

Newsletter

Maryland Public School

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Our P & C Association meets the 3rd Tuesday of each month at 7.30pm
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, 19 September 2017

PRINCIPAL'S REPORT

Welcome to Week 10.

What a term! Term 3 has been a real cracker of activity and learning at Maryland Public School. Students and teachers are looking forward to a well-earned break.

Yesterday, students completed the last of their Peer Support lessons, lead throughout the term by Stage 3 students. Congratulations to Ms Berg for her excellent organisation and to all of the students leading and taking part.

Today, the school excitedly welcomed parents and 2018 Kindergarten students to the first orientation session for next year's kindergarten intake. School information was shared, and parents had a wonderful introduction to the school thanks to Mrs William's hard work.

Also today, seven teachers have been involved in the first of five instructional rounds professional learning sessions. These sessions, which will run into Term 4, are an opportunity for staff to observe, reflect and develop teaching skills.

On Wednesday 'YSafe' Online Safety Program sessions for Stage 2 and Stage 3 students will be held to educate students in online safety. The program, funded by a Federal grant will involve teachers in an information session after school. Parents are invited to an information session at 9am in the hall.

Parents are invited into the school on Thursday for Maryland Partners in Learning sessions. Please see the information blurb in the newsletter for more details.

This week teachers have been focusing on safety in the lead up to school holidays. **Walking** on hard surfaces, particularly after the 3pm bell, is an important reminder to keep all safe on the school grounds.

Also just a reminder that we have our last Whole School Assembly for the term this Friday at 2.00pm. All welcome to attend.

Please stay safe, whether you are camping, riding, surfing, swimming, fishing or where ever your school holidays take you.

Enjoy the break and see you for first day back Monday 9th October.

Benjamin Blyth (Relieving Assistant Principal Stage 2)

OFFICE NEWS

Impetigo

We have had a confirmed case of Impetigo (School Sores) at the school. Please see attached fact sheet for information.



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

Calendar

Term 3 – Week 10

Wednesday, 20 September 2017	YSafe Online Safety Parent Information Meeting 8.50am School Hall
Thursday, 21 September 2017	Stage 2 Sportslink Maryland Partners in Learning Parents Discussion Sessions 2.30pm Session 1 5.30pm Session 2
Friday, 22 September 2017	2.00pm Whole School Assembly Last day of Term 3

Term 4 - Week 1

Monday, 9 October 2017	Staff & Students resume for Term 4
Wednesday, 11 October 2017	S3 Canberra Excursion
Thursday, 12 October 2017	S3 Canberra Excursion S2 & S3 Swimming Program Money Due
Friday, 13 October 2017	S3 Canberra Excursion

Important Dates for Your Diary

Term 4

Tuesday, 17 October 2017	9.30am – 10.15am Kinder 2018 Orientation Session School Council Meeting 6pm P&C Meeting 7pm
Wednesday, 15 November 2017	9.30am – 10.15am Kinder 2018 Orientation Session
Tuesday, 21 November 2017	P&C Meeting 7pm
Wednesday, 29 November 2017	9.30am – 10.15am Kinder 2018 Orientation Session
Monday, 11 December 2017	Presentation Day
Tuesday, 12 December 2017	Year 6 Farewell
Friday, 15 December 2017	Last day of Term 4

2018 Kindergarten Orientation Program

Planning is underway for the 2018 Kindergarten Orientation Program. If you have a child or know of any families who have a child turning 5 on or before 31 July 2018 please contact the school office.

PARTNERS IN LEARNING SURVEY - NOW OPEN!

We invite all parents and carers to participate in the *Partners in Learning* survey. This survey will help our school understand parents' and carers' perspectives on their child's experience at school. These include: communication between parents/carers and staff, activities and practices at home and parent/carer views on the school's support of learning and behaviour. This valuable feedback will help our school make practical improvements. The survey is conducted entirely online on smartphones, ipads, tablets, laptops or computers. The survey will typically take 15 minutes or less to complete and is completely confidential. The parent survey will be conducted between Tuesday, 29 August and Wednesday, 13 October. Although participating in the survey is entirely voluntary, your responses are very much appreciated. To access the survey for our school go to: <https://nsw.tellthemfromme.com/maryland2017>

Maryland Partners in Learning

Are you keen to hear about where we are now and where we are headed?

