

# Newsletter

## Maryland Public School

John T Bell Drive Maryland NSW 2287

T 4955 9430 F 4955 8945 E [maryland-p.school@det.nsw.edu.au](mailto:maryland-p.school@det.nsw.edu.au) Web: [www.maryland-p.schools.nsw.edu.au](http://www.maryland-p.schools.nsw.edu.au)



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

### Skills for Life

Respect

Responsibility

Excellence

Safety

Tuesday, 15 May 2018

### PRINCIPAL'S REPORT

#### Volunteer Thank You

On Friday our super volunteers provided yet another fabulous Mother's Day stall.

Our students had a lovely time browsing the stall and selecting that perfect gift for Mother's Day.

Thank you to our outstanding team of volunteers for their time, not only on Friday but leading up to the event with shopping, wrapping, labelling, delivering gifts and setting up the hall.

This was another P&C initiative, well supported by our families to ensure its continuation. A huge thank you to all volunteers who assisted in any way.

We have a small but very passionate group of P&C members this year, however, need at least a few more volunteers to keep the P&C afloat. If you are able to join us tonight (even for a very short time) from 6pm in the library, we'd love to see you there!

Attached in our newsletter today is a QUICK survey about our P&C so we can ascertain what suits our community best in terms of P&C meetings and what you want to know about the running of the P&C organisation.

The paper survey can be completed and returned to school by the end of the week. Alternatively, you may complete the same survey online with the link provided below:

[https://docs.google.com/forms/d/e/1FAIpQLSe8cng121MRCZbB2-n3RRp\\_xub7RpcHpXGGT6bR7JRxBMA2A/viewform?c=0&w=1](https://docs.google.com/forms/d/e/1FAIpQLSe8cng121MRCZbB2-n3RRp_xub7RpcHpXGGT6bR7JRxBMA2A/viewform?c=0&w=1)

Our P&C organisation is too valuable to lose. Please, please, please consider joining to support our children and school. Many thanks in advance and I look forward to meeting some new members tonight.

#### Opportunity Class 2019

A reminder to parents who have indicated their intention to apply but have not yet done so;

Online applications opened on Tuesday, 1 May 2018 and will close at 10pm on Friday, 18 May 2018.

**Late applications will not be accepted.**

All applications must be made online at <https://education.nsw.gov.au/shs-oc>.

#### NAPLAN

NAPLAN started today for our Year 3 and Year 5 students. We wish them all the very best as they

undertake assessments in Literacy and Numeracy over the next two weeks.

Please consult the timetable so you can see which days your children will be completing their assessments.

#### Early Arrivals

We have had a number of students arriving at school well before 8.30am (some earlier than 8am). Please note that supervision of students starts only at 8.30am. Children should not be arriving to school earlier than this. If before school child care is required, we have an OOSH (Out of School Hours) care facility on site which you may utilise.

For safety reasons, please do not send children to school prior to 8.30am.

#### Staff Recognition of Service

At our Monday morning assembly yesterday we acknowledged the wonderful service to our public school teaching profession of two very highly regarded staff members. Both of these teachers have nurtured many young minds, supported and encouraged the ongoing learning of many, many students over the terms of their brilliant careers. Congratulations and thank you to Mrs King (20 years) and Mr Wells (30 years) for their dedication and commitment to outstanding public education. Lucky MPS!



Have a wonderful week everyone and remember –  
“Doing your best is more important than being the best.”  
Zig Ziglar.

Mrs Van Egmond ☺

## Calendar

### Term 2 – Week 3

Tuesday, 15 May 2018	6.00pm P&C Meeting <b>Stewart House Donations due</b>
Wednesday, 16 May 2018	9.10am NAPLAN Year 5 Reading (Online) 11.30am NAPLAN Year 5 Language Conventions (Online)
Thursday, 17 May 2018	9.10am NAPLAN Year 3 Reading (Online) 11.30am NAPLAN Year 3 Language Conventions (Online)
Friday, 18 May 2018	2019 Opportunity Class Placement & Application website closes 2pm Year 3 to 6 Assembly

### Term 2 – Week 4

Tuesday, 22 May 2018	9.10am NAPLAN Year 3 Numeracy (Online) 11.30am NAPLAN Year 5 Numeracy (Online)
Thursday, 24 May 2018	9.10am & 11.30am NAPLAN Year 3 & Year 5 Catch up
Friday, 25 May 2018	2pm Kinder to Year 2 Assembly

