

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, 3 July 2018

PRINCIPAL'S REPORT

Welcome to Week 10!

As we head toward the holidays, it's a perfect time to reflect on the wonderful experiences and achievements of the first semester for 2018.

Our Kindergarten students are developing their reading, writing and numeracy skills and are becoming confident members of our Maryland community.

Students across the school have been involved in public speaking, debating, musical performances (and preparations for our production at the end of next term), a range of sporting activities, science experiments, research and inquiry projects, coding activities and reading challenges while striving for excellence each and every day in their classrooms by being the best learners they can be.

The outstanding teaching and learning occurring every day at MPS reflects the effort and expertise of our staff and the ongoing engagement and effort of our fantastic students.

School reports will be sent home tomorrow for you to discuss with your children. I am very proud of the achievements and application of our students. Congratulations Maryland PS staff, students and parents / carers on a super semester!

Kindergarten 2019

We are currently taking enrolments for Kindergarten 2019.

Your child can start Kindergarten at the beginning of the school year if they turn five on or before 31 July in that year. By law, all children must be enrolled in school by their sixth birthday.

If you have a child starting Kindergarten in 2019 (or know somebody else who has) and have not already made enquiries about enrolment, please either phone the office or come in to collect enrolment forms.

For planning purposes, the earlier we receive your intention to enrol, the earlier we can make decisions regarding staffing and class numbers.

If you have any questions regarding enrolment, please phone to make an appointment to speak either with Mrs Williams (Assistant Principal Early Stage 1) or Mrs Van Egmond (Principal).

We look forward to meeting our new students and families.

Enrolment at Maryland PS

For information about the Maryland PS Enrolment Procedures (based on the Department of Education's Enrolment of Students in NSW Public Schools policy) please go to our website at: <http://www.maryland-p.schools.nsw.edu.au/our-school/rules-policies/maryland-ps-policies>

If you are applying for Non-Local Enrolment, you will find specific information about this on our website. Please familiarise yourself with this and contact the office if you have any questions.

Safe people, Safe places

Over the past couple of weeks, staff have been revisiting the "Stranger Danger" theme in class with all students. I have included a document from the NSW Police Force which may assist parents and caregivers to continue these conversations at home over the holidays. As always, in partnership with you, we want to ensure the safety of our children.

We look forward to enjoying the company of many families on Friday at our Athletics Carnival. Thanks once again to Mrs Wingrove for her planning and coordination of what will be another fantastic sporting day for MPS. Here's hoping for a sunny day, to finish a wonderful term at school.

Enjoy the final week of Term 2 and please enjoy a safe, healthy and happy holiday.

Mrs Van Egmond ☺

SAVE THE DATE...

'Maryland's Musical Mayhem'

Monday, 24 September 2018

Matinee and Evening Performances

**Griffith Duncan Theatre
University of Newcastle**

*Featuring the amazing talents of the
K – 6 students of MPS*

More details to follow...watch this space!

Calendar

Term 2 – Week 10

Thursday, 5 July 2018	Semester 2 Lunchtime Dance Note and 1st Instalment due
	Junior Touch Football Gala
Friday, 6 July 2018	Athletics Carnival
	Last Day of Term 2

Term 3 – Week

Monday, 23 July 2018	Staff Development Day (Pupil Free)
Tuesday, 24 July 2018	Students resume for Term 3

Important Dates for Your Diary

Tuesday, 31 July 2018	ICAS English Competition
Wednesday, 1 August 2018	2019 Opportunity Class Placement Test
	Hunter Dance Festival
Tuesday, 14 August 2018	ICAS Mathematics Competition
Wednesday, 15 August 2018	Zone Athletics Carnival
Monday, 24 September 2018	Maryland's Musical Mayhem



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

POSITIVE BEHAVIOUR FOR LEARNING (PBL)

Our PBL Focus for this week is Excellence.

Each class will be discussing the qualities that support success and excellence. Please support us by asking your child about what they can do to be successful.



OFFICE NEWS

Medical Notifications

We have been notified by parents that their child / children have the following medical conditions Parvovirus B19 – Fifth Disease (Slapped Cheek) and Threadworms. Please see attached fact sheets for further information.

