



CHATTERBOX

Panania Public School 21A Lawler Street, Panania NSW 2213
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www.panania-p.schools.nsw.gov.au

Term 4

Week 3

30/10/2024

PRINCIPAL'S MESSAGE

EDUCATION WEEK ARTWORKS

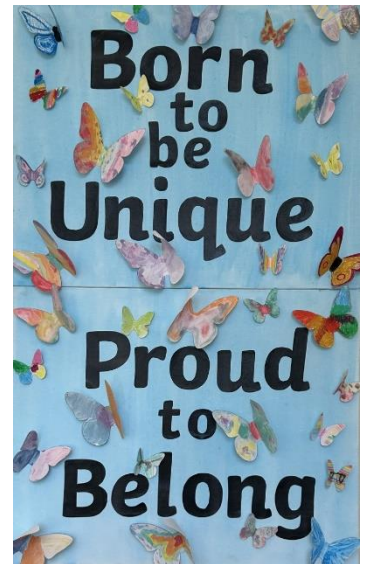
Recently during Education Week our students, their families and community members jointly produced multiple artworks acknowledging Education Week with the theme: "Proud to Belong". Now on display throughout the school, students have had opportunities to engage in a gallery walk.



1C - PROUD TO BELONG



3/4J - PROUD TO BELONG



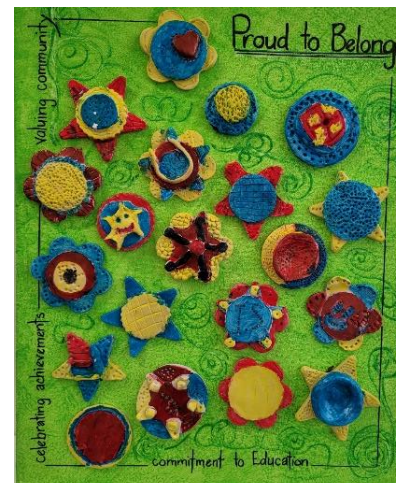
1/2E - PROUD TO BELONG



2S - PROUD TO BELONG



1W - PROUD TO BELONG



3/4H - PROUD TO BELONG



2M - PROUD TO BELONG



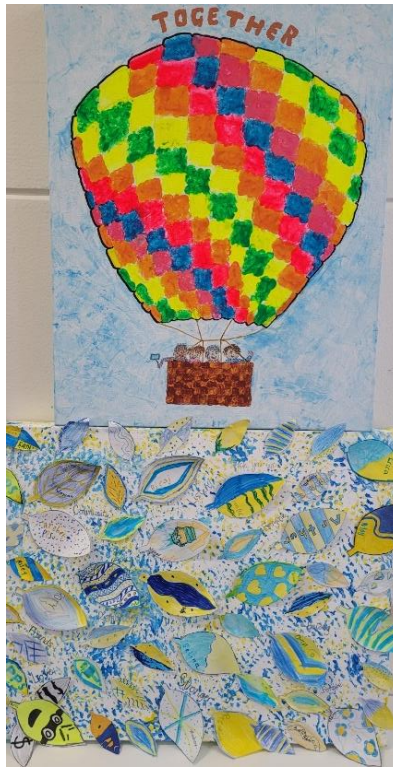
KT - PROUD TO BELONG



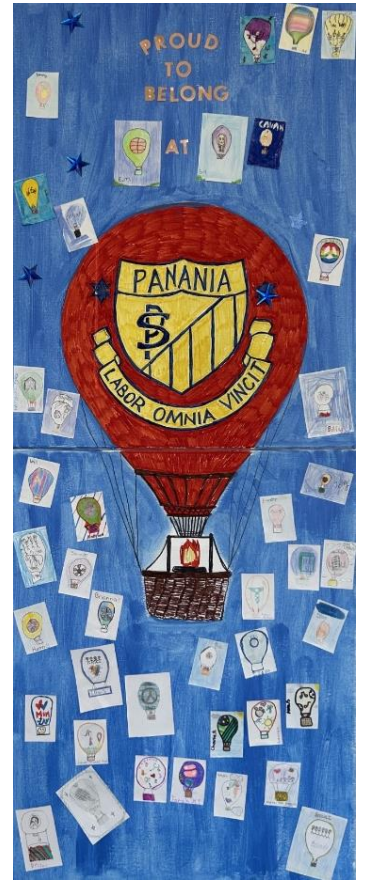
5/6S - PROUD TO BELONG



3/4N - PROUD TO BELONG



3/4P - PROUD TO BELONG



5/6W - PROUD TO BELONG



KH - PROUD TO BELONG



3/4M - PROUD TO BELONG



3/4R - PROUD TO BELONG



5/6C - PROUD TO BELONG



5/6M - PROUD TO BELONG

CELEBRATING OUR STAGE 3 STUDENTS

It has become apparent that our school canteen is struggling to get volunteers. Consequently, our Stage 3 students saw the opportunity to write a purposeful persuasive text aimed at enlisting their Parents and Carers. As little as 1 hour per week would make a difference in ensuring that our students have a fully functioning canteen operating 5 days a week, with a focus on offering quality food items. If you can offer your support, please make contact with the P&C, Canteen or School Office.

Ok you see a school that are struggling with their canteen open days are going down. If your child is experiencing a really hot day at school, lend them some ice by helping out at the canteen for at least once a month.



By Adrian Lescesin

Do don't want your child having fun by eating treats and other stuff like lollies. Of course you wouldn't want that.

Have you ever ate the food from the canteen it's so good, but if no one work in the canteen you would never get the food you get from the canteen. Our school are really low on people working in the canteen and we need parents to work there. If your parents are busy, they can just order a lunch order, but how are they going to order if its closed.

By Devesh

