

Newsletter

Maryland Public School

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Our P & C Association meets the 3rd Tuesday of each month at 7.00pm
All parents and community members are welcome to attend
Our School Council meets the 3rd Tuesday at 6.00pm

Skills for Life

Respect

Responsibility

Excellence

Safety

Tuesday, 31 October 2017

PRINCIPAL'S REPORT

Welcome to Week 4.

World Teachers' Day

Last week, we acknowledged World Teachers' Day and this year was the 20th anniversary. There are many challenges and rewards in engaging and supporting students. Teachers today require a combination of valued skills, including quality teaching, management, collaboration, insight, creativity and understanding. While guiding students as learners and citizens, teachers promote the values of democracy, fairness and respect, which sit at the heart of Australian society.

Every day, as a matter of routine, we entrust our children into the care and responsibility of the classroom teacher. Dedicated, compassionate and hardworking in their role, we are fortunate to have such talented teachers at Maryland Public School. As we celebrated World Teachers' Day last week (many thanks to our wonderful SASS staff for providing a delicious morning tea), why not take a moment to thank your child's teacher, or write them a note acknowledging your appreciation. I am certainly privileged to work with colleagues whom I hold in such high regard.

Bikes and Scooters

We have a growing number of students riding bikes and scooters to and from school each day. Please assist us in keeping all our kids safe by; ensuring riders wear a helmet, reminding children that they are to enter and exit the school grounds ONLY by the front entrance on John T Bell Drive with their bike or scooter and reminding riders of the rules regarding safe riding including WALKING bikes and scooters across the pedestrian crossing. We have had a number of incidents reported by concerned community members about our students riding down the middle of the road, zig zagging across roads and students riding bikes and scooters through the middle of the pedestrian crossing. We have spoken with all bike and scooter riders here at school, outlining the expectations for safe riding. We thank you for supporting the safety of our students.

Walk A Mile Koori Style 2017

Walk a Mile Koori Style® (WAMKS) is an Australian version of Walk a Mile in her shoes®. It is an Aboriginal and Torres Strait Islander male youth lead event and men and boys from all nations and cultures are encouraged to participate. This walk is for all men to say NO to domestic violence and advocate for an end to violence in their community.

Walk a Mile Koori Style® has been an annual event for the Newcastle Community since 2013. This event has males of all ages walking from Shepherd's Cottage near the exit gates of King Edward Park to Empire Park opposite Bar Beach (measured as a mile). The hill is currently being researched as a sacred women's site. The women will congregate at Empire Park this year and receive the men on arrival. On arrival the males will Acknowledge Country and offer an oath witnessed by the women. The oath uses words from the White Ribbon Campaign "iSwear".

Where: King Edward Park to Empire Park,
Newcastle East.

When: 9:00am Friday, 1 December.

This is a free event.

How many are we going to get to walk this year?

Attached is the link for registrations. Beat the cut-off date for the size you need. Don't forget, the tees are FREE to all registered MALE walkers.

https://www.stickytickets.com.au/.../walk_a_mile_koori_style...

Have a terrific week everyone,

Mrs Van Egmond ☺

Calendar

Term 4 – Week 4

Thursday, 2 November 2017	Stage 2 Swimming Program
Friday, 3 November 2017	Stage 3 Swimming Program 2.00pm Stage 2 & Stage 3 Assembly

Term 4 – Week 5

Tuesday, 7 November 2017	Callaghan Rugby League 7's Competition
Thursday, 9 November 2017	Stage 2 Swimming Program Digifest CCWC
Friday, 10 November 2017	Stage 3 Swimming Program 2.00pm Whole School Assembly

Important Dates for Your Diary

Monday, 13 November 2017	2019 Year 7 Selective High School application website closes
Wednesday, 15 November 2017	9.30am – 10.15am Kinder 2018 Orientation Session
Thursday, 16 November 2017	Stage 2 Swimming Program



