



Minchinbury Public School

9 April 2024

202 McFarlane Drive
Minchinbury, 2770

Principal: Miss Webster

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

www.minchinbur-p.schools.nsw.edu.au/

Friday 12 April: ANZAC Day Ceremony

Friday 12 April: Last day of Term 1

Tuesday 30 April: First day of Term 2

Minchinbury Mentions

It's the end of Term 1 2024!!!! This is unbelievable.

And...in true Minchinbury style, this newsletter is again quite lengthy. The reason for this is that we simply provide a wide range of experiences for our students and they love participating!

So, I think I'll just let you have a read and a look without too many words from me. What I will say though is...I continue to be astounded by the kindness, generosity and good will of our community. I feel so privileged to be a part of this amazing community.

2023 Minchinbury Public School Annual Report

If you're looking for an interesting read these holidays, then you might like to take a look at the 2023 Annual Report. This has been published to the school's website under the tab 'School planning and reporting'.

Have a safe holiday and we'll continue to learn together again next term.

**All students return to school for Term 2 on
Tuesday 30 April at 9am.**

Miss Rebecca Webster & Mrs Kristy Troy
Principals

Upcoming events for the next two weeks

11 April: 2:15pm Stage 3 Assembly

12 April: 10am ANZAC Day Ceremony; 2:15pm Stage 1 Assembly

Notes home

Date	Grade	Title of note
26 March	All students	P&C Bunnings BBQ helpers
26 March	All students	School Photo Day reminder
26 March	Selected students	Zone Cross Country
28 March	All students	ANZAC Day Ceremony
28 March	Kindergarten students	Hearing Screening
28 March	Year 4 students	Harmony Day

Notes sent home will have a deadline for payments and for notes to be returned to the school. No payments or notes will be accepted after the deadline has passed. If you will not be able to meet the deadline and wish your child to be involved in the 'note activity' you must contact the office **BEFORE** the deadline has passed.

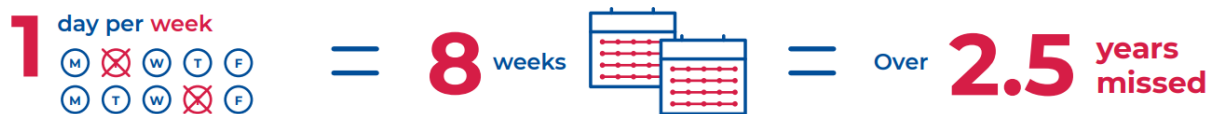
Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

and years over their school life





President: Fiona Walker

Secretary: Sonya Ramke

P&C News

Vice President: Nazli Goker

Treasurer: Tanie Diputado

P&C Fundraising BBQ

Our amazing P&C will be hosting a bbq at Bunnings Minchinbury on Sunday 28 April. Pop by and grab a snag.



Next meeting:

Term 2 - Thursday 9 May @ 5.30pm in the school library.

Minchinbury Public School Pride Moments

LEARNING WITH GLEE IN 5/6B

Taking our learning to great lengths!

In maths, we have been exploring so many topics! Addition, subtraction, multiplication, place value, fractions and length! Making the most of the beautiful, sunny weather, we used our knowledge of measurement, created our own 1m rulers and explored the playground.

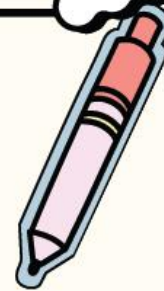


Learning by doing...



- In science, we have been learning about the states of matter.
- In English, we have been creating awesome narratives with cool characters!

- In history, we have been learning about the relationship between Britain and Australia.





Ice melting in our hands



Ice melting on its own



Ice melting in dirt



Ice melting in salt



In 5/6L we are avid scientists who are exploring the states of matter. We have discovered that matter can be a liquid, solid or gas and that all matter can move from one state to another. We have enjoyed conducting experiments to find the fastest way to change ice from a solid to a liquid. It was amazing to see that salt made ice change states quicker then we thought it would.