If you care about kids why not help in the canteen. If your kids are in the school who wouldn't want to go see them. On hot days students love ice blocks and if they get one they are happy and don't tell me you hate seeing kids happy.



By: Giannis. Tsakiridis

Parents Should Help in the Canteen

Did you know that our school canteen is at risk of being closed on some days? This absolutely can not happen and there is only one way to resolve this problem, parents must help out! Hopefully after reading this you can understand that our amazing school needs as much help as possible to keep the canteen up and running every day of the week.



Would you like to work at your child's school? Because are school canteen needs helpers. Having a snap stick or a zooper dooper on a hot day sounds lovely to me. Some children might be nervous to go to school so having a treat might encourage some kids to go to school. Some kids might like to see there parents at recess or lunch. By Jack



Who does not want to see their child smile in the middle of a school day?

Of course parents should help in the canteen, because it is fun and helpful. Here are my reasons:

- **You help support children who left their lunch at home**
- **You can help students cool of with a frozen treat**
- **And you get a day of work**

So what do you think will you let the canteen close the choice is yours to make.

By Zachary Ceiley

Who wouldn't want to help out in the canteen? Here are a few reasons why you should help out. You would get to visit your children at lunch wouldn't you love that? On hot days you can see the joy on kids face getting to have something cold and you can support the children who forgot their lunch.



Parents should help the canteen

Have you ever wanted to see your kids at school?

These are my reasons hot days for when kids get so hot (they could get heatwaves)

Or when kids forget their lunch they couldn't concentrate in class. Image you see your kids or students holding their pocket money they saved from their parents.



Why parents should help out in canteen

HELLO PARENTS AND CAREGIVERS THE CANTEEN IS RUNNING LOW ON STAFF SO WE'RE ASKING FOR PARENTS TO VOLUNTEER TO HELP OUT THE SCHOOL SO HERE ARE SOME REASONS WHY YOU SHOULD VOLUNTEER FIRSTLY IF YOU COULD SEE YOUR CHILD EVERY WHY WOULDNT YOU WANT TO VOLUNTEER. SECONDLY YOU CAN MAKE MORE FRIENDS BY TALKING TO THE CANTEEN LADIES. LASTLY WE SUPPORT PEOPLE WHO FORGET THEIR LUNCH OR DROPPED IT. CONCLUSION : I HOPE MY REASONS MAKE YOU JOIN THE CANTEEN EVEN IF ITS ONLY ONE DAY A YEAR.