EARLY STAGE 1 NEWS

ES1 had their stage 'Speak Off' for the public speaking competition yesterday afternoon. Congratulations to all our students who participated.

Angelea C and Lawson F from KPT have been selected to represent ES1 at the Zone Public Speaking Finals (details of where and when to be provided asap).

The Athletics Carnival will be held this coming Friday (last day of Term 2) at Glendale Sports Centre. Students will travel by bus to the centre and return to school by lunchtime. We are looking forward to seeing you there.

Have a safe and happy holiday, and we look forward to seeing everyone on Tuesday, 24 July to begin another wonderful term of learning.

Mrs Williams (ES1 Leader)

BRONZE AWARDS

Bridget D, Blayze S, Angelea C, Mason K, Evie M, Rylen C, Zac H, Kaley J, Archer E, Mikayla McF, Bonnie L, Rose F, Flynn McC, Olivia E, Riley McC, Kirra W, Matilda I, Savana T, Tyler F, Ava P, Taj L, Nate G, Dane Q-G, Asha N, Billy M, Grace J, Ella C, Tai G W, Morrison D.

SILVER AWARDS

Gabriella R, Cruz Q-G, Mia W, Jayden K, Harrison E, Blake W, Austin H, Abigail G, William C, Tyler C, Melissa D, Ryan K, Cadence C, Aiden McC, Rosamond Z, Bodhi R, Harrison B, Ryan W, Skylar F, Saige T, Bodhi B-W, Jaxon C, Billy M, Allira C, Crystal S, Sanjith D.

AWARD FOR EXCELLENCE -

Ethan T, Graeme B, Declan R.





CONGRATULATIONS to the following students, who have completed the Premier's Reading Challenge!

Bonnie L



Sammy E, Bella A, Callam H, Holly M, Dave P, Lucas T, Mackenzie V, Sanjith D, Dunghutti, Ava H, Nicolle Q, Ariana W, Morrison D, Joshua F, Jai K, Alana P, Kirra W, Tasnim A, Ava D, Koby D, Ryan K, Charles L-C, Joseph M, Lilly Mc, Natalia O, Nicholas R, Cooper S, Nicholas T, Brodie W, James D, Caleb L, Riley Mc, Dene P, Carley A, Rhys C, Ebony E, Mitch M, Jennifer N, Andrea T.



Jaxon B, Axel B, Kayla B, Liam C, Drake C, Rafferty D, Rebecca F, Bethany K, Rosemary L, Caitlyn L, Riley M, Linkin S, Brooklyn T, Rory T, Sam W, Latesha W, Sarah A, Abbie B, Harrison B, Rahni C, Mitchell F, Marley P-G, Mercyne J, Maddi K-O, Ethan C-M, Anjaly R, Riley R-C, Summah S, Jake T, Ethan T, Cohen U, Ava W, Maddison B, Lucas C, Charlotte F, Zoe G, Calin H, Justin D, Ava H, Lilly H, Marnie J, Amy K, Cameron L, Kaicey M, Kye M, Max U, Ava V, Abbey W, Ana A, Ryan I-A, Taj Mc, Lauren B, Sienna F, Lucas G, Savannah D, Jade M, Aiden Mc, Bailey N-L, Jade O, Gabriella R, Bodhi R, Abby S, Saige T, Shai-Anne W-B, Riley W-M.

We look forward to reading the names of more students each week as they complete the PRC.

Mrs Gleeson / Ms Foster
Teacher/Librarians



PUBLIC SPEAKING AND DEBATING REPORT

All students in Stage 3 have delivered their speeches this year. Well done to all.

Students this year were given the opportunity of being involved in a workshop on public speaking in week four this term. Standards continue to rise.

Last Friday, finalists from each Stage 3 class presented speeches in the hall. Samuel Mc and Tyler F were the successful students. They will go on to represent the school in the Zone finals. Samuel and Tyler both delivered their speeches at the acknowledgement assembly last week.

On another level, Sara G and Mercyne J, represented MPS at Hamilton in the Zone Multicultural Public Speaking Competition. This is the first time MPS students have entered this competition and represented the school proudly.

