



KINGSWOOD SOUTH PUBLIC SCHOOL
Address: 60-68 Smith St, Kingswood, NSW 2747
Phone: 02 4736 2408 Fax: 02 4736 6001
Email: kingswoods-p.school@det.nsw.edu.au
Principal: Sandra Martin

Newsletter

DATE: Friday 12th September 2025
TERM 3 WEEK 8

Our school celebrates learning every day and our mission statement is,

"A school dedicated to providing inclusive quality learning environments, and a school culture that promotes high expectation and success for all."

Principal's Message

Dear Parents and Carers,

A friendly reminder that, where possible, students should not be dropped off at school before 8:30am, as teachers are not on duty until this time. For families who require early drop-off, please remember that the OOSH service located on-site is available to support you.

Congratulations to all our students who participated in the recent Nepean/Blue Mountains Dance Festival. Your performances were wonderful, and we are so proud of your dedication and talent! Thank you to Mrs Papsdorf, Mrs Danastas and Miss Fisher for your coordination of the dance groups.

Lastly, a reminder that the free dental clinic will be taking place soon. Please ensure all permission notes are completed and returned to the school as soon as possible.

Included in this newsletter is information regarding the SRAC Aboriginal Go4Fun Programs that are coming up next month. Great opportunities for our Aboriginal Students.

Thank you for your continued support and don't forget our Colour Run last day of Term 3. Get those donations in!

Regards
Ms Martin

BELL TIMES

8:53AM - SCHOOL STARTS
11:00AM - LUNCH
1:25PM - RECESS
2:45PM - SCHOOL ENDS

DATES FOR YOUR DIARY

Term 3

Week 9

Tuesday
-Got It!
3-6 Meeting

Thursday
-Got It! Program

Friday
-Kindy Ballet
-Dental Clinic

Week 10

Monday-Friday
Dental Clinic

Tuesday
-Inclusive Multi Sports Day

Friday
-Colour Run
-Last Day of Term



STRIVING FOR EXCELLENCE

Kindergarten Enrolments

Kindergarten enrolments are currently being taken for 2026. Your child can start Kindergarten at the beginning of the 2026 school year if they turn 5 years old on or before 31 July 2026. Legally, all children must be enrolled by their sixth birthday.

Complete an online enrolment application via the school website.
Provide proof of residence (e.g. rates notice, lease agreement, utility bill), birth certificate or passport and immunisation records.

Enrolment priority is often given to students who live in the designated intake area for the school. We will perform a 100-point address check.

In Term 4 in Week 3, we will start the first of our Kindergarten Transition Program. If you haven't enrolled your child for kindergarten 2026, please contact the school office.



K- 2 Athletics Day

Thank you to the parents and carers that showed up to support our students at the P-2 Sports Day on Tuesday. It was a great day with our student participating in lots of activities that are designed for many of our students' skill levels. Thank you to Mrs Farrell who organised the event. The school uses the Fundamental Skills Program. The development of Fundamental Movement Skills is an important step towards ensuring lifelong involvement in physical activity. It has been stated that in the early years it takes between 240 and 600 minutes of instruction time to become proficient in one Fundamental Movement Skills. Proficiency in skills like throwing, catching, kicking, leaping, and balancing, allows students to explore a range of movement options and establish active lifestyles. Parents and carers can also help develop these skills in their children after school with simple activities such as kicking and catching balls or using a skipping rope. Physical activity is so important in the early years, and these activities help develop our students into better sports people to engage in team sports successfully.

Nepean Blue Mountains Dance Festival

Congratulations to our Dance Groups on your wonderful Performance!



Term 4 Swim School

Arrangements have been made to include a 'Learn to Swim' program for students in Term 4. The School Swimming Scheme (co-ordinated by the School Sports Unit) is a 10-day Swimming and Water Safety Program which builds water confidence, improves stroke efficiency, and teaches essential water safety and survival skills. Designed for non-swimmers to intermediate swimmers in Years 3–6, it follows progressive benchmarks to support skill development.

Instruction will take place at Ripples Penrith by fully qualified instructors. The scheme will continue daily for 2 weeks from **Monday 24th November to Friday 5th December**. There will be no charge for instruction, however there will be a charge for bus transport and pool entry totalling \$16.00 per day (\$160.00 for 2 weeks). Please give permission on Sentral or return the note so your child can participate in this life saving program.