Parents should help more in The Canteen

There are plenty of children who forget their lunch at home every day. They have to sit there starving, Yearning for lunch imagine that the canteen is closed due to lack of staff so their stuck with no lunch how do you think they feel? I believe with no doubts in mind that the canteen needs more volunteers because of children who have no lunch well the canteen supports them by giving them lunch for free and charging the parents later, on hot days many kids look like their dying and need something to drink/eat to cool off and the canteen might not be operating because of not enough volunteers. You parents probably hate making your child's lunch everyday it gets tedious. The canteen makes lunches for your kid and many others.

PARENTS SHOULD HELP AT THE CANTEEN

Who would want take a day off work and come help at the canteen? If you volunteer you can be more connected to the school , you can support those poor kids who forget their lunch, and finally come see the joy on their faces by giving them ice-blocks on hot days. So listen up and see what I've got to say!



Parents should help in the canteen

What parent wouldn't want to see their child with a happy smile roaming around around the school? Parents are very protective, caring, kind, helpful and many more other lunches if their parents were busy and lastly you can socialise with other people in the canteen and communicate with kids and have a better connection with the school. And if any parents can volunteer the canteen will unfortunately close down for a few days so who's with me to help our canteen!!! characteristics. I have three reasons why you should help the canteen it can even just be for one day!!! Number one on hot days kids rely on the canteen to give out cold things to refreshen up their body, two you can support students who forgot to pack their lunch and lastly you can socialise with workers and kids and you can get more connected to the school. And if some parents can't volunteer the canteen will unfortunately close down for a couple of days so who's with me to help our canteen!!!



Don't be mean, work at the canteen!

By Oliver Busby

Do you have a tiring job?, or maybe even an annoying child?, well I have a solution for you!, perhaps you can take a day off of your job and say goodbye crazy co-workers and hello Panania public school. PPS's snack shack is open every day of the school week so that you can pick any day to work you'd like. Working at our canteen can connect you to our school community and you can make new friends while saving parents the stress of making kids food every day.



Parents should help in the canteen

Who wouldn't want to take a day off work and help out at your kids school? You would get to see your kids at recess and lunch and talk to them throughout the day. On a hot summers day many kids love to go to the canteen to get a cold treat but if people don't help the canteen might not be open all days and imagine how sad some kids might be if they cant get a cold treat on a hot day. You can also feel more connected to the school, how? You may ask well if you help out in the canteen you will get to see your kids friends and get to meet other parents if they help out too.

By Bella. K



GATES

Installation of automated gates on Lawler Street and Lambeth Street is almost complete. These will keep our children safe whilst also enhancing school accessibility for Parents, Carers and Visitors! Gratitude is extended to the P&C who have been instrumental throughout the planning process, as well as the whole school community who have been keen fundraisers and supporters of the project.

SCHOOL PSYCHOLOGIST

We are thrilled to warmly welcome school psychologist Claire Bizzarri to our team! Claire focuses on the importance of nurturing every aspect of a student's development. With a wealth of experience from her previous roles at St George Girls High and Carlton South Public School, Claire is well-equipped to support our community. Her insights and expertise will be invaluable as she works with students, families, and staff to foster positive mental health and well-being.



Claire will be onsite every Tuesday and every second Friday. To access her support, class teachers make a Learning Support Team Referral. If you have any concerns about your child's well-being or academic progress, we encourage you to reach out to your child's class teacher, who can facilitate the referral process.

We believe that Claire's presence will greatly enhance the support system within our school, helping our students thrive both academically and emotionally. We are excited for the positive impact she will have and look forward to seeing the wonderful partnerships she will build with families and the wider school community.