Two weeks ago Maryland PS students hosted their second round of the Premier's Debating Challenge. The adjudicator, commented upon the audience's excellent

behaviour and the preparation that had gone into hosting such an event.

Our first team debated Minmi PS and won. While our second team went down to Elmore Vale.

Last week the OCCY 2 team debated Wallsend PS and won. Congratulations!

Much thanks has to go to parents who have transported students to and from events.

Our next debate for the OCCY 1 team against Wallsend South at Wallsend South in Week 2, Term 3.

This will then be followed by both Maryland PS teams going head to head. Dates for this debate are yet to be announced.

Mr Wells (Coordinator)

SPORTS NEWS

School Athletics Carnival

The annual School Athletics Carnival will be held this Friday, 6 July. The following will qualify for the Zone Carnival held on Wednesday, 15 August.

- 100m - 3 fastest times in each age group 8 years – 13 years.
- 200m - 2 fastest times in Junior, 11 years, 12 / 13 years.
- 800m - 2 fastest times in Junior, 11 years, 12 / 13 years.
- Field Events - 2 best in Junior, 11 years, 12 / 13 years.
- Junior - 8, 9, 10 years.

Volunteers for the events please see Mrs Wingrove.

Students leaving the Athletics Carnival with anyone other than their parents or caregiver must have a signed note stating who is taking them home.

The note is to be given to Mrs Dulvey in the morning once the children arrive at the Athletics Carnival.

Students who are leaving the carnival early **must be** signed out by Mrs Dulvey who will be seated near the entry gate.

Students who travel to the Athletics Carnival in the morning with their parents will need to have their name marked on to the roll by Mrs Dulvey also.

Stage 2 Touch Football

Good luck to the Stage 2 Touch Football teams for this Thursday. Thanks to Miss Daly and Mrs Garven for coaching the teams.

Mrs Wingrove (Sports Coordinator)

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/>

CANTEEN NEWS

The canteen will be closed on Friday, 6 July 2018 due to the Athletics Carnival.

Canteen Roster Term 2

Day	Date	Name
Week 10		
Wednesday	4 July	Miyako, Lesley, Robyn
Thursday	5 July	Bree, Lesley, Cath
Friday	6 July	CANTEEN CLOSED
Term 3 Week 1 Staff Development Day Pupil Free Day		
Monday	23 July	
Tuesday	24 July	Carmen, Danielle
Wednesday	25 July	Miyako, Lesley, Robyn
Thursday	26 July	Janelle, Lesley, Cher
Friday	27 July	Jamie, Sheree, Esme, Sharna
Term 3 Week 2		
Monday	30 July	Carmen, Lynne
Tuesday	31 July	Carmen, Danielle
Wednesday	1 August	Miyako, Lesley, Robyn
Thursday	2 August	Janelle, Lesley, Cher
Friday	3 August	Jamie, Sheree, Esme, Sharna
Term 3 Week 3		
Monday	6 August	Lynne
Tuesday	7 August	Lynne
Wednesday	8 August	Miyako, Lesley, Robyn
Thursday	9 August	Susan, Anita
Friday	10 August	Jamie, Sheree, Esme, Sharna

COMMUNITY NEWS

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

Eat It To Beat It



Nutrition Snippet

The simplest way

...to whip up a healthy dip or sauce.

Whether you're lunch box prepping over the weekend or looking for the perfect healthy snack for entertaining, our Healthy Lunch Box website healthylunchbox.com.au has quick and easy sauce and dip recipes.

Try our minty yoghurt dip, kale and basil pesto, hummus or tasty guacamole for a tasty snack or sandwich spread.

Minty Yoghurt Dip recipe

Ingredients

8 tbsp plain reduced-fat yoghurt
 1 lemon, juiced
 ½ clove garlic, crushed
 ¼ bunch mint leaves, finely chopped
 Pinch of salt