### Important Dates for Your Diary

Tuesday, 29 May 2018	Open Knights Competition
Thursday, 31 May 2018	<b>1<sup>st</sup> Instalment due for Great Aussie Bush Camp</b>
Friday, 1 June 2018	2pm Whole School Assembly
Tuesday, 5 June 2018	Year 6 Tocal Field Day Excursion
Friday, 8 June 2018	2pm Year 3 to 6 Assembly
Monday, 11 June 2018	Queen's Birthday (Public Holiday)
Tuesday, 12 June 2018	Year 5 Tocal Field Day Excursion CCWC CAPA Auditions
Wednesday, 13 June 2018	CCWC CAPA Auditions
Friday, 15 June 2018	2pm Kinder to Year 2 Assembly
Tuesday, 19 June 2018	6.00pm School Council Meeting 7.00pm P&C Meeting
Friday, 22 June 2018	2pm Year 3 to 6 Assembly
Friday, 29 June 2018	2pm Whole School Assembly
Friday, 6 July 2018	Athletics Carnival Last Day of Term 2
Monday, 23 July 2018	Staff Development Day (Pupil Free)
Tuesday, 24 July 2018	Students resume for Term 3
Wednesday, 1 August 2018	2019 Opportunity Class Placement Test
Wednesday, 15 August 2018	Zone Athletics Carnival



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

### National Consistent Collection of Data (NCCD)

During Term 2 our school will collect data from classroom teachers for the NCCD.

The national data collection counts students who have been identified by a school team as receiving an adjustment to address a disability as defined under the *Disability Discrimination Act 1992* (the DDA). The national data collection is based on the professional judgement of teachers about their students with disability and the level of reasonable adjustment they receive to access and participate in education on the same basis as other students. This is consistent with the obligations of all schools under the Disability Standards for Education 2005 (the Standards). The DDA and the Standards are both available on the ComLaw website at [www.comlaw.gov.au](http://www.comlaw.gov.au)

This data assists planning and funding for schools. No identifying information about your child will be sent with the data. If you would like any further information please contact the school

Mrs Mackay (LST Coordinator)

### POSITIVE BEHAVIOUR FOR LEARNING (PBL)

#### Focus – RESPECT

Our RESPECT focus will be on MANNERS.

Talk to your child about GOOD MANNERS which should be used in their daily life.

- ❖ PLEASE – THANK YOU
- ❖ HAVE A NICE DAY
- ❖ I'M SORRY

Please work together with us and reinforce this week's PBL with your child.



**OFFICE NEWS****Medical Alerts**

We have been notified that a student has been diagnosed with Hand, Foot and Mouth Disease. Please see the attached factsheet from NSW Health.

Also another student has been diagnosed with Mycoplasma Pneumonia. The symptoms are similar to that of a virus starting with a sore throat, runny nose, headaches then fevers and cough. If your child is showing any signs or symptoms please consult your GP.

**EARLY STAGE 1 NEWS**

ES1 students will be bringing home a note and worksheet to complete this week outlining two tasks that we would like your help with, so please look out for these in school bags.

REQUEST; After the bell, the pathway from the Area B COLA to classrooms is becoming very congested again in the mornings and we ask that you keep this area clear so classes can make their way through...thank you.

To support the school value of Responsibility, we are encouraging students to unpack their own bags in the morning, getting out the items they need for class eg home reader, bank book on Tuesdays etc, then zipping their bag back up. We know this can be a bit tricky so a bit of extra practise might help!

Thank you for your support with this.

Gymnastics is going very well with students really enjoying the variety of equipment and activities presented.

Mrs Williams (ES1 Leader)

**SPORTS NEWS****PSSA Touch Footy**

Well done to Latesha W for her selection in the Hunter Touch Football team.

**PSSA Rugby Union**

Good luck to the boys who are trialling for the Zone Rugby Union team this Thursday.

Mrs Wingrove (Sports Coordinator)

**P&C NEWS**

We hope everyone enjoyed the items that were purchased from the Mother's Day Stall on Friday and had a great Mother's Day on Sunday.