Kingswood South Public School

PRESCHOOL ENROLMENT

OPEN NOW

Give Your Child a Bright Start!

- ✓ Fun & Engaging Learning
- ✓ Safe & Nurturing Environment
- ✓ Experienced & Caring Teachers
- ✓ Creative Activities & Play-Based Curriculum

**ENROL TODAY FOR
2026**

 **4736 2408**





Term 3 Events Calendar

Please be aware that this will be updated every two weeks in case events have changed.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
W9 September	15th	16th	17th	18th	19th
		Got It 3-6 Meeting		Got It! Program	Kindy Ballet Dental Clinic
W10 September	22nd	23rd	24th	25th	26th
	Dental Clinic	Dental Clinic Inclusive Multi Sports Day	Dental Clinic	Dental Clinic	Dental Clinic Colour Run Last Day of Term

Term 4 Events Calendar

Please be aware that this will be updated every two weeks in case events have changed.

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1	13 th	14 th	15 th	16 th	17th
	Staff Professional Learning Day	Students Return			
Week 2	20th	21st	22nd	23rd	24th
Week 3	27th	28th	29th	30th	31st
		Kindergarten Transition	Grand Parents Day		Indigenous Students High School Transition Day - KHS
Week 4	3rd	4th	5th	6th	7th
		Kindergarten Transition			

Congratulations to our Award Winners!

NEXT WEEK'S ASSEMBLY AWARDS WEEK 9

Please Note: The choir will be performing at this assembly.

Term 3, Week 9 - K-6 Merit Awards

KP	Luis I Samuel C	KJ	Braxton O Wyatt W
K/10	Atiliu MB Umar S	1/2B	Aliyas B Laylah R
1/2C	Hunter S Azalia F	2/3S	Faith H Keira P
3/4H	Riona R Paige R	3/4F	Hunter T Nevaeh R
4/5QR	Taiten B Matthew M	5/6T	Jacob M Logan L
5/6G	Keegan M Tyler CF	Buru	Melina T
Bugari	Emmet SC	Wirriga	Ava H
Mariyang	Isaac T Karen W		

Term 3, Week 9 - K-6 Math Giant Awards

KP	Finnan B	KJ	Dominic M
K/10	Destiny F	1/2B	Anna S
1/2C	Edwin K	2/3S	Heath O
3/4H	Tayler M	3/4F	Heath W
4/5QR	Aurora R	5/6T	Emily F
5/6G	Sofia Y	Buru	Parker M
Bugari	Hudson B	Wirriga	Mark W
Mariyang	Rory S		

Term 3, Week 9 – K-6 Aussie of the Month Nominees

KP	Jaxon K	KJ	Niumaia M
K/10	Laken F	1/2B	Lexi M
1/2C	Bardan S	2/3S	Ujjain P
3/4H	Ryan B	3/4F	Olivia M
4/5QR	Namisha D	5/6T	Amelyah WO
5/6G	Jasmine G	Bugari	Nakiah S

Term 3, Week 9 - K-6 Bronze Awards

K/10	Laylah G		
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Term 3, Week 9 - K-6 Silver Awards

KP	Caden GH Kobe R Matthew B	KJ	Sione M Kaya M Nicole P
1/2B	Grace S	4/5QR	Cat G Elena M Rafa T Aadhar M
5/6T	Jazmin C	5/6G	Zain A Zachery H

Term 3, Week 9 - K-6 Gold Awards

KP	Ariana V	KJ	Daisy M Reyan T Tynisha M
K/10	Ebony S Brooklyn W Birat S	1/2B	Slater N Jax H Suyad D
1/2C	Leo B Liana B Ryley S	2/3S	Eli N Aarshi M
3/4H	Meesha F Isabella T Oakley W Isabella Q	3/4F	Kiara P
4/5QR	Micah P	5/6T	Saahib S Isaac B Aria-Lei DK Sophie W
5/6G	Marley B Charlotte M Jamie F Elvin K	Mariyang	Miranda G