Friday, 17 November 2017	Stage 3 Swimming Program 2.00pm Early Stage 1 & Stage 1 Assembly
Tuesday, 21 November 2017	P&C Meeting 7pm
Thursday, 23 November 2017	Stage 2 Swimming Program
Friday, 24 November 2017	Stage 3 Swimming Program 2.00pm Stage 2 & Stage 3 Assembly
Wednesday, 29 November 2017	9.30am – 10.15am Kinder 2018 Orientation Session
Thursday, 30 November 2017	Stage 2 Swimming Program
Friday, 1 December 2017	Stage 3 Swimming Program 2.00pm Whole School Assembly
Tuesday, 5 December 2017	CCWC Year 6 High School Orientation
Thursday, 7 December 2017	Stage 2 Swimming Program Finishes Carols Evening
Friday, 8 December 2017	Stage 3 Swimming Program Finishes Principals Picnic
Monday, 11 December 2017	Presentation Day
Tuesday, 12 December 2017	Year 6 Farewell
Wednesday, 13 December 2017	Party Day
Friday, 15 December 2017	Last day of Term 4

Term 1 2018

Monday, 29 January 2018	Staff resume for 2018
Tuesday, 30 January 2018	Year 1 to Year 6 resume for 2018
Friday, 2 February 2018	Kindergarten commence for 2018
Wednesday, 14 February 2018	Swimming Carnival
Monday, 19 February 2018	Individual and Class Photos
Thursday, 15 March 2018	2019 Selective High School Placement Test



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

OFFICE NEWS**Group Photos**

The group photos listed below are available to view and order at the school office. Orders need to be returned to school by **Friday, 3 November 2017**.

The cost of each photo is \$15.00.

Public Speaking	Senior Band
Junior Band	House Leaders
Choir	State Representatives
Junior Girls Touch Football	Junior Boys Touch Football
Senior Knights Knockout	Junior Knights Knockout
Zone Swimming Team	Swimming Champions
Hunter Regional Athletics	Zone Athletics Team
Zone Cross Country	Hunter Cross Country
Zone PSSA Rugby League	Stage 2 Sportslink Football
Stage 2 Sportslink Kickball	Stage 2 Sportslink Netball
Stage 3 Sportslink Football	Stage 3 Sportslink Kickball
Stage 3 Sportslink Netball	Hunter PSSA Basketball

SPORT NEWS**Stage 2 & Stage 3 Swimming**

The annual swimming program is well under way with all students enjoying their session in the pool.

Rugby League 7's

The postponed Callaghan Rugby League 7's competition will be played on Tuesday, 7 November. A new note must be signed and returned to the office ASAP.

PRELOVED UNIFORM SHOP NEWS**Opening Hours**

- Tuesday Mornings 8.30am until 9.00am
- Thursday Afternoons 2.45pm until 3.15pm

Cyndi and Carmen ☺☺

NEW UNIFORM SHOP NEWS**Opening Hours**

- Tuesday 8.30am - 9.30am
- Thursday 2.30pm - 3.30pm

Visit the website by clicking on the link below to order uniforms online.

<http://www.countryfeelinguniforms.com.au/>

CANTEEN NEWS**Canteen Roster Term 4**

Day	Date	Name
Week 4		
Wednesday	1 November	Miyako, Lesley, Robyn
Thursday	2 November	Cath, Janelle
Friday	3 November	Jamie, Kassandra, Sharna, Sheree
Week 5		
Monday	6 November	Carmen, Vicki
Tuesday	7 November	Carmen, Sheree C
Wednesday	8 November	Miyako, Lesley, Robyn
Thursday	9 November	Susan B, Helen
Friday	10 November	Jamie, Bec S, Amanda S
Week 6		
Monday	13 November	Carmen, Lynne M
Tuesday	14 November	Carmen, Sarah J
Wednesday	15 November	Miyako, Lesley, Robyn
Thursday	16 November	Alisa, Carmen
Friday	17 November	Jamie, Sharna, Sheree, Kassandra







Full Term 4 Roster on Web Page

COMMUNITY NEWS



Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

- | | |
|---|--|
|  laptops & tablets |  lessons & activities |
|  uniforms & shoes |  books & supplies |
|  sports fees & gear |  camps & excursions |

To join Saver Plus, you must have a Centrelink Health Care or Pensioner Concession Card, be at least 18 years old, have some regular income from work (you or your partner), and have a child at school or attend vocational education yourself.