Minchinbury Public School Pride Moments

Learning Neighbourhood Leadership Day

Minchinbury Public School hosted student leaders from Eastern Creek Public School, Mt Druitt Public School, Rooty Hill Public School and Rooty Hill High School to learn about leadership. Mrs Troy coordinated and presented this event. It's so wonderful that we have great teachers who demonstrated effective and professional leadership skills. Students engaged in a whole heap of activities to strengthen their own leadership skills. We also had the principals of all the schools come and join us for some of the day.

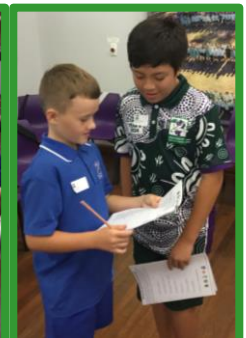
A special thank you goes out to the office staff who arranged the transport of all the students from the different schools and provided all students who participated with a delicious recess and lunch.

Some feedback that we received from the students who participated. Students were asked to indicate, 'Something that I will put into practice from today?'

- Not being scared to step out of my comfort zone. – Rooty Hill PS student
- My listening skills and including others' ideas. – Mt Druitt PS student
- Trying to be more confident to speak in front of people I don't know. – Eastern Creek PS student
- Collaboration and teamwork. – Minchinbury PS student

All students who participated believe that we need to run this event again next year.

And...we will!



Minchinbury Public School Pride Moments

Jersey Day

Thank you to all of our families who were able to support our Stage 3 fundraiser, Jersey Day. Not only did we see a whole lot of sport fans, we also raised money that will go towards subsidising the cost of the Year 6 Farewell. Stage 3 says...thank you!!!



Minchinbury Public School Pride Moments

Bunji Recognition Awards

The students below received Bunji Recognition Awards at the Monday morning assembly.

These rewards are presented to students for performing well in an area of the curriculum.



MPS Cross Country

The cross-country results are in: 1st Hargrave, 2nd Bird, 3rd Hinkler & 4th Smithy.

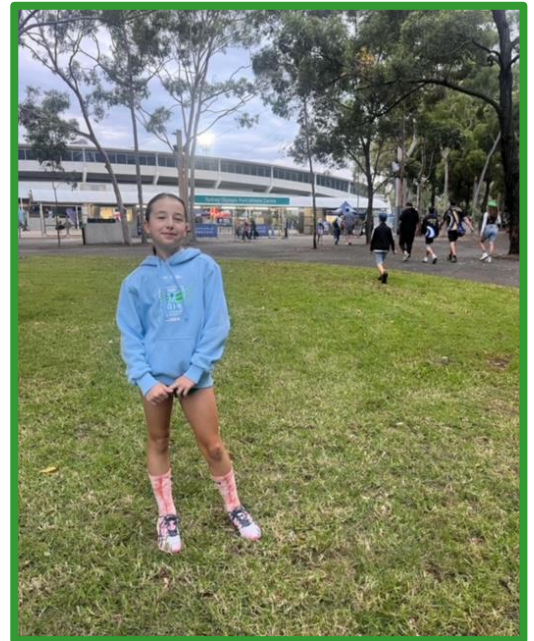
NSW State Athletics

Championships

Don't think that you are reading a newsletter from 2023. This story is definitely a 2024 story.

Our very own Aleksa Kesten competed in the NSW State Athletics Championships. Yes, you have heard something similar to this because...this is her second year making state.

Congratulations, Aleksa!



Sydney West

Basketball

Championships

Congratulations to Aleksa for also being selected to represent the St Mary's / Mt Druitt / Blacktown PSSA in the Sydney West Basketball Team. The team played very well to finish 4th overall.



Merit Awards

The following students received a merit award during the last two weeks. Congratulations!