KINGSWOOD SOUTH PUBLIC SCHOOL P&C NEWSLETTER

SEPTEMBER 2025 | ISSUE 47

UPCOMING P&C FUNDRAISERS

SILVER COIN
ROUNDUP

IMPORTANT DATES

WED 17TH SEPTEMBER

SCHOOL ASSEMBLY

THURSDAY 19TH—
FRIDAY 26TH

SEPTEMBER

FREE DENTAL CLINIC

TUE 23RD SEPTEMBER

INCLUSIVE MULTI
SPORTS DAY

FRI 26TH SEPTEMBER

COLOUR RUN

LAST DAY OF TERM 3

SCHOOL CANTEEN

NOW OPEN
WEDNESDAY,
THURSDAY &
FRIDAY ONLY

P&C UNIFORM SHOP

UNIFORM SHOP OPEN
TUESDAY &
THURSDAY
2:00PM—2:30PM

*Alternately you can make
An order through the office.*

P&C COMMITTEE MEMBERS
PRESIDENT: NATALIE KINGDOM
VICE PRESIDENT: LISA DEKOSTER
VICE PRESIDENT: GEMMA RHOCK
TREASURER: WHITNEY WILLCOCKS
SECRETARY: RENEE COOPER

A NOTE FROM THE P&C PRESIDENT

Thankyou to everyone for your support with our
Father's Day Stall's and Raffle!

We made an amazing \$1,648.13 in profit, which will go towards
bringing down the cost of excursions and Term 4 Breakfast Club.

Congratulations to all of our raffle winners

1st Place—Olivia P	2nd Place—Haifaa A
3rd Place—Callum H	4th Place—Azalia F
5th Place—Olivia P	6th Place—Everly F
7th Place—Joshua K	8th Place—Blake M
9th Place—Marley	10th Place—Ben H

Our next P&C Meeting will be on Wednesday 5th November 2025 at
7pm in the school library.

Everyone is welcome to attend, including children.

Please feel free to message one of our P&C Executive Committee
Members if you have any questions but are unable to attend the
meeting.

UNIFORM UPDATE

The Uniform Shop is open on
Tuesdays and Thursdays from 2pm—2.30pm.

Thankyou so much to all those that have donated uniform items that
you no longer need, we really appreciate it.

All second hand items are free and available to collect from the Uniform
Shop.

NEXT MEETING : WEDNESDAY 5TH NOVEMBER 2025 AT 7PM

KINGSWOOD SOUTH PUBLIC SCHOOL

P&C NEWSLETTER

SEPTEMBER 2025 | ISSUE 47

P & C FATHER'S DAY RAFFLE

THANKYOU TO OUR SPONSORS

The logo for Rebel Sport, featuring the word "rebel" in a bold, lowercase, sans-serif font.

**REBEL SPORT
PENRITH
\$50 GIFT CARD**



**NAT'S CANTEEN
VOUCHER**

The logo for Zone Bowling, featuring the words "ZONE BOWLING" in a bold, uppercase, sans-serif font.

**ZONE BOWLING
PENRITH
FAMILY PASSES**



**FLIP OUT
PENRITH
2 FOR 1 PASSES**



**MOORE FAMILY
LOCKYER FAMILY
VONG FAMILY**

The logo for Rashays, featuring the word "RASHAYS" in a bold, uppercase, sans-serif font.

**\$10 VOUCHER
FREE BROWNIE
VOUCHERS**

The logo for Exclusive Collectables, featuring the word "EXCLUSIVE" in a bold, uppercase, sans-serif font, and "Collectables" in a cursive script.

**385A HIGH ST
PENRITH**

VARIETY OF CARS



Parenting Programs

TERM 4, 2025



Courses provided FREE to residents of Penrith & Blue Mtns LGAs.
Phone 4720 6500 or email groups@gatewayfamilyservices.org.au

Program	Date/Time	Location	REGISTER NOW 
Circle of Security Eight week program that helps parents form secure relationships and stronger bonds with their children (0-12 yrs).	Every Wednesday 22nd Oct - 10 th Dec 10:00am - 11:30am	Cranebrook Neighbourhood Centre, 17 Hosking Street CRANEBROOK ** Childcare available ** Must register	
Tuning in to Teens Six week program that teaches parents to help children (10-18 yrs) understand and regulate their emotions.	Every Thursday 30th Oct - 4 th Dec 7:00pm - 8:30pm	Online via ZOOM	
Splash & Play Family Fun Day Join your child (0-5 yrs) in a morning session of sensory "splash and play" outdoor fun	Friday 21 st November 9:30am - 12:00noon	Lapstone Public School 1/3 Achievement Ave LAPSTONE	
Parent Drum: Finding Your Beat Four week program for parents to connect & regulate through the power of drumming.	Every Tuesday 4th Nov - 25 th Nov 6:00pm - 7:00pm	St Marys Children's Centre, 7 Collins St ST MARYS	

[Click here to register online at gatewayfamilyservices.org.au](https://gatewayfamilyservices.org.au)



We acknowledge and respect the Traditional knowledge holders and custodians of the land on which we work, the Darug and Gundungurra people.





