

Newsletter

Maryland Public School

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Our P & C Association meets the 3rd Tuesday of each month
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, 29 May 2018

PRINCIPAL'S REPORT

Welcome to Week 5.

Solar Car Challenge

Last Friday four Year 6 students completed the final aspect of the Solar Car Challenge as part of the Year 6 transition program to Callaghan College Wallsend Campus. These students were identified as potential future environmental technology designers and participated in workshops over four Friday mornings with students from other partner primary schools. At the concluding presentation ceremony, our Maryland PS team were named the winners! Congratulations on your wonderful achievement Bailey B, Lucinda P, Logan C and Bailey L.

Winter Uniform

We are very proud of our school and our students here at MPS. We value our community and always strive to project the very best image we can. Many visitors have commented on our school uniform here, and how our students always look fantastic, proudly wearing it. We appreciate the ongoing support of our families to ensure all students wear their full school uniform every day (including school hat and black shoes).

Students are required to wear a hat at all times during breaks at school. Students without a school hat, will be asked to play in the shade.

Student Attendance at School

Regular attendance at school is essential if students are to maximise their potential. Schools, in partnership with parents, are responsible for promoting the regular attendance of students. While parents are legally responsible for the regular attendance of their children, school staff as a part of their duty of care, monitor part or whole day absences. The law in NSW states that all children of compulsory school age (6-17 years) are required to attend school regularly. (Education Reform Act, 1990).

Parents are required to provide an explanation for absence within seven days from the first day of any period of absence. This can be done via SMS, phone call, letter or verbal explanation to the teacher.

We understand that particularly throughout the colder weather, there is an increased risk of illness which may prevent attendance at school however, as per the attached document, it's frightening to see how even a few regular absences can impact over the term of your child's educational journey.

We thank you for your ongoing support to ensure our children have the very best opportunities to reach their potential.

I look forward to celebrating those students with outstanding attendance at our recognition assembly on Friday.

Have a terrific week everyone,

Mrs Van Egmond ☺

Calendar

Term 2 – Week 5

Thursday, 31 May 2018	1 st Instalment due for Great Aussie Bush Camp
Friday, 1 June 2018	2pm Whole School Assembly

Term 2 – Week 6

Monday, 4 June 2018	11.00am Debating at Glendore PS
Tuesday, 5 June 2018	Year 6 Total Field Day Excursion
Friday, 8 June 2018	2pm Year 3 to 6 Assembly

Important Dates for Your Diary

Monday, 11 June 2018	Queen's Birthday (Public Holiday)
Tuesday, 12 June 2018	Year 5 Total Field Day Excursion CCWC CAPA Auditions
Wednesday, 13 June 2018	CCWC CAPA Auditions
Friday, 15 June 2018	Thompson's Pie Drive Orders & Payment Due 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
Thursday, 28 June 2018	2.45pm Thompson's Pie Drive orders to be collected from Hall
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/>

POSITIVE BEHAVIOUR FOR LEARNING (PBL)

FOCUS – SAFETY

Our SAFETY focus will be on bike / scooter safety.

Talk to your child about riding their bike and scooter in a safe manner

- Wearing their helmets
- Pushing their bike / scooter into the school grounds
- Consideration to pedestrians on the footpaths
- Wary of vehicles on the road



<http://www.rms.nsw.gov.au/.../bicycles/safety-rules/index.html>

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

DANCE NEWS

Congratulations to the senior dance students who have secured a placement in the Hunter Dance Festival. A big thank you to Ms Bailey for her continued support, tuition and mentoring of the dancers. The Maryland Public School dance troupe will be performing on Wednesday evening, 1 August 2018 at Wests Newcastle City. Full details of the arrangements and requirements will be sent home with the selected students who are participating in the Hunter Dance Festival this week.

Winter Fair

The Wallsend Winter Fair is on Sunday, 12 August 2018 and hopefully we will have both junior and senior dancers representing Maryland Public School at the event as well as members of the choir and band. A note will be sent home this week in an effort to gauge how many students are able to attend.

Mrs Groth (Coordinating Teacher)

SPORTS NEWS

PSSA Hunter Cross Country

Good luck to the following students as they run at the Hunter Cross Country this week.

Letita N, Latesha W, Aiden M, Kane J, Harry S.

PSSA Rugby Union

Well done to Kaihem H for his selection in the possibles and probables for the Hunter Rugby Union team.

Gymnastics

The gym program has once again been successful with all students and teachers enjoying the variety of skills that are offered each week.

Mrs Wingrove (Sports Coordinator)

P&C NEWS

We are excited to have new members on the P&C Committee and look forward to working together in an

effort to support the staff, students and community at Maryland Public School.

FUNDRAISING NEWS

The next fundraising activity scheduled is a Thomspson's pie plus other products drive. Order sheets will be sent home this week to tempt your taste buds and those of family members, friends and work colleagues. A variety of bakery items have been offered to pop into lunch boxes, or lighten the preparation of evening meals. Simply fill out the order sheet (even ask grandma, the neighbours or your workmates to support our school) and gather the funds from each person placing an order. Orders and payment are due back at school before Friday, 15 June 2018. Items will be packaged up and ready to be collected from the school hall on Thursday, 28 June 2018 from 2.45pm.

