

Education Week Monday 22nd- Friday 26th May

Healthy Mind, Healthy Body

During Education Week, Armadale Primary School will be holding some special activities along with classroom activities to showcase and celebrate the work we are doing for students to help ensure healthy minds and bodies.



Monday 22nd May

Open Morning Preps & Year 1s Parents are welcome from 9:30-11am in the classrooms and Infant Hall.

Swimming Program Years 3-6. Parents are welcome to come to any sessions during the week to see their child/ren in action.

Mindfulness Monday. The Health & Wellbeing room is open from 1:00-2:00pm at lunchtimes for children for special mindfulness and yoga activities

Wellness Classes Year 3/4s 1:30-3:15pm Chali Harding from Be Holistic Health will be conducting these sessions to promote healthy practices.

Tuesday 23rd May

Swimming Years 3-6

Special Assembly in the MPC 9:00-9:30am Children from Year 3/4G & 3/4K will present a Healthy Mind, Healthy Body active focus for this special Education Week assembly.

ACMI, Federation Square Maths & Media Excursion Year 2s 9:00-3:00 pm.

Staff Professional Learning- Staff Health and Wellbeing focus session- 3:50-4:50pm with Sam Taylor from Mind Body Beyond.

Wednesday 24th May

Open Morning Year 5 & 6s Parents are welcome from 9:15-11:00am in the classrooms

School tours 10:00am & 2:00pm

World's Biggest Morning Tea MPC 9:00-10:30am parents are invited to join us in support of the Cancer Council's annual fundraiser

Wellbeing Prep Activity 11:30-12:30pm MPC This engaging session will focus on Emotional Intelligence and Resilience with Christine Sully from Incursions R Us.

The Little Mermaid Production Excursion Year 1s at Lauriston 12:30pm-3:00pm

Health, Fitness & Wellbeing Activity Year 2s MPC Special Health promoting activities with Sam Taylor from Mind Body Beyond 2:00-3:20pm

Open Afternoon Year 3/4s Parents are welcome from 2:30- 3:30pm in the classrooms.

Thursday 25th May

Swimming Years 3-6

Open Afternoon Year 2s Parents are welcome from 2:30- 3:30pm in the classrooms

Resilience Project Information Evening- MPC 6:45pm – Parents and the wider community are invited to this special event with speaker Hugh van Cuylenberg. Information in the newsletter and bookings through trybooking.

Friday 26th May

Swimming Years 3-6

Tri Skills Gymnastics Program Prep, Year 1 & Year 2 MPC Parents are welcome to see this active program in action.

Session times are 9:05am -2S, 9:40-2J, 10:20 - 2C, 11:30-1P, 12:00-1K, 12:30-1C, 1:00-1Z, 2:00-Prep E, 2:30-Prep S, 3:00-Prep N.

Year 1, 2, 3 & 4 House Buddies Activity 2:30-3:30pm. The focus will be wellbeing and getting along.

NB: A special Art Mexican craft buddy activity for Prep-Year 6 students will also be held during the week.