Respectful Merit Awards

Ayla	KB	Ayva	4E
Waseem	KB	Harihini	4E
Zara	KB	Belle	4E
Anmar	KL	Kora	4E
Ashley	KL	Noora	4E
Kenneth	KL	Annabelle	4T
Ayvah	KO	Baran	4T
Mase	KO	Elsbeth	4T
Rabnoor Singh	KO	Harrison	4T
Aarav	1/2S	Isaiah	4T
Amiah	1/2S	Justin	4T
Meeran	1/2S	Justin	4T
Maverick	1B	Destiny	5/6B
Ivy-Rose	1P	Holly	5/6B
Jesse	1P	Melis	5/6B
Oaklen	1P	Tahlia	5/6B
Cara	1W	Brooklyn	5/6L
Malik	2B	Kayla	5/6L
Lacey	2W	Khiarla	5/6L
Rihanna	2W	Khiarla	5/6L
Aisha	3/4M	Cason	5H
Anabelle	3/4M	Levi	5H
Grace	3/4M	Madeleine	5H
Kamilah	3/4M	Himesh	5W
Keira	3/4M	Jonathan	5W
Evie	3G	Oliver	6P
Valentina	3G	Oliver	6P
Lahni	3N	Abby	6Z
Lorenzo	3N	Hennarose	6Z
Saaya	3N	Indy	6Z
Scarlett	3N	Toby	6Z

Learner Merit Awards

Issa	KB	Alexis	4T
Eden	KB	Arzu	4T
Zainab	KB	Narjis	4T
Lachlan	KL	Julienne	5/6B
Aarna	KO	Lillian	5/6B
Moneer	KO	Faith	5/6L
Rhythm	KO	Khwaish	5/6L
Dominic	1/2S	Levi	5/6L
Jasmine	1/2S	Madyson	5/6L
Lincoln	1/2S	Adi Alisi	5H
Joshua	1B	Miranda	5H
Noelle	1B	Moulton	5H
Rylie	1B	Gina	5W
Topui	1B	Mya	5W
Harry	1P	Zhander	5W
Zara	1P	Aija	6P
Jackson	1W	Enrique	6P
Said	1W	Kashaf	6P
Tutku	1W	Tessa	6P
Autumn	2B	Devran	6Z
Isla	2B	Haadi	6Z
Kyson	2B	Julia	6Z
Lilly	2B	Prisha	6Z
Oliver	2B		
Willow	2B		
Jayda	2W		
Patrick	2W		
Samuel	2W		
William	2W		
Aayra	3/4M		
Charlotte	3/4M		
Samantha	3/4M		
Adam	3G		
Brooke	3G		
Isaac	3G		
Jackson	3G		
Oliver	3G		
Samuel	3G		
Mia	3N		
Zevana	3N		



Safe Merit Awards


Andre	KB	Isla	2B	Fatana	5/6L
Austin	KB	Samson	2B	Mackenzie	5/6L
Marcellus	KB	Nawal	2W	Samuel	5/6L
Aria	KL	Reigan	2W	Servan	5/6L
Benji	KL	Sienna	2W	Sukhman	5H
Jona	KL	Andre	3/4M	Thomas	5H
Roman	KL	Hunter	3/4M	Yusuf	5H
Zafir	KL	Aidan	3G	Daniya	5W
Hazal	KO	Emily	3G	Georgia	5W
Mileena	KO	Owen	3G	Logan	5W
Harrison	1/2S	Era	3N	Miia	5W
Izaiah	1/2S	Giselle	3N	Raphael	5W
Summer	1/2S	Rangimarie	3N	Saliha	5W
Bianca	1B	Aubree	4E	Christopher	6P
Nicholas	1B	Kobi	4E	Daniella	6P
Noor	1B	Mariya	4E	Diesel	6P
Rhys	1B	Mason	4E	Dilara	6P
Azlan	1P	Sofia	4E	Hayden	6P
Isla	1P	Ava	4T	Kobe	6P
Kiarlee	1P	Alexis	5/6B	Ashley	6Z
Mikhaila	1P	Ananya	5/6B	Jad	6Z
Abbas	1W	Chanelle	5/6B	Xavier	6Z
Maryam	1W	Georgie	5/6B		
Fatemah	1W	Jayda	5/6B		
Yusuf	1W				

Minchinbury Public School Pride Moments

Reading Club

Congratulations to the students below who are making progress in the MPS Reading Club.

