Swimming Program
Last week the P and C meeting resolved that they will subsidise each student $50 for the swimming program. This will see each student pay only $46 for the 8 week swimming program. This will see a $2100 contribution that is a direct result of the hard work by those supporting the P and C.

Tennis in Schools Program
The Tennis- In- Schools Program will commence at Meadow Flat Public School on Wednesday 22nd of August and run for five weeks. The students will be involved in a variety of activities which incorporate many of the fundamentals of tennis. All lessons are designed to improve fitness and co-ordination skills. The program meets specific PD/H/PE outcomes focusing on movement, interaction, and values and attitudes.

Cost for the program is $20 and is payable to the school by Wednesday 22nd August.

Students will need to wear sports uniform. Racquets, balls and training equipment will be supplied.

Education Week
Thank you to everyone for supporting our Education Week activities. The students are very proud of their school and enjoy showing parents and visitors their activities. A selection of photos appears at the end of the newsletter.

EnviroStories
We congratulate Orlagh who has had her EnviroStories entry selected for publication. She will have her story published as a classroom reader and it will be sent to all schools in the Central West Catchment Authority area. Well done Orlagh!

Premier’s Spelling Bee
Well done to the following students who have been successful in being chosen as the students who will represent our school at the Western NSW Regional Final to be held at Molong Central School on Monday, 17th September 2012. Congratulations to Peter K, Lachlan and Faith.

Meadow Flat Hall
Last Thursday the Meadow Flat Hall committee inspected the progress of the hall maintenance program. So far $50 000 has been spent on a disabled parking bay, path, new kitchen, painting and other fittings. The hall cannot be used until a cleanup occurs so a working bee has organised for Sunday 12th August 2012. Please bring a trailer or ute, broom or blower vac.

For Sale
The Meadow Flat Hall has for sale full sheets of MDF mainly made out of 4mm with about 100 in total. These are $5 each. Please speak to Mr Wood for a viewing.

Change in Office Days
From this week the School Administration Manager (Mrs Kelly) will be in the office each day except in odd numbered weeks – Not open on Mondays; and in even numbered weeks – Not open on Mondays or Tuesdays.

Denison College - Bathurst High Campus
The new date for the 2013 Year 7 students testing at Bathurst High is now on Monday 27th of August. Students will need to meet at the front of the school, in the circular drive at 9 am. Students will need to bring their recess, a drink and something to read if they finish early.

Parents or caregivers will need to pick them up at 12 o’clock from the circular drive. If it is raining on the day students should head straight to the school hall and parents/caregivers should pick them up from there.
Payment Options for School Accounts
Thank you to the parents who have been able to take advantage of our new EFTPOS facilities.
Payments can now be made over the telephone by the card holder or on a payment form. One is attached to this newsletter.

Honey for sale: Year 6 fundraiser
The Year 6 students are selling honey to raise money for their gift to the school.
X1 for $3  x2 for $5  x3 for 7

Creative Arts Festival
This will be happening next week on Thursday 16 August 2012. The students have each created their artworks for the Creative Arts Festival. These will be on display from Monday afternoon in the Wattle Foyer of the Bathurst Memorial Entertainment Centre. There is no cost for this and the artworks will be on display to the public.

Clothes to Wear - The students need to wear black shoes, blue jeans, and a long sleeve shirt in a bright rainbow colour. The students will need their clothes for the rehearsal that will occur during the day.

Tickets and Official Launch
School captains, staff and any interested parents are invited to attend the official opening of the Visual Arts Festival on Monday 13th August at 4.30pm. The main theatre is fully booked however tickets for the top section will be on sale on the night. Parents who ordered extras will be getting theirs.

Small Schools Soccer
Reminder
- We train today Tuesday 7th August 2012 4pm; and
- We compete on Thursday 9th August 2012 (10am girls / 11.15am boys)
- Both at Police Paddock, Bathurst.

Public Education Foundation
During Education Week a call is being made on all former students of public schools to register for the PEF Public Schools Alumni. By registering you will not only be showing your support, you will also receive newsletters and have access to a range of opportunities to participate in PEF activities. Those of you who attended a public school can register by completing this registration form.

If you were not educated at a public school, but would still like to get involved in the work of the Foundation, you can subscribe to the PEF mailing list at:
www.publiceducationfoundation.org.au/involved

The full range of scholarships offered by the PEF can be seen at:
www.publiceducationfoundation.org.au. These scholarships have the power to change lives and are only limited by the donations received by the PEF.

By getting behind this initiative you will be supporting an organisation dedicated to helping public school students.

Touch Football
On Tuesday the 31st of July 2012 some of the girls and boys from four Small Schools travelled to Luchetti Oval, Lithgow to play Touch Football. They played against Lithgow Public School in both the boys and girls knockout competition. The girls had an exciting game and made some great moves that created some gaps but unfortunately they just couldn’t put the ball over the line. The defence was excellent and the girls improved greatly in the area of dumping the ball and flattening out their passes. The score was 9-0 to Lithgow but they played very well for only having four training sessions. The boys also played a terrific game. The score was 13-0 to Lithgow and the game was very fast and furious. The boys worked together as a team and had some very good sets of hit ups. The boys improved in the second half and were able to turn and run backwards to watch where the play was happening. We done boys we will work on our fitness next year. Great job Touch Football players!