Appreciate your support and consideration with this event.

Fundraising Committee

CANTEEN NEWS

Canteen Roster Term 2

Day	Date	Name
Week 5		
Wednesday	30 May	Miyako, Lesley, Robyn
Thursday	31 May	Janelle W, Cher
Friday	1 June	Jamie, Sheree, Esme, Sharna
Week 6		
Monday	4 June	Carmen, Lynne M,
Tuesday	5 June	Carmen, Sheree, Anne
Wednesday	6 June	Miyako, Lesley, Robyn
Thursday	7 June	Bree, Lesley, Cath
Friday	8 June	Jamie, Amanda S, Bec S, Kassandra
Week 7		
Monday	11 June	Queen's Birthday Public Holiday
Tuesday	12 June	Carmen, Lynne M
Wednesday	13 June	Miyako, Lesley, Robyn
Thursday	14 June	Susan B, Anita, Lesley
Friday	15 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.

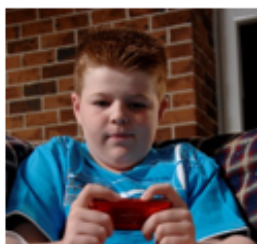
<http://www.countryfeelinguniforms.com.au/>

COMMUNITY NEWS**Good for Kids** good for life**7 REASONS TO LIMIT SMALL SCREENS**

Nearly half of all children aged between 5-15 years spend more than 2 hours every day on small screen entertainment such as TV, smartphones and tablets.

Children who spend more than 2 hours on screen time per day are more likely to:

- Have an unbalanced diet.
- Be less physically active.
- Have sleep problems.
- Drink more sugary drinks.
- Snack on foods high in sugar, salt and fat.
- Have fewer social interactions.
- Develop poor posture.



Setting up good habits while children are young can make all the difference to their habits and health in later life.

Source: Murrumbidgee Local Health District Quick Bites



PHONE 49246299



Nutrition Snippet

The simplest way

...to make rainbow and chickpea salad.

Ingredients

- 4 tbsp of reduced-fat Greek yoghurt
- 1 tbsp honey
- 1 tbsp lemon juice
- ¼ tsp ground cumin
- Freshly cracked pepper to taste
- 1 400g can chickpeas, drained & rinsed
- 1 large beetroot, peeled & grated
- 2 large carrots, peeled & grated
- ½ small green or red cabbage, finely sliced
- 1 bunch kale washed, stem removed & leaves torn

**Method**

In a small bowl whisk yoghurt, honey, lemon juice, cumin and a pinch of salt. Add pepper to taste.

In a large salad bowl toss all the chickpeas and vegetables together. Drizzle with the yoghurt dressing.

Tip: This is the perfect accompaniment to a grilled lamb or chicken kebab marinated with lemon and garlic. Try wrapping everything in a wrap with a little hummus and crumbled feta.

Visit healthylunchbox.com.au for recipes & information you can trust.

www.eatittobeatit.com.au
or join us at facebook.com/eatittobeatit



Nutrition Snippet

The simplest way

...to make sandwiches more exciting!

Making small changes to lunches can make a big difference to the overall nutritional value and make them more exciting for your kids to eat.

Here are our top tips:

Try different breads – wholemeal, wholegrain, rye, soy and linseed, sourdough, rolls, pita, Lebanese or Turkish.



Try a variety of different fillings – vegetarian, lean meat or fish. Combine the following tasty sandwich fillings and spreads:

- | | |
|--|--|
| • Salad. | • Tabouli. |
| • Vegetables – lightly grilled or roasted. | • Egg. |
| • Lean meat e.g. roast beef, lean skinless chicken breast or turkey. | • Tasty cheese. |
| • Fish - tinned tuna, salmon or sardines (in springwater or brine). | • Banana. |
| | • Healthy spreads e.g. avocado, hummus, mayonnaise, cottage or cream cheese, mustard, chutney, pesto or salsa. |

Visit healthylunchbox.com.au for recipes & information you can trust.



EVERY DAY COUNTS...

A day here or there doesn't seem like much, but...

When your child misses just...	that equals...	which is...	and therefore, from Kindy to Year 12, that is...	This means that the best your child can achieve is...
1 day each fortnight	20 days per year	4 weeks per year	Nearly 1 ½ a years of school	Equal to finishing Year 11
1 day a week	40 days per year	8 weeks per year	Over 2 ½ years of school	Equal to finishing Year 10
2 days a week	80 days per year	16 weeks per year	Over 5 years of learning	Equal to finishing Year 7
3 days a week	120 days per year	24 weeks per year	Nearly 8 years of learning	Equal to finishing Year 4

Give your child every chance to succeed...

Every day counts!