**P&C Meeting**

The next P&C meeting is on tonight, 15 May from 6pm in the library. All welcome and hope to see you there!

**FUNDRAISING NEWS**

A great big THANK YOU to everyone that made a donation to the Mother's Day Stall that was held last Friday. It was so nice to see the children make that difficult decision of what to buy for their mum / carer and grandma. Also thank you to all the volunteers that gave up their Friday morning to serve on the Stall. A special mention, and our appreciation goes to Amanda and canteen workers that did provide the scrumptious morning tea for the volunteers. This event raised in excess of \$2300 (including the raffle) and these funds

will be utilised in the purchase of specific educational resources at our school.

These events have many hands working behind the scenes to get the gifts ready, wrapped and tagged for purchase. If you would like to contribute and become part of this Fundraising team please leave your details at the office. Many hands make light work.

Fundraising Committee

**CANTEEN NEWS****Canteen Roster Term 2**

Day	Date	Name
<b>Week 3</b>		
Wednesday	16 May	Miyako, Lesley, Robyn
Thursday	17 May	Susan B, Anita
Friday	18 May	Jamie, Sheree, Esme, Sharna
<b>Week 4</b>		
Monday	21 May	Carmen, Lynne M,
Tuesday	22 May	Carmen, Sheree
Wednesday	23 May	Miyako, Lesley, Robyn
Thursday	24 May	Bree, Lesley, Katie O
Friday	25 May	Jamie, Cassandra, Alicia G
<b>Week 5</b>		
Monday	28 May	Carmen, Lynne M,
Tuesday	29 May	Carmen, Sarah J, Danielle
Wednesday	30 May	Miyako, Lesley, Robyn
Thursday	31 May	Janelle W, Cher
Friday	1 June	Jamie, Sheree, Esme, Sharna

**PRELOVED UNIFORM SHOP NEWS****Opening Hours**

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

Carmen & Alisa 😊😊

**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/>



## Mother's Day Stall









## 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.



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.ds.gov.au](http://www.ds.gov.au) for more information.

**Contact**  
Cynthia Culhane  
your local Saver Plus  
Coordinator

**Phone**  
02 4032 4703  
1300 610 355

**Email**  
[cynthia.culhane@thesmithfamily.com.au](mailto:cynthia.culhane@thesmithfamily.com.au)

**Web**  
[www.saverplus.org.au](http://www.saverplus.org.au)



Nutrition Snippet

### The simplest way

...to help your family eat well.

At Cancer Council NSW we're passionate about helping families eat well!

Sign up to one of our **FREE** Fruit & Veg Sense workshops for parents at your local school.



In our free 60-minute sessions, you will learn:

- How to save money.
- How much is a 'serve' of fruit and veg and how many serves do we need?
- How to save time with easy, family-friendly recipe ideas.
- Strategies to manage fussy eaters.
- How to improve the long-term health of your family... and much, much more!

Register at [eatittobeatit.com.au](http://eatittobeatit.com.au) – if there aren't any sessions scheduled at or around your school, put your name on the waiting list and we can schedule one.

For more information visit  
[www.eatittobeatit.com.au](http://www.eatittobeatit.com.au)  
or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)



## P&C Maryland Public School

We need your help! Our wonderful P&C is under the threat of folding as we don't have volunteers undertaking the necessary executive roles needed for the P&C to function.

Your feedback about when / how our P&C operates is vital so we can improve the chances of it continuing to provide the wonderful support to our students and school. Fundraising is a BIG part but not the only role the P&C plays.

Please take a couple of minutes to answer the following questions:

1. The most suitable time for P&C meetings is

Before school – 8.30am	<input type="checkbox"/>	before school pick up 2pm	<input type="checkbox"/>
As school starts – 9am	<input type="checkbox"/>	Afternoon 4pm	<input type="checkbox"/>
Evenings (6pm onwards)	<input type="checkbox"/>	Other _____	

2. I am willing to attend meetings at a more suitable time

Yes ☐ No ☐ Maybe ☐

3. I would like to know more about the role of the P&C

Yes ☐ No ☐ Maybe ☐

4. With support and understanding of the role, I might be willing to undertake a position on the P&C

Yes ☐ No ☐ Maybe ☐

5. I am willing to continue volunteering with fundraisers such as Mother's Day / Father's Day stalls etc.

Yes ☐ No ☐ Maybe ☐

6. I think the P&C play an important role in the running of MPS.

Yes ☐ No ☐ Maybe ☐

7. My ideas about how we can continue the great work of the P&C are

---

---

---

---

Thank you for taking the time to complete this.