 Minchinbury Public School Reading Club			
25 Club			
*Jackson Camilleri *Madeleine Davis *Justice Hammond-Winterbottom *Delta Bugeja *Luca Maestrale	*Rocco Maestrale *Hayley Pittman *Rangimarie Toutaiolepo *Hevani Vaivao *Siena Delic	*Hunter Dias *Keira Ewing *Grace Matalio *Sarah Molony *Millad Sarwari *Stella Thit	*Kobi Tracey *Aubree Vitalis *Mariya Yousuf *Narijs Fatima *Mirella Masic *Harrison Pogue
25 Club			
*Sara Qazi Zada *Justin Tran *Nevaeh Vella *Chloe Davis			
50 Club			
*Delta Bugeja *Nevaeh Vella			

 Minchinbury Public School Reading Club			
25 Club	50 Club	75 Club	100 Club
Oliver Pittman (KB) Jonathan Lacana (KL) Bentley Delmar (KO) Zoey Vitalis (KO)	Bentley Delmar (KO)		
125 Club	150 Club	175 Club	200 Club
225 Club	250 Club	275 Club	300 Club



PBL end of Term 1 reward

Students at Minchinbury Public school have been demonstrating positive behaviour for learning during Term 1, both in their classroom and on the playground. As a PBL end of term reward, all students will be engaging in a STEM learning day on Thursday 11 April.

What is STEM learning?

STEM activities integrate the areas of science, technology, engineering and mathematics. Students will become inventors, learning to take risks, critically think about a problem, work collaboratively with others and justify their thinking. STEM learning is engaging and exciting as students critically and thoughtfully provide solutions for real-world concerns.

What will my child be doing?

The teachers in each Stage have been working hard to develop exciting STEM learning experiences to challenge and engage students. Students will work in teams to design, create and test their solutions to a problem.

Positive Behaviour for Learning (PBL) focus

This fortnight's PBL focus is:

Speaking Politely

STOP

This fortnight, students have been focusing on the sense of savouring.

Students have been learning to explore and savour a place at school or at home that is special to them.

CLOSE EYES

This meditation supports students to build their awareness of themselves and identify the positive values of their environments.

S.T.O.P

As we move into the school holidays, we encourage all of our MPS families to continue practicing mindfulness and meditation.

The **S.T.O.P** technique that students have learnt encourages them to:

STOP what they're doing and put things down for a minute.

TAKE a few breaths.

OBSERVE their experience just as it is.

PROCEED and mindfully bring their full attention to their senses.

Information for families considering an Opportunity Class for 2025

Opportunity class (OC) applications opening

OC Year 5 entry in 2025: Applications are open 4 April-20 May 2024

What are opportunity classes?

Opportunity classes are one of the ways the NSW Department of Education supports high potential and gifted students. The classes help students learn by:

- grouping them with other gifted students
- using specialised teaching methods so students can learn concepts in more detail and more quickly
- supporting their wellbeing needs.

Most students in opportunity classes enjoy learning with peers who have similar abilities and interests. Opportunity classes are **not** zoned.

Where are they located?

There are 86 primary schools with opportunity classes in NSW each year.

- 54 schools are located in metropolitan Sydney
- 31 schools are located in rural or regional centres
- a virtual class, Aurora College, for rural and remote students is available in over 600 authorised host schools.

Students successfully placed attend the opportunity class full time in Years 5 and 6 at the relevant public school.

In most cases, students who have accepted a place in an opportunity class will leave their current school to attend the school with the opportunity class.

Should you apply?

If your child learns with greater ease and speed than their classmates, they may benefit from placement in an opportunity class. High potential and gifted children need to be challenged so they remain engaged with their education. Discuss the opportunity with your child and look through the information together on [Opportunity classes – Year 5](#).

If you would like to discuss whether you think you should apply, please contact your child's teacher.

Equity provisions

The [Equity Placement Model](#) helps to make access to opportunity classes fairer for the following under-represented groups:

- students from low socio-educational advantage backgrounds
- Aboriginal and/or Torres Strait Islander students
- students from rural and remote locations
- students with disability.

