be involved with our uniform shop or canteen, please come and see us at the canteen.

### Uniform Shop opening hours 2018

Every Wednesday during school term 8.30am – 9.30am

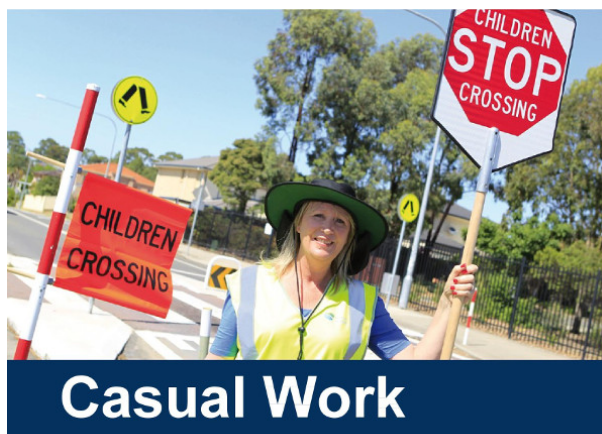
## CANTEEN NEWS

Parents, please note that the canteen only holds a SMALL amount of change. Kindly, **DO NOT bring \$50 and \$100** when

ordering, as we only hold a coin float and cannot accommodate you with change.

**S. Green**

## Community News



**School Crossing Supervisors – Work with your community**  
2 x Casual Position – Blacktown Local Government Area (00006K61)

An important person in a child's school life is the School Crossing Supervisor, who ensures they cross the road safely. The role requires minimal hours out of your day and gives something worthwhile back to the community.

The hours are usually 8.00am to 9.30am and/or 2.30pm to 4.00pm Monday to Friday during school terms. You may be required to work morning, afternoon, both shifts and no shifts. As a casual you will be filling in for existing part-time staff as required. The base rate is \$23.02 - \$27.62 per hour.

All the qualifications you need are community spirit, good communication skills, an alert and professional attitude to work and a reliable personality. The casual hours and school holidays would suit a parent or grandparent, a retiree or anyone wanting meaningful work — but not full-time.

Training for your key responsibilities of directing traffic to stop at the designated crossing and giving clear instructions to infants and primary school students to cross the road safely, will be provided. You may be required to attend a health assessment. Appointment is subject to a Working with Children Check clearance.

Roads and Maritime Services is an equal opportunity employer.

For further information on this exciting opportunity please call 1300 305 855 or go to [iworkfor.nsw.gov.au](http://iworkfor.nsw.gov.au)

**Applications close 11.59pm Sunday, 4 November 2018**

TNSW are committed to building a diverse and inclusive culture across the Transport cluster, planning for and promoting diversity. We welcome and encourage applications from diverse community groups and ages including Aboriginal and Torres Strait Islander, LGBTI, people with disabilities, women and other diversity groups. TNSW recognises the benefits that such an approach brings for our staff and customers in delivering the future of NSW.



### JOIN US AT OPEN DAY

OCTOBER 28 (BEECROFT & WAVERLEY) OR NOVEMBER 3 (CARINGBAH)



Is this your daughter?

Look no further than the Australian Girls Choir because we encourage, challenge and inspire girls as they learn to sing, dance and perform.



[aspagroup.com.au](http://aspagroup.com.au)





## Wesley Out of School Hours Care Seven Hills West

A home away from home, where kids can be kids

- Before school care
- After school care

Location: Seven Hills West Public School  
Sackville Street, Seven Hills NSW 2147.  
Entry via lower pedestrian gate, Lucas Road.

Call (02) 9626 6620 or email  
oosh@wesleymission.org.au

FRAN013, 1810

Do all the good you can  
because every life matters

## KINGS LANGLEY Little Athletics Centre

FOR CHILDREN 3 - 17 YEARS OLD



**MORGAN POWER RESERVE**  
Vardys Road, Kings Langley  
Registration - \$125 Each  
Tiny Tots (3-4 Years) - \$105 Each  
Approved Active Kids Provider



REGISTER FOR  
2018/19 Season  
www.kllac.org.au

SEASON STARTS  
Friday, 14 September

Hambledon Public School P&C proudly presents

# Movie Under the Stars

**Delicious Food**

**Huge Screen**

**Popcorn Fairyfloss & Face Painting**

**Exciting Games & Stalls**

**Saturday 3 November**  
**Gates open from 4pm with pre-movie fun**  
Entry Prices: \$5 for Adults & \$2 for Children (Under 2 year free)  
Hambledon Public School Oval, Ball Drive Quakers Hill  
For full details visit facebook: HPSMovieUndertheStars

Thank you to our generous Sponsors & Supporters



## AUSTRALIA'S YOUTH PRESENTS

A SELF DEFENCE KARATE  
AND SAFETY AWARENESS PROGRAM

For boys and girls  
Ages 5 - 16  
In Sydney Since 1994

Website - karate-kids.com.au

DEVELOP SELF CONFIDENCE

INSTRUCTORS TRAINED SPECIFICALLY  
FOR TEACHING CHILDREN AND TEENS

IMPROVE CONCENTRATION

SELF DEFENCE ONLY IS TAUGHT

BUILD COORDINATION

CLASSES DIVIDED BY AGE  
AND EXPERIENCE

BUILD SELF ESTEEM

FROM BEGINNER TO  
BLACK BELT

IMPROVE STUDIES

MAKE FRIENDS



Only \$14.00 Per Week  
With a \$2.00 Rego per term  
No Extra Grading Fees!

INSTRUCTOR IS A KARATE CHAMPION AND ISKA INSTRUCTOR OF THE YEAR

Location: Kings Langley Public School,  
Isaac Smith Pde., Kings Langley

Classes are every Wednesday for 9 Weeks (Every School Term)

New and Returning Registration: Weds., 24 October, 2018

New Students can also join on: Wednesdays, 31 Oct., 7 Nov.

New and Returning  
Students  
Ages 5-8  
Class Time 4:00 to 4:40PM

New Students  
Ages 9-16  
and Returning Students  
Class Time 4:45 to 5:25PM

Returning Students please see website at [www.karate-kids.com.au](http://www.karate-kids.com.au) for class times.

REGISTRATION WILL BE ACCEPTED UP TO THE THIRD WEEK OF TERM. NO PRE-REGISTRATION IS NECESSARY. JUST TURN UP 10 TO 15 MINUTES BEFORE CLASS TIME ABOVE IF POSSIBLE. WE ACCEPT CHEQUES OR CASH. FOR FURTHER INFORMATION, SEE WEBSITE AT [www.karate-kids.com.au](http://www.karate-kids.com.au).

## Facebook

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### Important



<https://www.facebook.com/sevenhillswestpublicschool/>

Please note, SHWPS Facebook page is for informing parents of up-coming events/changes in dates/event cancellations and also showcasing photos of students and their events.

**DO NOT use this forum to request appointments/interviews** with teachers or ask about upcoming events. Should you need to contact a teacher or have a question, please ring the school on 9622 2136 to assist you with your enquiries.