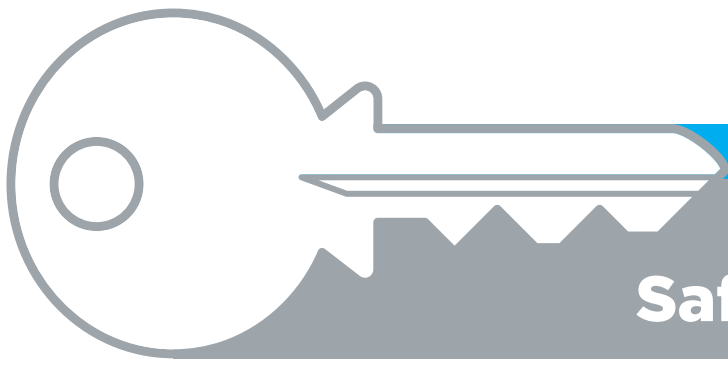


Method

Place all ingredients in a bowl and mix together.
 Variation – add finely diced cucumber for a refreshing crunch.

For more information visit
www.eatittobeatit.com.au
 or join us at facebook.com/eatittobeatit

Eat It To Beat It



Safe people, Safe places

Protect your children

The safety and wellbeing of our children is paramount. As parents and carers we can't always be with our children to advise and protect them.

When out and about, children can be confronted with situations where good decision-making is vital. With this in mind, advising our children with appropriate responses to certain situations will help them avoid trouble and danger.

Here are some simple tips to give your children for when they are out and about.

Protect your child walking home

- **ALWAYS** identify safe places on the way home from school.
- **DO NOT** stop and talk to people you don't know. Go straight home or to your intended destination.
- **ALWAYS** find a safe place if you feel frightened. These include schools, shops, churches or police/fire/ambulance stations and tell them that you are frightened.
- **NEVER** get into a car with someone you don't know.

Protect your child on public transport

- **NEVER** travel in isolated areas. Find crowded carriages, guard's compartment (marked with a blue light) or at the front of the bus.
- **ALWAYS** try to travel in groups of friends if possible.

Protect your child when in public spaces

- **ALWAYS** carry a contact number for your parents. (On a card attached to your clothing, written on your arms or in your phone).
- **DO NOT** walk away from family or friends without telling them where you are going, when you'll be back and who you are with.
- **ALWAYS** walk away from fights or arguments, unpleasant or aggressive behaviour and take your friends with you.
- **REMEMBER**, always tell your parents, carer or teacher if something has happened.

**For more crime prevention information
visit us on www.police.nsw.gov.au**



Justice



Triple Zero (000)
For emergencies or life threatening situations.



Police Assistance Line (131 444)
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Crime Stoppers (1800 333 000)
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Maryland Public School

Contact: Cindy Carolan Phone: 0249559430 Email: maryland-p.school@det.nsw.edu.au

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Pre- Purchase before 5th April 2018 to receive Early Bird Bonus Offers you can use straight away! (Subject to availability)

"Every Entertainment[™] Membership we sell, \$13 contributes to our School. Please tell your family and friends. Thank you for your support!"



Parvovirus B19 (Fifth Disease)

Last updated: 1 July 2012

Parvovirus B19 infection is a mild rash illness that occurs most commonly in children. The ill child typically has a "slapped-cheek" rash on the face and a lacy red rash on the trunk and limbs. The child is not very ill, and the rash resolves in 7 to 10 days.

What is Parvovirus B19 (Fifth Disease)?

Parvovirus B19 is a common childhood viral illness. It is also called fifth disease, "slapped cheek" or erythema infectiosum. About 50 per cent of all adults have been infected sometime during childhood. Parvovirus B19 only infects humans and cannot be transmitted to or from animals.

What are the symptoms?

The ill child typically has a "slapped-cheek" rash on the face, which may be followed by a lace like rash on the trunk and limbs. Occasionally, the rash may itch. The child may have a low-grade fever, runny nose, and nausea and diarrhoea a few days before the rash breaks out. The rash resolves in 7 to 10 days but may recur in when exposed to sunlight or heat for 3 weeks or longer.

An adult who is infected with parvovirus B19 may have no symptoms at all, or may develop a rash, joint pain or swelling, or both. It is usually the small joints of both hands and occasionally ankles, knees and wrists that are affected. The joint symptoms usually resolve in a week or two, but can last longer.

Symptoms usually develop between 4 and 20 days after being infected with the virus.

How is it spread?

The virus is spread by contact with infected respiratory secretions (for example, by coughing), and from mother to unborn baby.