METROPOLITAN SOUTH AND WEST DIRECTORATE PUBLIC SCHOOLS 2024

The following staff have been nominated for the prestigious Principal Network Awards, with Julie Robinson, the overall winner in her category:

Classroom Teacher

Scott Beattie has played a significant role in strengthening the collaborative learning culture at Panania Public School, aligning with the goals outlined in the School Improvement Plan (SIP). His initiatives, particularly in the world of technology, have been transformative across the school setting. Scott Beattie has successfully coordinated and delivered various STEM projects including film, 3D virtual reality, green screen technology, LEGO coding, 3D printing and more recently, robotics. His efforts have led to remarkable success, with students competing in the Universal Robotics Challenge Primary Division at national level, where they were highly commended.



Under Scott Beattie's guidance, students have shown significant growth in creativity, critical thinking, and collaborative inquiry. These projects have not only enhanced their problem-solving abilities but have also supported them to develop broader life-long interpersonal and communication skills. He has fostered a positive mindset amongst students, scaffolded their learning and nurtured them as creators of technology rather than mere users. Ultimately, students have been empowered to take ownership of their learning. Students demonstrate digital citizenship with a sense of accountability and an awareness of how to use digital tools and resources responsibly and ethically.

Scott Beattie's influence extends beyond the students, he actively mentors his colleagues, supporting their personal learning pathways with kindness and care. His contributions have been instrumental in supporting both staff and students in navigating and excelling in the digital landscape.



Teacher in Executive Role

As Assistant Principal, Martha Adams has been highly motivated and dedicated in improving student wellbeing via strengthening equity of access and provision of resources. Working in alignment with the Panania Public School Improvement Plan (SIP) over the last four years and collaborating alongside the Parent and Citizen's body she has enhanced student engagement and fostered a sense of belonging across the school setting. She has been integral in the development of a sensory garden to address the additional needs of vulnerable students as well as sandpits, passive play equipment and a junior basketball court to improve student socio-emotional learning. The creation of flexible outdoor learning spaces and establishment of innovative multipurpose spaces for small group intervention programs have supported students to focus on learning and attain individual learning goals in literacy and numeracy.

Extensive murals have been developed in association with a local Aboriginal artist and have been used as a springboard to build knowledge and understanding of Aboriginal history and culture. These initiatives have been coupled with an extensive information technology upgrade across the school including infrastructure, devices in all classrooms and promethean panels in all learning spaces. New school signage, shade structures and installation of automated gates have created a safe and secure school environment conducive to learning. All these initiatives have been successfully achieved via development of community partnerships, strategic budgeting, grant applications and inclusion of student voice. This has seen students feel valued with a rise in confidence and self-belief as well as creating opportunities to engage in school life more effectively.

Administration

Julie Robinson has dedicated the best part of 3 decades to Public Education. As Business Manager she is the beating heart and soul of Panania Public School. Always on hand to provide support, care, and compassion she is integral to school operations. A genuine advocate for students, she has worked in close association with staff and the Parent and Citizen's body to complete grant applications and expedite plans for the development of school resources and facilities. This has included the creation of flexible learning spaces to accommodate vulnerable students with additional needs and improvement of whole school information technology infrastructure to cater for supplementary school devices. Consequently, the school network has been upgraded with devices in all classes and Wi-Fi available outdoors to facilitate flexible outdoor learning places. Student engagement has been enhanced and intervention hubs established in flexible learning spaces, have seen student literacy levels soar. Students are tackling increasingly complex and unfamiliar text with confidence and independence.



Further to this, exemplifying the epitome of kindness, on any given day Julie Robinson will warmly welcome you with a smile, manage finances, send out school communication, address school maintenance, and complete attendance data whilst triaging a myriad of complaints requiring first aid. As Business Manager she dutifully undertakes all tasks with precision and care, ensuring all administrative requests are completed in a timely manner. Julie Robinson's passion for improving the educational experience of students and staff is significant and greatly appreciated.