Come along for some round table discussions about how our students are learning and performing at MPS.

Topics covered: NAPLAN, Numeracy, Reading, Writing and our Bump It Up initiative.

- Who: Interested parents and friends
- When: Thursday, 21 September – Session 1 at 2.30pm, Session 2 at 5.30pm
- Where: Our Library

Come and join us for some light refreshments at either of the above times.

We look forward to your questions, input and company!

EARLY STAGE 1 NEWS**Life Education Visit Thank You**

On Tuesday, 5 and Wednesday, 6 September all our Stage 1 and ES1 classes visited the Hunter Life Education Centre at Edgeworth. A big THANK YOU to The Rotary Club of Wallsend for supporting the funding of these classes. Life Education supports us by empowering Hunter young people to make safer and healthier choices through education. All classes thoroughly enjoyed their visit, especially meeting Healthy Harold!



Students enjoyed a visit to Stage 1 today participating in a variety of activities. This is the first of four visits where students will have the opportunity to become a little

more familiar with what happens in Stage 1 in readiness for next year.

LOST ITEMS: a pair of boys sport shorts and a girls uniform have not been claimed after students changed into colour run clothes last week. Please see Mrs Williams if your child is missing these items.

Have a happy and safe school holidays and we look forward to seeing you for a busy Term 4, the last term for the year! Thank you for your continued support of our school and students.

Lorraine Williams (ES1 Leader)

SPORT NEWS

The Rugby 7's Tournament scheduled for Tuesday, 19 September has been postponed. The tournament will now be held in Term 4 with a new date to be advised.

Debbie Wingrove (Sports Coordinator)

NEW UNIFORM SHOP NEWS

Country Feeling Uniforms has just gone live with an Ecommerce website. Families can now order all their uniforms online and pick up from the Uniform Shop at school.

The Uniform Shop hours will NOT change – this is an added resource especially for busy families.

Visit the website by clicking on the link below.

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

Opening Hours

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

PRELOVED UNIFORM SHOP NEWS**Opening Hours**

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

Cyndi and Carmen ☺☺

CANTEEN NEWS**Canteen Roster Term 3**

Day	Date	Name
Week 10		
Wednesday	20 September	Miyako, Lesley, Robyn
Thursday	21 September	Jessica F, Lesley, Helen
Friday	22 September	Jamie, Deanna, Alicia G, Cassandra

Canteen Roster Term 4

Day	Date	Name
Week 1		
Monday	9 October	Carmen, Vicki Q
Tuesday	10 October	Carmen, Sarah J
Wednesday	11 October	Miyako, Lesley, Robyn
Thursday	12 October	Susan B, Helen
Friday	13 October	Jamie, Bec S, Amanda S, Sheree
Week 2		
Monday	16 October	Carmen, Cath
Tuesday	17 October	Carmen, Sheree C,
Wednesday	18 October	Miyako, Lesley, Robyn
Thursday	19 October	Alisa, Rachel, Carmen
Friday	20 October	Jamie, Deanna, Sharna

Full Term 4 Roster on Web Page

COMMUNITY NEWS



Nutrition Snippet


The simplest way


...to keep all the nutrients and minerals.

Here are some useful tips to help keep the nutrients and minerals in your fruit and veg during preparation and cooking.

- Follow storage tips. Not only will your fruit and veg last longer, it will retain more nutrients and taste better too.
- Try not to peel your fruit and vegetables if you can avoid it. The skin is packed with fibre and other nutrients such as vitamins lie close to the skin surface.
- When cooking fruit and veg try not to chop it up too much.
- Heating fruit and boiling vegies loses many of the wonderful vitamins and minerals inside. Fruit and vegies are great fresh and raw. If you prefer them cooked, steaming, blanching, grilling, roasting, stir frying or microwaving retain more nutrients.
- Fresh is great but the nutrient value of food is also retained when snap frozen.
- Use the outer leaves of vegetables unless they are wilted or unpalatable.
- Keep it simple and do what works for you. We agree that eating fruit and veg any way you can is still a win!

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

TIPS FOR PACKING A HEALTHY LUNCHBOX

Packing a healthy lunchbox doesn't have to be hard or time consuming. Use these helpful tips to pack a lunchbox your kids will love.