The Equity Placement Model holds up to 20% of places at each school for students from these groups to support an increase in their participation.

Students from these groups may be considered for equity placement if their test performance is within 10% of general applicants for each school. Learn more about the placement process and the placement test at [Opportunity classes \(Year 5 – 6\)](#).

Ready to apply?

Apply online at: education.nsw.gov.au/oc



April **PENRITH** 2024

SCHOOL HOLIDAY FUN

AT LOLLIPOPS PENRITH PANTHERS



MONDAY
APRIL 15th

FREE KIDS TATTOOS

11am & 2pm

TUESDAY
APRIL 16th

MEAL DEAL DAY

\$20 per child
Includes entry & meal
(3 pieces & chips included)

Must mention facebook special on entry to redeem

WEDNESDAY
APRIL 17th

Lollipop's the cat Visit

12pm

THURSDAY
APRIL 18th

FREE KIDS CRAFT
TOTE BAG DECORATING

12pm

18 kids per session call us to secure your spot

FRIDAY
APRIL 19th

FREE adult Entry
Use code :
FREEADULT

At online checkout only
Book online via our website only

MONDAY
APRIL 22ND

FREE Tay Tay Disco

12pm

Call us to secure your spot.
General entry fees apply

TUESDAY
APRIL 23RD

PAINT & SIP
\$25 Per child
Includes entry & paint by numbers + Drink

12pm

Must prebook 12 kids per session
Book online or over the phone to secure your spot.

WEDNESDAY
APRIL 24TH

PLASTER PAINTING

\$20 Per child
Includes entry & cupcakes
plaster workshop

11am

Must prebook 12 kids per session
Book online or over the phone to secure your spot.

THURSDAY
APRIL 25TH

\$10 Child Entry
ANZAC DAY OPEN
10:30am - 3:30pm

Must mention facebook special on entry to redeem

FRIDAY
APRIL 26TH

BOGO FREE DAY

Buy 1 child get 1 child
FREE day!

Must mention facebook special on entry to redeem. Only valid on full priced entry no passes accepted.

Now located inside Penrith Panthers on Level 3

Open 7 days

PH 02 4721-8555

SEE OUR WEBSITE FOR MORE DETAILS & TO BOOK



Excerpts from

Supporting your K-2 child at NSW schools

<https://curriculum.nsw.edu.au/resources/teaching-resources>

Helping your Year 1 and Year 2 child at home with Mathematics

This guide can help parents support your Year 1 and Year 2 children at home with the learning area of mathematics.

Number and algebra

Representing whole numbers

Representing whole numbers focuses on:

- understanding place value and two-digit and three-digit numbers
- representing numbers to 1000 and partitioning (splitting) numbers to record quantities.

You can help your Year 1 and Year 2 child at home by:

- counting the odd and even numbers on houses as you walk around your neighbourhood. Walk in the opposite direction and count them backwards
- counting numbers by ones up to 120 while skipping rope or throwing a ball to each other. Change the starting point of counting, for example beginning to count from 93
- counting backwards by ones from different starting numbers
- practising partitioning (or splitting) two-digit and three-digit numbers into smaller units. For example, *396 can be broken into 3 hundreds, 9 tens and 6 ones*
- using a hundreds chart to practise counting on and off the decade. For example, *10, 20, 30, 40, 50 ... , 3, 13, 23, 33, 43, 53 ...*

Combining and separating quantities

Combining and separating quantities focuses on:

- using addition and subtraction to solve problems.

You can help your Year 1 and Year 2 child at home by:

- practising quick recall of double numbers to 10. Use double domino tiles to extend thinking to doubling numbers to 20
- finding and discussing numbers in everyday life that are not meant to be used with place value, such as phone numbers, pin numbers, bus numbers and postcodes
- using number bonds, or 'friends of 10', to assist with simple addition and subtraction problems. For example, $4 + 6 = 10$, $6 + 4 = 10$, $10 - 4 = 6$, $10 - 6 = 4$
- using number bonds to solve addition problems by making groups of 10. For example, the problem of $26 + 8$ can be solved by taking 4 from the 8 and adding it to the 26. The new problem of $30 + 4$ is much easier to solve
- solving problems using their knowledge of doubles. For example, the problem $8 + 9$ can be seen as double 8 ($8 + 8$) which is 16. Add one more to make 17
- building number bond knowledge to understand 'friends of 20'. These number pairs are *11 and 9, 12 and 8, 13 and 7, 14 and 6, 15 and 5.*

Forming groups

Forming groups focuses on:

- using groups to solve multiplication problems or share to solve division problems.