Tuning in to Teens

6 week parenting program that supports you to help your adolescent develop emotional intelligence.

Term 4 2025
ONLINE

This 6 week program helps parents/ carers teach their teenage children (10-18 yrs) to understand, control and express their emotions in healthy ways.

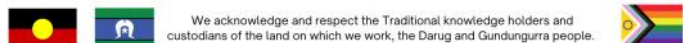
The program offers tools to recognise, understand and respond to teenage emotions and help parents manage their own emotional responses.

The program will cover:

- Foundations of emotion coaching
- Connecting and emotional acceptance
- Building connection and showing empathy
- Dealing with teen worry, sadness & anger
- Emotion coaching now and in the future

REGISTRATIONS CLOSE: 22nd October 2025

REGISTER NOW




Circle of Security Parenting

8 week parenting program to develop secure relationships and stronger bonds with children.

Term 4 2025
CRANE BROOK

This 8 week program will teach you how to be a bigger, stronger, wiser, and kinder parent. *Circle of Security Parenting* is based on decades of research about how secure relationships can be supported and strengthened with children aged (0-12) years.

The program will cover:

- Understanding your child's behaviour
- Help your child feel secure in relationships
- Navigating your role as parent in tough times
- Supporting your child in managing difficult behaviours, tantrums and meltdowns

REGISTRATIONS CLOSE: 15TH October 2025

**** Childcare available - must register ****



REGISTER NOW



Program details

Where: Cranebrook Neighbourhood Centre, 17 Hosking Street

When: Wednesdays
22nd Oct - 10th Dec
10:00am - 11:30am

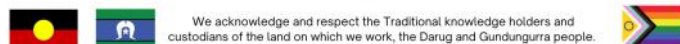
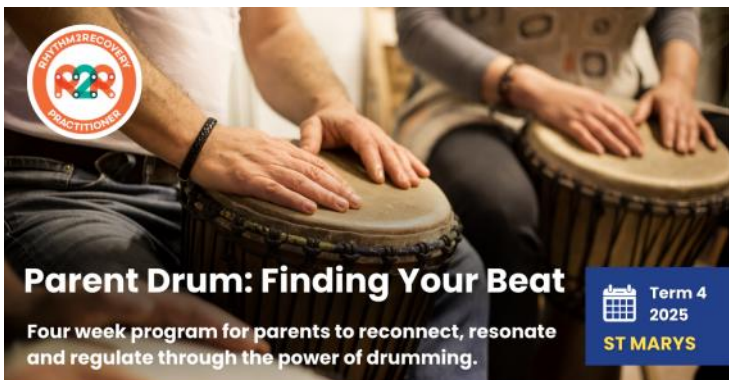
Cost: FREE for residents of Penrith & Blue Mtains LGA

Enquiries and registration:

Phone: 4720 6500

Email: groups@gatewayfamilyservices.org.au

Web: www.gatewayfamilyservices.org.au

Parent Drum: Finding Your Beat

Four week program for parents to reconnect, resonate and regulate through the power of drumming.

Term 4 2025
ST MARYS

Resonate and regulate through the power of drumming, connect with fellow parents and explore the rhythm of life and parenting in this four week program. Rhythm2Recovery is an evidence-based intervention that brings about interpersonal connection, emotional regulation and cognitive reflection, utilising rhythmic exercises, reflection and mindfulness. Learn strategies to use at home.