- Include a piece of fruit or chop up a variety of fruits and place in a container
- Provide some easy to eat vegies such as snow peas or cherry tomatoes for a snack
- Include some reduced fat dairy like yoghurt or cheese
- Use wholegrains like wholemeal bread, brown rice and wholemeal pasta for long lasting energy
- Include lean meat and alternatives such as chicken, tuna and eggs
- and salad vegetables as sandwich fillers
- And don't forget that water is the best drink!



PHONE 4924 6499

Wallsend RSL Junior Cricket Club

SIXERS GIRLS CRICKET LEAGUE

JOIN THE FUN!



Are you the next Elyse Perry? It's time to find out. If you are aged between 10 and 13 you can play cricket with Wallsend RSL Junior Cricket Club.

Games are on a Friday night at Smith Park, played in a friendly, safe and supportive environment.

Registrations can be completed at Wallsend RSL Junior Cricket Club or call Stuart Cathcart on 0438694096 for more info.

Take the first step to being Australia's next champion cricketer!

Communicable Diseases Factsheet

Impetigo

Last updated: May 2016

Impetigo is a highly contagious bacterial infection of the skin. Good hygiene helps prevent spread of infection. If antibiotics are given it is important to finish the whole course to make sure the impetigo will not recur.

What is impetigo?

Impetigo is a bacterial skin infection caused by *Streptococcus* and *Staphylococcus* bacteria. It is commonly known as 'school sores' because a majority of cases are in school-aged children. However, it can also affect infants, adults and adolescents.

Uncomplicated impetigo does not cause permanent damage to the skin, but is highly contagious.

What does it look like?

Impetigo occurs in two forms, blistering and crusted. In blistering impetigo the blisters arise on previously normal skin, and rapidly grow in size and number. The blisters quickly burst and leave slightly moist or glazed areas with a brown crust at the edge. The spots expand even after they break open and can be many centimetres wide. They sometimes clear in the centre to produce ring shaped patterns. They are not usually painful, but can be itchy.

Crusted impetigo has a thick soft yellow crust. Beneath this crust is a moist red area. Crusted impetigo spots grow slowly and are always smaller than the fully developed spots of blistering impetigo. They are not usually painful, but can be itchy.

Impetigo can occur on top of other skin conditions, particularly itchy ones. When the skin is scratched the infection can enter through the broken skin. Some of these conditions are atopic dermatitis (eczema), scabies, insect bites and head lice.

In cases where a larger area of skin is affected, patients may also have a fever, swollen lymph nodes or feel generally unwell.

How is it diagnosed?

Your doctor may diagnose impetigo based on a visual inspection of the blisters/ sores, or by taking a swab to test for bacteria and check which antibiotic to use. The result of the swab takes several days.

How is it treated?

Depending on how bad the infection is, your doctor may recommend the use of an antibiotic ointment or oral antibiotics in severe cases. Antibiotic ointment should be continued until the sores have completely healed. If oral antibiotics are given it is important to finish the whole course of treatment (usually 5 days) and not stop when the impetigo starts to clear.

Sores should be cleaned every 8 – 12 hours, dried thoroughly and covered with a waterproof dressing. Bathing the blisters with salty water will help to dry them out (use saline solution or dissolve about half a teaspoon of salt in a cup of water).

How is it spread?

Impetigo is very easy to catch from other people. Impetigo is usually spread through direct contact with other infected people.

The bacteria primarily enter through damaged skin. People with conditions causing long-term damage to their skin, such as eczema or atopic dermatitis, are at greater risk of infection.

How can you avoid spreading the infection?

While you have the infection:

- Sores should be kept clean and covered with a waterproof dressing to prevent them being touched or scratched.
- Used dressings should be placed in a sealed bag and put in the garbage bin as soon as they are removed.
- Hands should be washed with soap after sores are touched or redressed.
- Children with impetigo should be kept home from school or other group settings if their wounds cannot be kept covered until 24 hours after antibiotic treatment has been started, or until the blisters have dried out if antibiotics are not used.

To prevent impetigo children should be taught:

- To wash their hands often with soap,
- Not to scratch scabs or pick their nose,
- Not to share their clothes, towels, or toothbrushes.

Parents should be careful not to allow items such as bed linen, nail scissors, tweezers or razors used by the affected person to be used by others.

