



## February Newsletter



Welcome to 2024 – and what a year we hope it will be!

We kicked off the year with a bang over here at the Fit Kidz Foundation receiving the 2024 Australia Day Community of the Year – Hills Shire Council. We are beyond thrilled to receive this special award and proud of the work that we do within our community to have been acknowledged this year. It is a testament to the staff and their hard work and dedication to our wonderful community.

We have also had a busy January School Holiday period, offering a range of different group programs including our new full day Create, Play and Explore themed groups.

Throughout Term 1, we are offering many different group programs for our local community to access including:

- Sensory Kidz: a supported play group for children and parents focusing on building foundational group skills through the use of sensory engagement.
- Sing, Sign and Storytime: a supported play group for children and parents focusing on building foundational group skills through the use of music, storytelling and sign language.
- School Ready Kidz: a group for kids in the year prior to school focusing on independence and pre-academics.
- School Ready Kidz (Tap & Talk): a group for kids who are device users in the year prior to school focusing on independence and pre-academics.
- Andy Bear Club: a 2-day early intervention group focusing on building independence, communication and social skills within early childhood everyday routines.
- Kidz Club: a school-aged group focusing on building social skills.

We are also welcoming a number of new staff to our growing and dynamic team - we hope that they have a fulfilling career with us and our community. Looking forward to seeing many over you over the coming months out and about in our community or at our centre in Dural.



Ellen Witzlsperger  
Service Director  
Educational and Developmental Psychologist

# Announcements

## Community Group of the Year

We are thrilled to share that we were announced as the winner of the 2024 Community Group of the Year and the Hills Shire Council Australia Day Awards.

It is an incredible honour to be recognised for all of the work that we do in the community.



## Hills Shire Council - Citizen of the Year



Our very own Ellen Witzlsperger has been awarded as Citizen of the Year at the Hills Shire Council Australia Day Awards.

This award is a testament to all of the hard work that Ellen does in the community to promote inclusion.



## Welcome to the Team

We are very fortunate to be growing our team and you can expect to see a number of new faces at the Foundation over the next couple of weeks.

We would like to welcome the below staff;  
Kelly - Administration Assistant  
Chelsea - Speech Pathologist  
Mai-Lin - Speech Pathologist  
Mafrooha - Occupational Therapist  
Vydeki - Speech Pathologist  
Kanika - Occupational Therapist  
Betty - OT Therapy Assistant  
Dana - OT Therapy Assistant  
Emma Sinfield - SP Therapy Assistant  
Amelia - Therapy Assistant



## Welcome to Term One

We are looking forward to welcoming all of our wonderful families back to the Foundation in 2024 and there are some beautiful new families joining us too.

Our first group program for the term is commencing on Thursday 1st February.

We can't wait to hear all about your holiday adventures!

# 2024 Group Program's


We have so many wonderful new and existing group programs available throughout Term One 2024.

To find out more information about our group programs click [here](#) to read a full program breakdown.

For any enquires please email [info@fitkidzfoundation.org.au](mailto:info@fitkidzfoundation.org.au).

## 2024 TERM ONE GROUP PROGRAM SCHEDULE



| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY   | FRIDAY   |
|---|---|---|--|--|
| <b>Sensory Kidz</b><br>9:30am - 11:00am   | <b>Sing, Sign &amp; Storytime</b><br>9:30am - 11:00am | <b>Sensory Kidz</b><br>9:30am - 11:00am                     | <b>Andy Bear Club</b><br>8:30am - 11:30am<br><b>FULL</b> | <b>Andy Bear Club</b><br>8:30am - 11:30am<br><b>FULL</b> |
|  | <b>School Ready Kidz</b><br>12:30pm - 2:30pm          | <b>School Ready Kidz (Tap and Talk)</b><br>12:30pm - 2:30pm | <b>Kidz Club (School Aged)</b><br>3:30pm - 5:00pm        | <b>School Ready Kidz</b><br>12:30pm - 2:30pm             |

## 2023 Supporters