NSW Department of Education



Every Day Matters



When it comes to attending school, every day matters

If your child misses as little as **1 day per fortnight**, they will miss **4 weeks of school per year**, which adds up to over **1 year missed over their school life.**



Scan the QR code to learn more

Make sure your child doesn't miss out on the important things like:

-  Learning
-  Strengthening friendships
-  Build skills through fun

WEEK 8 FUNDRAISER FOR CYSTIC FIBROSIS RESEARCH

During Week 8 of Term 3, the Student Representative Council (SRC) organised a week-long fundraiser to support Cystic Fibrosis (CF) research. This event held special significance for our school community, as we have a courageous Kindergarten student who has been bravely managing her health while striving for a normal, active lifestyle.

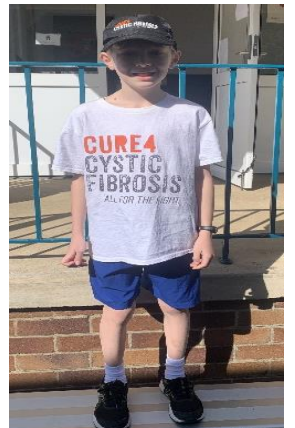
We kicked off the week with a heartfelt and informative speech from Xavier, who bravely shared insights about Cystic Fibrosis (CF) and its impact on those living with the condition. He spoke movingly about his little sister Aveline, detailing the challenges she faces and how she overcomes obstacles in her journey with CF.

We are incredibly proud of our community for coming together to raise awareness and funds for the CURE 4 CYSTIC FIBROSIS organisation. Thanks to everyone's efforts, our school raised an impressive \$390.10! Students had a wonderful time participating in various activities during recess and lunch.

Our dedicated SRC representatives volunteered their time to run sporting challenges and reported that all students demonstrated respect and fairness throughout the events. Many students also stopped by to contribute a gold coin, expressing their desire to help, even if they didn't participate directly.

On Wednesday, we held a mufti day, and our enthusiastic K-2 staff organised a parade to showcase the warrior outfits worn by students. Some came dressed as medical staff supporting the fight against CF, while others wore superhero costumes or warrior outfits. What a fantastic community we have!

Thank you all for your support!



LEADERSHIP WORKSHOP

On Thursday, 12 September our Year 6 Captains and Vice Captains attended a Leadership Workshop at Picnic Point High School.

The students had an opportunity to work together and participate in activities focusing on communication and confidence. They were able to interact with leaders from local primary schools and learn new and exciting leadership skills. It was also wonderful to see many ex-Panania students who are now leaders at Picnic Point High School.

Well done Leika, Chrystian and Nadia, you did Panania Public School proud!



SCHOOL SPECTACULAR

Congratulations to our Schools Spectacular dancers who have started their rehearsals. They endured a long, exhausting day learning their new routine ready for the big show in November. Well done girls!



DIGI-ED PROGRAM

In Week 2, as part of the Stage 3 Creative Arts and Digital Technologies program, students took part in the Digi-Ed Program. This program involved students participating in a digital claymation workshop. Students were explicitly taught how to create a stop motion animation as well as how to:

- effectively use digital technologies and animation software;
- story board a short narrative;
- design and create a background scene;
- design and create clay characters and props;
- use digital photography as part of the stop motion process;
- edit their creations; and
- add titles, credits and music to their movie.

The students thoroughly enjoyed working in small groups to create their animations and demonstrated excellent creativity and collaborative skills.

To access student movies you can go to the Digi-Ed website at digied.com.au. Scroll down and click on the *Download My Movie* button on the webpage. Locate the Panania Public School folder and open the class folders. Note: Your child's movie may be in a different folder depending on which classroom they worked in.





ATHLETICS

On Wednesday, 18 September, the following students represented Panania Public School at the Regional Athletics Carnival. All students displayed incredible dedication, worked well as a team, and supported each other in every event. Their performance not only showcased their talents but also highlighted their strong sense of school pride:

Jarvis Barton, Brianna Black, Max Donnelly, Kye Fenwick, Alexandra Hatton, Emma Harris, Sienna Hopkins, Zoe Hunter, Ariella Kamensky, Jonathan King, Kayra Mete, Charlie Risti, Riley Roberts, Eden Smoother, Pranabi Thapa, Sophia Tourni and Harley Wooldridge.