Persons are most contagious before the rash develops.

Who is at risk?

Any one who is not immune to it. (People who have had parvovirus B19 are usually immune to it for life).

What if I am pregnant?

Usually there is no serious complication for a pregnant woman or her baby following exposure to a person with parvovirus B19 infection.

About 50 per cent of women are already immune to parvovirus B19, and these women and their babies are protected from infection and illness. For women who are not immune, the infection usually only causes a mild illness. Rarely, miscarriages can occur usually when the mother becomes infected early in the pregnancy.

How is it prevented?

There is no vaccine or medicine that prevents parvovirus B19 infection.

- Frequent hand washing is recommended to reduce the spread of parvovirus.

- Excluding infected persons from work, child care centres, schools, or other settings is not likely to prevent the spread of parvovirus B19, since ill persons are contagious before they develop the rash.

How is it diagnosed?

A doctor can often diagnose parvovirus B19 by seeing the typical rash during a physical examination. In cases in which it is important to confirm the diagnosis, a blood test may be done to look for antibodies to parvovirus. A blood test for parvovirus B19 may show that you are either:

- immune to parvovirus B19 and do not have the infection
- are not immune and could be infected if exposed, or
- have had a recent infection.

How is it treated?

Treatment of symptoms such as fever, pain, or itching is usually all that is needed for parvovirus B19. Adults with joint pain and swelling may need to rest, restrict their activities, and take medicines such as aspirin or ibuprofen to relieve symptoms.

What is the public health response?

Parvovirus B19 infection is not notifiable in New South Wales. Infected individuals are not excluded from childcare, school or work but should be advised to rest at home until they feel better.

For further information please call your local Public Health Unit on 1300 066 055 or visit the New South Wales Health website www.health.nsw.gov.au



Threadworms

What are threadworms?

Threadworms, also known as pinworms, are tiny parasitic worms that can infect your large intestine. Threadworms are most commonly seen in children. Other worms that infect people's intestinal tract, such as roundworms, hookworms and tapeworms, are uncommon in Australia.

How do you get threadworms?

You or your child can get threadworms by accidentally swallowing worm eggs found on contaminated surfaces.

This can happen by scratching the anal region and then touching your mouth or food.

The eggs hatch in the large intestine and when the worm is ready to lay more, it leaves the intestine and lays eggs on the skin around a person's anus (bottom), causing itchiness.

It may also happen by touching surfaces or objects that have threadworm eggs on them e.g. furniture, kitchen or bathroom surfaces, kitchen utensils or toothbrushes, and then touching your mouth or food.

Threadworms can survive for up to two weeks in the environment.

Signs and symptoms

- Very itchy bottom (or vagina in girls).
- Disturbed sleep because of itchiness.
- Irritability due to disturbed sleep and discomfort of itchiness.
- Evidence of worms (white threadlike specks) in faeces (poo).

How do I know if my child has threadworms?

- Look for small white pieces of thread in your child's poo.
- You can also check your child's bottom for small white pieces of thread. These are most likely seen two to three hours after the child is asleep. If you suspect your child is infected, you can also place transparent tape on the skin near the anus before your child goes to sleep, and check it for eggs first thing in the morning. If your child is infected, eggs should be visible, but may be better seen under a microscope.

Treatment

- Threadworm treatments are available over the counter from your local pharmacy. Speak to your pharmacist about treatment options.
- Treatment usually involves a single dose of syrup/pill for the infected person and each family member.

How can I stop the spread of threadworms?

- Wash your hands frequently and scrub under your fingernails after going to the toilet and before eating food. Make sure your child does this too.
- Keep your child's and your own fingernails short.
- Change bed linen, towels and underwear daily for several days after treatment.



- Bedlinen and clothing should be machine-washed in hot water to ensure that all the eggs are killed.
- Vacuum and dust the house, paying particular attention to the bedrooms on a regular basis.
- Clean the bathroom and kitchen surfaces regularly.

Exclusion from school or day care

Exclusion is not necessary if your child has threadworms and is being treated. However, you are encouraged to let your child's teacher know so other children may be checked for infection and prevent threadworm being spread further.

This document can be made available in alternative formats on request for a person with a disability.

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