The program includes:

- Rhythm exercises for better communication
- Rhythm exercises for safe expression of feelings
- Rhythmic exercises for identifying feelings
- Emotional regulation and connection exercises
- Grounding exercises and strategies to use at home

REGISTRATIONS CLOSE: 28th October 2025



REGISTER NOW



Program details

Where: St Marys Children's Centre, 7 Collins Street St. Marys

When: Tuesdays
4th Nov - 25th Nov
6:00pm - 7:00pm

Cost: FREE for residents of Penrith & Blue Mtains LGA

Enquiries and registration:

Phone: 4720 6500

Email: groups@gatewayfamilyservices.org.au

Web: www.gatewayfamilyservices.org.au




Splash & Play Family Fun Day

Enjoy a rich sensory experience with your child in a morning of splash and play outdoor fun.

Term 4 2025
LAPSTONE

Enjoy a rich sensory experience with your child (0-5 yrs) in a morning session of "splash and play" outdoor fun; fostering their curiosity and imagination, as well as enhancing their physical and emotional skills.

- Run through garden sprinklers
- Feel the coolness of the water flowing and trickling around bare feet as you build sandcastles, rivers and dams
- Get messy in the mud kitchen as little hands stir, mould, mix and squeeze mud pies
- Enhance social interactions by sharing and taking turns around the water tubs
- Blow bubbles, find dinosaurs in ice and play themed water craft and games

REGISTRATIONS CLOSE: 14th November 2025



REGISTER NOW



Program details

Where: Lapstone Public School 1/3 Achievement Ave Lapstone

When: Friday 21st November
9:30am - 12:00noon

Cost: FREE for residents of Penrith & Blue Mtains LGA

Enquiries and registration:

Phone: 4720 6500

Email: groups@gatewayfamilyservices.org.au

Web: www.gatewayfamilyservices.org.au





Specialised sport and social skills groups for children with disabilities

- Multi-sport social skills groups
- Developed by an experienced Occupational Therapist and Psychologist
- Promoting social and physical skill development, whilst making friends and having fun
- Children with disabilities 2-16 years
- Run during school term
- 9 different sports
- Building a community for the whole family

Register Now

0493 657 420
www.abletoplay.com.au
info@abletoplay.com.au





kimberwalli



Education

COMMUNITY SERVICES HUB

Need help accessing services?

Get the support you need from community and government services all in one place. Whether it's help with documents, payments, fines, or everyday challenges, service providers will be available to assist you on the day.

For more information call us on (02) 9853 3333

Date: Wednesday, 10 September 2025

Time: 10:00am - 2:00pm

Location: 1 Mimika Avenue, Whalan

***Don't miss out!
Register your interest now!***

Services Attending



Greater Western
Aboriginal Health Service

JUNAIA
FAMILY DEVELOPMENT SERVICES

Legal Aid
NEW SOUTH WALES

LawAccess **NSW**



NSW Trustee and Guardian



**BIRIBEE
HOUSING**



Disability Gateway
Connecting you to information and services



Fair Trading



**Registry of Births
Deaths & Marriages**



**Western Sydney
ITC**



**Services
Australia**



Moneycare



Revenue NSW



**Aboriginal
Legal Service
(NSW/ACT) Limited**



Indigenous Allied Health Australia



**Health
Western Sydney
Local Health District**



GambleAware



HEALTHY SNACKS

Fresh Fruit – Seasonal	\$1.00
Strawberry or Watermelon Cup	\$3.00
Apple or Orange Cup	\$2.00
Mini Muffins	\$1.50
Grain Waves Sour Cream & Chives	\$1.50
Red Rock Deli Chips	\$1.50
Popcorn	\$1.00

LUNCH – SANDWICHES

Butter	\$1.00
Vegemite/Jam/Honey	\$2.00
Cheese	\$2.50
Chicken	\$3.50
Chicken & Salad	\$5.00
Ham	\$3.50
Ham & Salad	\$5.00
Salad	\$4.00
Toast (2 slices)	\$1.00

LUNCH – SALADS

Garden Salad	\$4.50
Cheese Salad	\$5.00
Chicken Salad	\$5.50
Ham Salad	\$5.50

DRINKS

Water - 250ml	\$1.50
Water – 600ml	\$2.00
Fruit Juice Popper	\$2.00
Chocolate Milk	\$2.50
Strawberry Milk	\$2.50
Chill J	\$3.00