From this talented group, 6 students progressed to the State Carnival on Wednesday, 23 October. These students were: Jarvis Barton, Brianna Black, Sienna Hopkins, Kayra Mete, Charlie Risti, and Eden Smoother.

Congratulations to Charlie Risti who won a silver medal in Junior Girls' High Jump. She has now qualified to represent NSW at Nationals in late November.



P&C UPDATE



The Colour Run will be on Thur 7th November. Our fundraising goals for this term's Colour Run is to raise money for school literacy resources. The giant thermometer in the school office will show our progress - come have a look!

Make sure your kids *return their forms* to the school. The class that returns the most percentage of forms will get a pizza party.

Also during the Colour run, the canteen will be serving an array of delicious food from their New Summer Menu! It would really help the canteen if you could **put your orders into Munch Monitor before Monday.**



Notes would have gone home with your kids this week with the Summer Menu. A lot of hard work has gone into the menu, making sure the food meets Healthy Food Guidelines as well as indicating vegetarian and halal options.

Your children may also have spoken to you about the risk of losing the Canteen. The benefits of a P&C run canteen is important because we provide affordable and nutritious meals for the kids.

The best way to help is to volunteer. Ways you can help may be to make sandwiches, handle cash, or cut fruit. Just give Larah a call on 0409 106 573.

DID YOU KNOW?

UNIFORMS

Panania Uniforms & Embroidery Pty Ltd (MUE)

- New Items Only
- Located at 34 Anderson Ave, Panania, Q2 9771 0825.
- www.pananiapublicschoolmunchmonitor.org.au
- Password for online access: PANFMUE2020

Pre Loved Uniform Shop - School

- Operated by P&C volunteers.
- Pre loved items only.
- Open select Friday mornings (8:45am-9:15am) in A Block Hall, adjacent to the school office. Keep an eye out for dates.
- Change room available for trying on sizes.
- Second-hand clothing available for \$2 per piece, winter jackets \$5.
- Order requests and invoiced payment via email to pananiapublicschoolmunch@panpa.com. All requests are responded to. Payment made for confirmed items prior to delivery to students class.



Colour run organisation

WhatsApp group

← Be part of the fun!



Thank you to Alliance Real Estate for their continued sponsorship at Panania Public School. They have donated five \$50 vouchers towards the Colour Run.



COMING UP... P&C AGM

**When: 6:30PM Mon
2nd December**

There are many benefits to being part of the P&C, like giving your kids a good education and raising money for them to get resources. There's a role for every skill set, take a look on the next page!!



Scan to see the
Summer menu

P&C Executive Roles for Grabs

Steering Committee



President

- 1-2 h per week
- Chair P&C Meetings
- Liase with PPS Executive Team
- Signatory on P&C Bank Account
- Volunteer recognition
- Finalise agenda for P&C Meetings

Subcommittees

- Attend subcommittee meetings
- Signatory on Canteen Bank Account
- Canteen management



Vice President

- 1 h per week
- Attend P&C Meetings
- Post on Facebook Page
- Signatory on P&C Bank Account
- Shared event management
- P&C Chatterbox contributions (3 per term)



Secretary

- 1 h per week
- Attend P&C Meetings
- Records minutes
- Advertise upcoming meetings
- Keep records of membership registrations
- Check the pigeon hole
- Monitor P&C email and forward correspondence as necessary



Treasurer

- 1 h per week
- Attend P&C Meetings
- Submit monthly financial reports
- Signatory for P&C Bank Account
- Manage QuikBooks accounting Software



Fundraising Covenor

- 1-2 h per week
- Attend P&C Meetings
- Event management (dependent)
- Report on events and fundraising
- Lead volunteers at the events
- Post to P&C Facebook Page