You can help your Year 1 and Year 2 child at home by:

- playing skip counting games or taking turns to count by 2s, 3s, 5s, and 10s
- using 5 cent, 10 cent or 2 dollar coins to skip count money
- drawing a skip counting hopscotch path with chalk. Use the hopscotch path in reverse to skip count backwards
- using collections of objects to show groups. For example, share a container of marbles equally between groups. Discuss the number of groups and the number of objects in each group. Refer to the leftover marbles as remainders.

Measurement and space

Geometric measure

Geometric measure focuses on:

- describing the position of objects
- measuring and recording lengths
- halves, quarters and eighths to measure lengths.

You can help your Year 1 and Year 2 child at home by:

- practising kicking a ball to each other's left foot. Then change feet and kick the ball to each other's right foot. This helps understanding the perception of their left/right and your left/right when you are facing each other
- taking turns hiding an object in the house and giving directions to find the object
- measuring the length of objects around the house and backyard using informal units of measurement. Examples include, *How many dominoes long is the table? How many of my feet long is the bedroom? or How many pencils long is my bicycle?* Make sure when using informal measurements the chosen units are placed touching end to end
- measuring your child's height vertically on a wall with both formal and informal units to compare results. For example, stacking and counting plastic connector blocks, using a ruler to measure in centimetres and using a tape measure to measure in metres and centimetres
- measuring the length of household items with a piece of string or a strip of paper. Find half the length by folding the paper or string in half.

Two-dimensional spatial structure

2D spatial structure focuses on:

- recognising, representing and describing a range of polygons (flat shapes which have 3 or more sides) and quadrilaterals (4-sided shapes)
- measuring and comparing area.

You can help your Year 1 and Year 2 child at home by:

- identifying polygons, quadrilaterals (4-sided shapes), pentagons (5-sided), hexagons (6-sided) and octagons (8-sided) around your home or yard
- using folding, colours, lines or patterns to find symmetry of shapes in everyday objects. Examples could include reflections of trees and mountains in water, butterflies, people's faces, buildings, a dart board, floor tile or brick patterns and windows
- completing origami art from symmetrical paper folding
- using grid paper to design a house for your pet or another animal. Areas could include places to eat, store equipment/food, areas to relax or exercise. Use the grid squares to find the area of each room and the total house area
- using Lego base plates to design flat shapes and patterns using different size and colour pieces. Add and compare the area of each colour by counting the Lego studs.

Three-dimensional spatial structure

3D spatial structure focuses on:

- recognising, representing and describing a range of familiar 3D objects
- measuring and comparing volume.

You can help your Year 1 and Year 2 child at home by:

- discovering and naming 3D shapes around your home and backyard. Examples include dice (cube), bread (rectangular prism), ball (sphere), toilet roll (cylinder), ice-cream cone (cone)
- making a variety of 3D shapes, such as a cube, rectangular prism, square pyramid, sphere and cylinder from playdough
- creating a 3D snack food plate. Find food that is in the shape of a cube, rectangular prism, sphere or cylinder. Some ideas could include *cheese cubes, caramels, cheese sticks, baby tomatoes, wafer biscuits, pretzel sticks, meatballs, rigatoni pasta, croutons* or an *orange*
- filling different size and shape containers with water, marbles, rice or sand to compare which can hold the most.

Non-spatial measures

Non-spatial measures focuses on:

- measuring recording, comparing and estimating the masses of objects
- describing, comparing and ordering durations of events, and reading half- and quarter-hour time.