Contact
Cynthia Culhane
your local Saver Plus
Coordinator
Phone
02 4032 4703
1300 610 355
Email
cynthia.culhane@
thesmithfamily.com.au
Web
www.saverplus.org.au



Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with Berry Street, The Benevolent Society and The Smith Family and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.



Nutrition Snippet

The simplest way

...to make tasty tabouli.

Serves: 6 | Preparation: 10mins | Cooking: 30-60mins

Ingredients

- ½ cup uncooked bulgar*
- 2 cups reduced-salt chicken or vegetable stock, hot
- 2 bunches Italian flat leaf parsley, chopped
- 1 bunch mint, chopped
- 3 shallots, chopped
- 3 Roma tomatoes, chopped
- 2 tbsp olive oil
- 2 tbsp lemon juice



Method

1. In a large bowl, pour the boiling stock over the bulgur. Let sit for 30-60 minutes until softened and then strain through a fine mesh sieve. Cool.
2. Combine the bulgur, parsley, mint, shallots and tomatoes in a large bowl. In a small bowl, combine the olive oil, lemon juice and pinch of salt. Pour over the bulgur mix and toss to mix well.

* Bulgar is a cereal made from whole wheat partially boiled then dried. It can be substituted with couscous or quinoa.

For more information visit

www.eatittobeatit.com.au

or join us at [facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)



Nutrition Snippet

The simplest way

...to reduce cancer risk with wholegrains.

New evidence shows that eating wholegrains every day significantly reduces your bowel cancer risk.*

Delicious wholegrains you can incorporate into your family's diet include:

- wholemeal or multi-grain bread, muffins and crumpets;
- wholegrain or whole-wheat breakfast cereals or muesli;
- wholemeal or mixed grain crispbread;
- brown rice, rice cakes, wholemeal pasta, corn, oats, quinoa, rye, spelt, millet or amaranth;
- barley (not the pearl variety) or cracked wheat (bulgur).



We recommend at least four serves of wholegrain or wholemeal foods every day. One serve equals 1 slice of wholegrain bread or ½ cup of cooked porridge.

*Diet, nutrition, physical activity and colorectal cancer report. Available online: wcrf.org/colorectal-cancer-2017.

For more information visit

www.eatittobeatit.com.au

or join us at [facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)



Good for Kids good for life

LIMITING SCREEN TIME

Do you need some ideas for distracting your child from 'technology' or watching television?

Try some of these ideas:

- Go screen free on weekdays (except for educational purposes)
- Tech free Saturdays
- Simple restrictions on when your child has access, such as 'no screen time before dinner or bed'
- Try 'Imagination Wednesdays' where you and your child do things together that don't involve a screen
- Provide seven 30 minutes vouchers on a Friday afternoon to last for the following week. When your child watches the TV or plays on the computer they hand the vouchers back for every 30 minutes they're looking at a small screen. This limits your child to 3.5 hours of screen time over a week.



Adapted from: Murrumbidgee Local Health District



PHONE 4924 6499



Part-Time Work

School Crossing Supervisors – Work with your community Permanent Part-Time position – Maryland Public School – 000050EG

An important person in a child's school life is the School Crossing Supervisor, who ensures they cross the road safely. The role requires minimal hours out of your day and gives something worthwhile back to the community.

The position is working 10 hours per fortnight with the hours of 8.00am – 9.30 am and 2.30pm - 4:30pm Monday to Friday during school terms. The base rate is \$22.46 - \$26.95per hour.

Training for your key responsibilities of directing traffic to stop at the designated crossing and giving clear instructions to infants and primary school students to cross the road safely, will be provided. You may be required to attend a health assessment. Appointment is subject to a Working with Children Check clearance.

Roads and Maritime Services is an equal opportunity employer.

For further information on this exciting opportunity please call 1300 305 855 or go to iworkfor.nsw.gov.au to apply.

Applications close Sunday, 12 November 2017

TfNSW are committed to building a diverse and inclusive culture across the Transport cluster, planning for and promoting diversity. We welcome and encourage applications from diverse community groups and ages including Aboriginal and Torres Strait Islander, LGBTI, people with disabilities, women and other diversity groups. TfNSW recognises the benefits that such an approach brings for our staff and customers in delivering the future of NSW.