Uniform Pool Manager

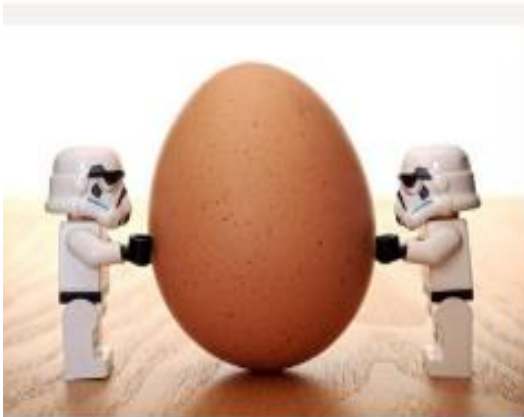
- 2-4 h per term
- Advertise Uniform Pool Stock
- Monitor uniform pool orders via email
- Manage volunteer roster as needed

Read more:

[https://tinyurl.com/
pananiapandc](https://tinyurl.com/pananiapandc)

P&C Executive Roles for Grabs

Canteen Subcommittee



Canteen Convenor

- 1-2 h per term
- Chair subcommittee meetings
- Input towards Healthy School, Canteen accreditation and menu



Canteen Secretary

- 1-2h per term
- Attend subcommittee meetings
- Records Minutes
- Advertise Canteen Treat Days and Menu Changes
- Receive Correspondence



Treasurer

- 1-1.5 h per week
- Attends P&C Meetings
- Submit monthly financial report
- Manage canteen supplier invoices
- Run payroll for canteen employees



Canteen Parent Representative

- 1-2 h per term
- Attend subcommittee meetings
- Input towards Healthy Schools, Canteen accreditation and menu



When: 6:30PM Mon 2nd December

Where: At the School (A Block)

We're looking forward to meeting you all at the Annual General Meeting in December, followed by the regular P&C Meeting at 7PM. Meet the volunteers - old and new - and there'll be snacks and drinks!

We will be voting in our new P&C committee for next year at the AGM.

DATES TO REMEMBER

Thursday, 31 October

- Backflips Against Bullying – all students

Monday, 4 November

- Interrelate – Year 6

Tuesday, 5 November

- Kindergarten Orientation
- East Hills District Dance Festival, Bankstown Sports Club

Wednesday, 6 November

- NRMA Road Safety Day – All Students

Thursday, 7 November (New Date)

- Colour Run

Monday, 11 November

- Interrelate – Year 6

Tuesday, 12 November

- Kindergarten Orientation

Monday, 18 November

- Interrelate – Year 6

Tuesday, 19 November

- Kindergarten Orientation

Wednesday, 27 November

- Thank You Morning Tea

Monday, 2 December

- Presentation Day – Revesby Workers' Club
- P&C AGM & General Meeting - 6.30pm on site

Tuesday, 10 December

- Year 6 Graduation Dinner


Monday, 16 December

- Year 6 Mini Fete


Wednesday, 18 December

- Last Day of Term 4 for students


P&C POLICY For financial aid



The P&C can financially support the students who have been selected to represent PPS at a National level in regards to competitions and events.



To request this financial aid, parents must contact the P&C via email and state the details of the student, where this event will be held and when it scheduled to commence.



Any student who makes it to National events and they need to travel less than 100km will be given \$150.

Whereas, students that need to travel more than 100km will receive \$250. This is 100km from school and this is per child, per event.



If your child is representing Panania Public at a National level please email the P&C

pananiapublicschool.pandc@gmail.com

SECOND HAND UNIFORM SHOP

2024 Term 4 Open Dates

Week 4 – Friday 8 November
Week 7 – Friday 29 November
Week 10 – to be confirmed

Email orders to:

pananiapublicuniformshop@gmail.com

Donations accepted of good quality uniforms.
Simply drop them into the office.

Want to volunteer?

Meet a Cop Day

Thursday the 23rd January



Come on down to Bankstown PCYC on the 23rd of January for our School Holiday Program, where will be having a special drop in from some of our local police force!!



They will be explaining to the children what are some of the things that are required in their line of work and joining in on some activities we have for the day. Make sure to book in now!!!