LUNCH – HOT FOOD

Beef Lasagne	\$5.00
Twista Pasta	\$5.00
Mac & Cheese	\$5.00
Spaghetti Bolognese	\$5.00
Fried Rice (Vegetarian)	\$5.00
Cheese & Bacon Roll	\$3.00
Ham & Cheese Pizza	\$3.00
Hotdog w Sauce	\$3.50
Chicken/Beef Noodles	\$2.50
Chicken Tender Wrap	\$6.00
Fish Fingers	\$0.50c
Spring Rolls	\$0.50c
Chicken Nuggets (Halal)	\$0.50c
Sausage Roll	\$4.50
Meat Pie	\$4.50
Ham & Cheese Toastie	\$4.00
Cheese Toastie	\$3.00
Sauce Satchets	\$0.30c
Chicken Burger (Halal)	\$7.00
with Lettuce & Mayo	
Beef Burger	\$7.00
with Lettuce and Tomato	
Garlic Bread (2 pieces)	\$1.00
Sauce Satchets	\$0.30c

FROZEN TREATS

Quelch Stick	\$0.50c
Frozen Yoghurt Stick	\$1.00
Vanilla Ice-cream Tub	\$2.00
Twisted Healthy Treats	\$2.00



PRESCHOOL MENU

HEALTHY SNACKS

Fresh Fruit – Seasonal	\$1.00
Strawberry or Watermelon Cup	\$3.00
Apple or Orange Cup	\$2.00
Popcorn (Individual Packet)	\$1.00
Pretzels (Individual Packet)	\$1.50
Harvest Snaps (Individual Packet)	\$1.50

LUNCH – SANDWICHES

Butter	\$1.00
Vegemite/Jam/Honey	\$2.00
Cheese	\$2.50
Ham	\$3.50
Chicken	\$3.50

LUNCH – HOT FOOD

Beef Lasagne	\$5.00
Twista Pasta	\$5.00
Mac & Cheese	\$5.00
Cheese & Bacon Roll	\$2.00
Chicken Burger	\$4.00
Beef Burger	\$4.00
Ham & Cheese Toastie	\$4.00
Chicken Nuggets	\$0.50c each
Sauce Satchets	\$0.30c each

DRINKS

Water	\$2.00
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Announcement to Schools

Our school is pleased to announce that we are now using an online lunch ordering system called Flexischools. Australia's #1 school ordering solution, Flexischools, operates in more than 1800 schools across Australia, enabling cashless ordering and payments for schools.

How to set up your Flexischools account

Simply [download the Flexischools App](#) from the Apple or Google stores and follow the prompts to create an account.

You can also signup through the Flexischools website flexischools.com.au

If you already have a Flexischools account you can simply add a new student to your existing account.



1. Download the app

The Flexischools app is the easiest way to place online lunch orders, buy school uniforms, and receive instant notifications from your school.



2. Register

- Open the Flexischools App and click 'Register'.
- Submit your email address to create an account.
- Go to your inbox and open the registration email from Flexischools.
- Click on the link and follow the registration process.



3. Log in to your Flexischools account and enter your child's details

- Select the 'Profile' icon on the navigation bar.
- Under 'Students', click 'Add new'.
- Enter your child's name, school, year level, and class.
- Click 'submit'.

How to order

- Click the 'Order Food' button at the top of the home page.
- Select which student you would like to place the order for.
- Choose which service, and date you would like to place the order for.
- Make your selections by adding items
- Click "View Order", then "Checkout & Pay"

Tip: Pay-as-you-go for each order, or top-up your Flexischools Wallet.

Student Login

Enter your child's email address so they can order their own lunch through their Flexischools account on their device. It's a great way for them to pick what they want, while you stay in control with daily spending limits and automatic top-ups. Simple and stress-free!

Cancelling your order

Orders can be cancelled through the Flexischools app prior to being sent to the canteen supplier each morning.

To cancel your order click on "Orders" in the Flexischools app and then click on the order you wish to cancel. If the order is still available to cancel, simply click on the cancel button. The full amount of your order will be refunded to your Flexischools Wallet.

If the order is not available to cancel, please contact your canteen supplier directly.

Fee & Charges

A 29c order fee is charged on every order placed through the Flexischools App. This fee is in addition to the cost of the canteen items and is charged at the time of purchase.

There is an additional surcharge for purchases or account top ups made by credit card, debit card or PayPal which is clearly detailed when you check out or add funds into your wallet. However, parents can top up their Flexischools wallet by Bank Transfer which incurs no surcharge. Click here to [view instructions](#).

Please visit our [Help & Support](#) section for additional information and tips.