We are collecting vouchers or tokens from:
**Dates for Students**

**August**
Friday 7th – Karoo Bull Sale (P & C Catering)
Friday 10th – District athletics
Friday 17th – District athletics (backup date)
Wednesday 22nd – iExplore/iLearn (Year 6)
Friday 31st – Regional Athletics, Dubbo

**September**
Monday 3rd – P and C Meeting
Monday 17th – Bathurst Eisteddfod 9.30 and 11.00 am
Wednesday 19th – Bathurst Eisteddfod 11.00am and 12 noon
Friday 21st – Mini-feast and talent quest
Friday 21st – Last Day of term
**Canteen Fun Day**

Wednesday 15\textsuperscript{th} August Lunch Time

Place your child’s order on the day

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
<th>Description</th>
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<tbody>
<tr>
<td>Beef Nachos</td>
<td>$2.00</td>
<td>served with corn chips, tasty cheese &amp; optional sour cream</td>
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<tr>
<td>Potato Wedges</td>
<td>$1.50</td>
<td></td>
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<tr>
<td>Flavoured Milk</td>
<td>$1.00</td>
<td>300ml chocolate, strawberry or banana</td>
</tr>
<tr>
<td>Chocolate Cake</td>
<td>$1.50</td>
<td>served with ice cream</td>
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Cake money raised will go towards the Year 6 Gift for the school.
PAYMENT OPTIONS

Please note that Meadow Flat Public prefers payments to be made or time so that all students can participate in the school’s activities. To assist you these following payment options are available to you.

PAYING IN PERSON: Payment by Credit Card, Debit Card, Cash, Cheque or Money Order
- Payment can be made at the School Office, Monday to Friday between the hours of 8:30am and 3:00pm.
- EFTPOS facilities are available (Minimum payment $10.00).
- Credit Cards and Debit Cards (EFTPOS), Cash, Cheques and Money Orders are accepted.

PAYING BY PHONE: Payment by Credit Card Only
- Call the School on 02 6359 5259, Monday, Wednesday, Thursday and Friday between the hours of 8:30am and 3:30pm.
- Please have your account and credit card details with you when you call.
- Accepted cards are VISA and Mastercard.

PAYING BY MAIL: Payment by Credit Card, Cheque or Money Order
- Credit Card details completed on Payment Advice.
- Cheque and Money Orders made payable to Meadow Flat Public School.
- Post to Meadow Flat Public School, 2630 Great Western Hwy Meadow Flat NSW 2795.

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### PAYMENT ADVICE (Credit Card ONLY)

<table>
<thead>
<tr>
<th>STUDENT NAME</th>
<th>ITEM PAID</th>
<th>AMOUNT</th>
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**TOTAL**

AMOUNT PAID: $_________ INVOICE NUMBER: ___________ DATE: __ / __ / __

NAME ON CARD: __________________________ VISA [ ]

CARD TYPE: _______ VISA _______ MASTERCARD

CREDIT CARD NUMBER:

![Credit Card Numbers](image)

(Please ensure you include all 16 numbers)

EXPIRY DATE: __ / __

SIGNATURE ON CARD: __________________________

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MEADOW FLAT PUBLIC SCHOOL
2630 Great Western Highway Meadow Flat NSW 2795  T 02 6359 5259 F 02 6359 5235
E meadowflat-p.school@det.nsw.edu.au  www.meadowflat-p.schools.nsw.edu.au
Get healthy! 
Get walking!

Join our Free Women’s Walking Group!

A great way to meet other women & get fit at the same time

<table>
<thead>
<tr>
<th>When:</th>
<th>Mondays and Wednesdays at 9.30 am</th>
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<tr>
<td>Where:</td>
<td>We meet at the Central West Women’s Health Centre, 20 William Street, Bathurst</td>
</tr>
<tr>
<td>Cost:</td>
<td>Free — you will just need to register to participate</td>
</tr>
<tr>
<td>Bring:</td>
<td>Your mother, your grandmother, your children, your pram, your friend, or just yourself!</td>
</tr>
</tbody>
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Walking has many proven health benefits, including:

- Increased self-esteem and energy
- Improved sleep
- Improved cardiovascular fitness
- Help with weight loss and muscle tone
- Decreased risk of osteoporosis, high blood pressure and diabetes
- Lower cholesterol levels
- A great way to get out and meet people
- And it’s free!

Phone reception on 6331 4133 to register

Central West Women’s Health Centre Inc.
supporting women and children of all ages and from all backgrounds

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Dealing with Fears & Nightmares in Children

We all have fears and worries - learn ways to support your children through their fears & nightmares and uncover strengths within your family.

DATE: Thursday August 23rd
TIME: 9.30am—12pm
WHERE: Community Learning Hub, Kelso Public School, Gilmore St.
CONTACT: 6333 8888 Bookings Essential
COST: $10 or a contribution you can afford

FAMILY RELATIONSHIP CENTRE
An Australian Government initiative

Relationships Australia
NEW SOUTH WALES