CONTACT US:
Email: bankstown@pcycnsw.org.au
Website: <https://pcycnsw.org.au/bankstown>

Phone: (02) 9796 3222

Jersey Day

Friday 10th of January



Jersey Day is returning to Bankstown PCYC on Friday the 10th of January. Be sure to wear your team or countries jersey so we can celebrate all of the different sports and sporting teams supported in our community!!!



CONTACT US:
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Website: <https://pcycnsw.org.au/bankstown>

Phone: (02) 9796 3222

Summer School Holiday Activities

COST: \$40 per day
AGES: 6-12 years old
TIME: 8:45am/9:00am-3:00pm/3:30pm

WHAT TO BRING: Water bottle, lunch, enclosed shoes.

Creative & Active Kids Vouchers Accepted Every day

BOOK NOW



Thu 19 th Dec	Soccer, Four Corners, Puzzle Challenges and Soft Hockey	Fri 24 th Jan	Basketball, Arts & Crafts, Laser Tag and Dodgeball
Fri 20 th Dec	Basketball, Bullrush, Arts & Crafts and Laser Tag	Mon 27 th Jan	CLOSED - Australia Day
Mon 6 th Jan	Bullrush, Four Corners, Soccer and Soft Hockey	Tue 28 th Jan	Protect The Nest, Four Corners, Dodgeball and Basketball
Tue 7 th Jan	Four Corners, Basketball, Survival Tag and Soft Hockey	Wed 29 th Jan	Mini Olympics, Soft hockey and Arts & Crafts
Wed 8 th Jan	Basketball, Protect The Nest, Survival Tag and Soft Hocket	Thu 30 th Jan	Serpent, Laser Tag, Survival Tag and Basketball
Thu 9 th Jan	Paper Planes, Soccer, Serpent and Dodgeball	Fri 31 st Jan	Chalk Art, Soccer, Dodgeball and Soft Hockey
Fri 10 th Jan	Jersey Day - Oz tag, Basketball, Soccer and Dodgeball		
Mon 13 th Jan	Soft Hockey, Soccer, Four Corners and Arts & Crafts		
Tue 14 th Jan	Basketball, Dodgeball, Laser Tag and Oz Tag		
Wed 15 th Jan	Healthy Heart Day - Bullrush, Boxercise, Survival Tag and Soccer		
Thu 16 th Jan	Dodgeball, Arts & Crafts, Four Corners and Basketball		
Fri 17 th Jan	Soccer, Soft Hockey, Survival Tag and Serpent		
Mon 20 th Jan	Bullrush, Soft Hockey, Basketball and Dodgeball		
Tue 21 st Jan	Chalk Art, Soccer, Oz Tag and Survival Tag		
Wed 22 nd Jan	Basketball, Soft Hockey, Serpent and Bullrush		
Thu 23 rd Jan	Meet A Cop Day - Soccer, Arts & Crafts, Four Corners and Dodgeball		



CONTACT US: Email: bankstown@pcycnsw.org.au Phone: (02) 9796 3222 Website: <https://pcycnsw.org.au/bankstown>



GKR KARATE
KARATE FOR EVERYONE

FREE UNIFORM

+ DISCOUNTED MEMBERSHIP

CONFIDENCE FOCUS DISCIPLINE

PH:0403 127 710

GKR KARATE



Karate is an excellent way to improve strength and fitness with many students reporting significant weight loss.



Karate kicking engages all muscle groups in the upper and lower abdominal areas & strengthens the lower back.



Enhanced flexibility from karate training can greatly increase posture & vitality.



Children who train in karate are much less likely to be bullied as they develop greater self-confidence & respect.



Children's school work & class behaviour can be greatly improved through karate's disciplined training environment.

MUSIC at your school - 1300 168 742

THE MUSIC BUS

DON'T MISS THE BUS!

INSTRUMENTAL LESSONS

Thursday
Spaces in Guitar, Ukulele and Keyboard

Ready to jumpstart your little maestro's musical adventure? Book now for music lessons designed just for primary school Rockstars!

WWW.THEMUSICBUS.COM.AU 1300 168 742