In addition to general hygiene measures, specific measures to prevent spread in schools and childcare include:

- teachers, children and families should understand the importance of hand washing, covering sores and staying home if sick
- hand washing products (soap dispensers, running water and paper towels) should be available and accessible
- activities should allow time for hand washing (before eating and after going to the toilet)
- temporary exclusion from child care or school if their wounds cannot be kept covered until 24 hours after antibiotic treatment has been started, or until the blisters have dried out if antibiotics are not used
- surfaces such as counters, desks and toys that come in contact with uncovered or poorly covered infections, should be cleaned daily with detergent, and whenever visibly contaminated.

Impetigo is dangerous for babies

It is important for people with impetigo to keep away from newborns and young babies. Newborn babies are particularly susceptible to impetigo because their immune systems are not fully developed.


What is the public health response?

Impetigo is not notifiable in NSW. Public health units can advise on the control of outbreaks.

In communities in Australia that have cases of rheumatic heart disease, episodes of acute rheumatic fever are thought to be triggered by impetigo as well as by throat infections with group A *Streptococcus*. In those communities prompt treatment and control of impetigo is an important part of preventing rheumatic heart disease.

Group A streptococcal infection may lead to other rare conditions such as acute post-streptococcal glomerulonephritis 3–6 weeks after the skin infection, which is associated with antibodies produced to fight streptococcal infection.

For further information please call your local Public Health Unit on 1300 066 055

Monday 25/9	Tuesday 26/9	Wednesday 27/9	Thursday 28/9	Friday 29/9
<p>Pizza Day</p>  <p>Enjoy a yummy slice of pizza or two for lunch.</p> <p>Cost: \$5.00</p> <p>Make a ROY POLY Habitat</p> <p>Rock Painting (Parent Suggestion)</p> <p>Dream Time Stories in the Aboriginal Garden</p>	<p>Let's Have Our Very Own 'yaD sdrawkcaB (Backwards Day)</p> <ul style="list-style-type: none"> - Wear Your Clothes Back to Front - Eat Lunch for Morning Tea and Morning Tea for Lunch - Learn to speak Pig Latin - Recite the Alphabet Backwards <p>Game: Backward Relays</p> <p>Making Smoothies</p> 	<p>DISCO</p>  <p>Time: 12.30pm – 2.00pm</p> <p>DJY Musical Instruments</p>  <p>Enjoy a healthy afternoon tea – Fruit Salad</p>	<p>It's a Celebration of Friendship</p>  <ul style="list-style-type: none"> - Make Friendship Bracelets - Build Friendship Towers - Weave a Spider Web of Friendship - "Thanks for the Compliment" <p>Making Sherbet</p>	<p>Do You Have A Favourite Toy?</p> <p>Why not bring it in. Let's use the OOSH iPads to advertise them!</p>  <p>Game: Parachute Games</p> <p>Cooking Lemonade Scones</p>
Monday 2/10	Tuesday 3/10	Wednesday 4/10	Thursday 5/10	Friday 6/10
<p>Public Holiday</p> <p>Service Closed</p>	<p>It's a RAINBOW Kind of Day</p>  <ul style="list-style-type: none"> • Rainbow Ramp Painting • Rainbow Baking Soda and Vinegar Experiment • Rainbow Milk Experiment <p>Game: Hula Hoop Relay</p> <p>Make Your Own Cake in a Cone with Colourful Sprinkles</p>	<p>ARE YOU OOSH'S FIRST NINJA WARRIOR???</p>  <p>Help develop, set up and attempt our very own Ninja Course!</p> <p>Scratch and Sniff Scented Art</p> <p>Cooking Honey Bread</p>	<p>Jumping Castle</p>  <p>Cost: \$10.00 Time: 9am – 4pm</p>  <p>Making Ham and Cheese Scrolls</p>	<p>Disney Day</p>  <p><i>Come Dressed as Your Favourite Disney Character.</i> <i>Why not bring along the Disney Movie too!</i></p> <p>Games: Ring Toss 10 Pin Bowling</p>  <p>HOT DOG FRIDAY</p> <p>Enjoy a delicious hot dog for lunch!</p>

Excursions involving private bus hire will not run if we do not get 25 bookings or more. If they are cancelled alternate programs will run and special activities arranged according to the interests of the children on the day.

Each day the children will also be involved in many activities such as craft, games, construction, home corner and more. Each day will include ideas given by the children and lots of spontaneous activities. At the end of each day reflections are written for you to be able to see what we have been doing.