You can help your Year 1 and Year 2 child at home by:

- using hefting (holding 2 items in each hand and lifting to test the weight) to order a variety of household items from lightest to heaviest. For example, *a mug, a book, a metal spoon* and *an apple*. Check this order by using kitchen arm balance scales
- discussing important family dates by using a standard calendar to illustrate when these events will occur. Calculate how long until these events happen, for example, *It's 5 days until your sister's birthday, It's 2 weeks and 3 days until school holidays* or *It's 4 months and 2 days to Christmas*
- using both analog and digital clocks around the house to understand how to read half past the hour,

quarter past the hour and quarter to the hour time

- using the time measures of hour, minute and second in everyday life. For example, *It's 1 hour before bedtime, The food will go into the microwave for 30 seconds or Brush your teeth for 2 minutes – that means counting to 60 twice.*

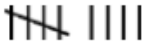
Statistics and probability

Data

Data focuses on:

- gathering and organising data in tables and picture graphs
- interpreting and describing the results.

You can help your Year 1 and Year 2 child at home by:

- assisting them to interview members of your family about a topic of interest. Some examples could be finding what categories of food or television shows family members enjoy the most. Use tally marks to record the answers 
- representing this data as a simple graph using pictures to show the largest to smallest values. For example, *5 people like seafood, 9 people like fast food and 3 people like vegetables*
- describing the information by comparing the data. For example, *4 more people like fast food than seafood, 6 fewer people like vegetables than fast food.*

Chance

Chance focuses on:

- the element of chance in everyday life.

You can help your Year 1 and Year 2 child at home by:

- using the language of chance such as *certain, impossible, more likely, equally likely* and *less likely* when describing everyday events. For example, *I have an equally likely chance of tossing heads or tails on a coin flip.*

SCHOOL ZONE OFFENCES

WHAT ARE YOU RISKING? *



Children are small, harder to see, behave unpredictably and are extremely vulnerable. They need **YOU** to take extra care when driving and parking around school zones.



NO PARKING

No waiting. You have **2 minutes** to drop-off or pick-up.

You must stay within **3 metres** of your vehicle.



PEDESTRIAN CROSSING

1. In a queue of traffic, **no part of your vehicle can stop** on a pedestrian crossing.
2. Do not let **your child in or out of a vehicle** at a pedestrian crossing as this is a No Stopping zone.



NO STOPPING

You must **not stop** on a length of road with a **no stopping** sign.

The first **10 metres** from an **intersection** is a no stopping zone.

Yellow kerb lines are also a No Stopping zone.



DRIVE WAYS & FOOTPATHS

Do not park on or across a driveway or footpath.



BUS ZONE

Only a public bus can stop in a bus zone.



U TURNS

U turns are **illegal** on or near a **pedestrian crossing** and across a **double white line**.



MOBILE PHONES

Extra fines apply for using a mobile phone in a school zone.



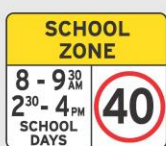
May be subject to Double Demerits

DOUBLE PARKING

Double parking is illegal and is very dangerous in a school zone.



SPEEDING OFFENCES



40km/h is the limit.

Children are vulnerable, so slow down in school zones.



May be subject to Double Demerits

*Fines current as of 25 November 2019.

Fines and demerit points are subject to change. For more information check out the NSW Centre for Road Safety website.



READY 2 SWIM



JUST
**KEEP
SWIMMING**

Award Winning, Family Owned
Swim School located in Mincinbury

Enrol online www.ready2swim.biz

Follow us on social media @ready2swim





GKR KARATE

KARATE FOR EVERYONE



**FREE
UNIFORM**

+ DISCOUNTED MEMBERSHIP

■ CONFIDENCE ■ FOCUS ■ DISCIPLINE

PH:0415 915 721



GKR KARATE



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



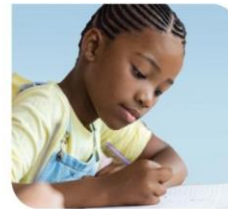
Karate kicking engages all muscle groups in the upper and lower abdominal areas & strengthens the lower back.



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.