Our Terms & Conditions can be found here: [Legal & Privacy](#)

Parent Support Line: 1300 361 769 (7am - 12pm, Mon-Fri AEDST)

SRAC Ngubady Gurunggu Aboriginal Go4Fun is coming to Penrith

Ngubady Gurunggu is Dharug Dhalang* for 'caring for children' (*Dhalang means language)

The program will run twice a week at the below times and locations:

Kids swim in pool and parent/carer yarn session:

Date: 14 October to 9 December 2025

Day: Every Tuesday

Time: 6:15pm to 7:30pm

Location: Nepean Aquatic Centre (Penrith 2750)

Whole of family healthy eating group sessions with cooking:

Date: 15 October to 10 December 2025

Day: Every Wednesday

Time: 4pm to 5pm

Location: SRAC Hub (Penrith 2750)

Aboriginal Go4Fun is a free healthy lifestyle program for Mob

It's open to kids aged 7-13 and their families who want to get healthier together!

- Fun lessons learning swimming and water safety skills
 - Yarn about how we can be healthier together
 - Healthy cooking activities
 - Afternoon tea provided
 - Transport available
 - Free program
 - A parent or carer is required to attend each session
- Registration is essential



To register contact SRAC:

Call: (02) 4721 1536

Email: tei@srac.ngo

Scan QR code: to fill out EOI form

A promotional poster for the SRAC Aboriginal Go4Fun program. It features a photograph of two young Aboriginal children smiling. The text on the poster includes: 'A free, fun program for Mob', 'SRAC Aboriginal Go4Fun is coming to Penrith in Term 4, 2025', 'Join a free, 9 week healthy lifestyle program for kids aged 7 to 13 and their families who want to get healthier together', 'This program will run twice a week and includes supported fun swim lessons and healthy cooking activities', 'You can scan the QR code for more program details', and 'To register: Call, (02) 4721 1536 or Email, tei@srac.ngo'. There is a small QR code on the right side of the poster. At the bottom, there are logos for NSW, Aboriginal Go4Fun, a red apple, a target symbol, and a blue folder icon.

A free, fun program for Mob

SRAC Aboriginal Go4Fun is coming to Penrith in Term 4, 2025

Join a free, 9 week healthy lifestyle program for kids aged 7 to 13 and their families who want to get healthier together

This program will run twice a week and includes supported fun swim lessons and healthy cooking activities

You can scan the QR code for more program details

To register: Call, (02) 4721 1536 or Email, tei@srac.ngo

NSW Aboriginal Go4Fun



Kingswood South Public School

STRIVING FOR EXCELLENCE

Be Safe

Be a Learner

Be Respectful

UNIFORM ORDER REQUEST FORM

as at April 2025

Description	Size	Price	Size Required	Qty Required	Total	Office Use Only
Blue Short Sleeve Polo Shirt	4 – 2XL	30.00				
Blue Long Sleeve Polo Shirt	4 – 2XL	30.00				
Sports Shirt	4 – 2XL	30.00				
Sports Shorts	4 - L	15.00				
Microfibre Skort w Bike Shorts	4 - XL	30.00				
Culottes and Skirts	Limited	10.00				
Dress	4 – 12	50.00				
School Shorts	4 – 2XL	20.00				
Cargo Pants	4 - 16	27.00				
Cuffed Tracksuit Pants	4 - 16	25.00				
Jumper	4 – 2XL	25.00				
Bomber Jacket	4 – 2XL	35.00				
Microfibre Jacket	4 - XL	45.00				
Preschool Shirt	4 – 8	28.00				
School Hat	S M L	12.00				
School Bag		60.00				
TOTAL						

The Uniform Shop is open 2.00pm – 2.30pm on Tuesday and Thursday afternoons.

Orders will be ready for pickup once payment is received.

Orders can be left at the office **with payment** and uniforms will be sent home with your child.

Account Name: Kingswood South Public School P & C Special Purpose
BSB: 062589 **Account No:** 00913951 **Ref No:** (child's name and class)

Please tick method of payment: Cash ☐ POS ☐ Bank Transfer ☐

Child's Name and Class: _____

Parent's Name: _____ **Contact Number:** _____

Date Paid: _____ **Signed:** _____ **Receipt #:** _____

School Admin ONLY

Item removed by: _____ Date: _____