**Communicable Diseases Factsheet**

# Hand, foot and mouth disease

***Hand, foot and mouth disease is a very common viral disease of childhood which is easily passed from person to person. It usually causes a mild illness but rarely causes serious illness. It is not related to the foot and mouth disease that affects animals. Good hygiene helps prevent infection.***

**Last updated: 10 August 2016**

## What is hand, foot and mouth disease?

Hand, foot and mouth disease is generally a mild illness caused by enteroviruses, including coxsackieviruses. It is usually not a serious illness and is not related to the foot and mouth disease that affects animals. It mainly occurs in children under 10 years of age but can also occur in older children and adults.

## What are the symptoms?

- Hand, foot and mouth disease starts with blisters that begin as small red dots which later become ulcers. Blisters appear inside the cheeks, gums, and on the sides of the tongue, as well as on the palms of the hands and soles of the feet. In infants, blisters can sometimes be seen in the nappy area. Blisters usually last for 7 to 10 days
- Children can sometimes have a low fever, sore throat, tiredness, feel off colour and may be off their food for a day or two
- Very rarely, enteroviruses can cause other illnesses that affect the heart, brain, lining of the brain (meningitis), lungs, or eyes.

## How is it spread?

- Hand, foot and mouth disease is usually spread by person-to-person contact. The virus is spread from the faeces of an infected person to the mouth of the next person by contaminated hands. It is also spread by secretions from the mouth or respiratory system, and by direct contact with the fluid from blisters
- It usually takes between three and five days after contact with an infected person before blisters appear. The virus can remain in faeces for several weeks.

## Who is at risk?

- The viruses that cause hand, foot and mouth disease are common and particularly affect children.
- Many adults, including pregnant women, are often exposed to them without symptoms. There is no clear evidence of risk to unborn babies from hand, foot and mouth disease. However, infected mothers can pass the infection onto newborn babies who rarely can have severe disease.
- Outbreaks may occur in childcare settings.

## How is it prevented?

- Good hygiene is the best protection. Wash hands with soap and water after going to the toilet, before eating, after wiping noses, and after changing nappies or soiled clothing
- Avoid sharing cups, eating utensils, items of personal hygiene (for example: towels, washers and toothbrushes), and clothing (especially shoes and socks)
- Thoroughly wash any soiled clothing and any surfaces that may have been contaminated.
- Teach children about cough and sneeze etiquette.

- o Cover coughs and sneezes with a tissue. Coughing into an elbow is better than coughing into your hands.
- o Dispose of used tissues in the bin straight away.
- o Wash your hands afterwards with soap and water.

### **How is it diagnosed?**

- Your doctor can diagnose hand, foot and mouth disease based on the symptoms. Laboratory tests are not usually necessary.

### **How is it treated?**

- Usually no treatment is needed. Paracetamol will relieve fever and discomfort. Do not give children aspirin.
- Allow blisters to dry out naturally. The blisters should not be deliberately burst because the fluid within them is infectious.
- Make sure young children are drinking enough as painful mouth sores can make some children reluctant to swallow liquids.

### **What are the signs of a serious infection?**

Signs that an infant or older child might have a more serious form of hand, foot and mouth disease include any of the following:

- Persistent fever (38°C or above for 72 hours or more)
- Abnormal movements / jerking movements
- Rapid breathing
- Excessive tiredness, drowsiness
- Excessive irritability
- Difficulty walking.

If any of these signs are present then the child should be seen by a doctor urgently even if they have been checked earlier in the illness.

### **How long should children stay away from childcare and school?**

Children with hand, foot and mouth disease should be excluded from school or childcare facilities until their blisters have dried-up, and any rash (if present) has gone and any fever has settled.

### **What is the public health response?**

Hand, foot and mouth disease is not a notifiable disease under the Public Health Act. However, to help prevent spread parents should report the illness to the director of the childcare centre or the school principal.

### **Further information**

For further information please call your local public health unit on 1300 066 055.