

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, 25 September 2018

PRINCIPAL'S REPORT

Musical Mayhem at Maryland!

A HUGE congratulations to our parents, caregivers, staff and of course the wonderful children of MPS for two spectacular performances yesterday. The culmination of hours of rehearsals, excitement, anticipation and nerves resulted in a terrific show inclusive of all students.

What an opportunity for our students to perform for more than 1000 audience members in a real theatre yesterday! Thanks to our parents and caregivers for supporting this event with costumes, notes, additional rehearsals, transport and bringing extended family and friends along to watch the show. Thank you to our wonderful staff for their creativity, team work, sourcing and making of costumes and props, and additional hours with rehearsals to ensure this show was something special! This outstanding team (although accompanied by some VERY "revolting children") was led by the brilliant Mrs Khay. Thank you!

Thanks to our team of volunteers (P&C and canteen) for their ongoing support and work. The BBQ and canteen ensured that no one entered the theatre hungry and the fabulous donations sourced for the raffle resulted in huge ticket sales and funds raised for our school. What a selfless and hardworking group of people we have! Thank you!

To our students, what bright stars you were! Congratulations on delivering performances to be absolutely proud of! Thank you for listening, learning and trying your absolute best!

Our Maryland Public School values of Respect, Safety, Responsibility and Excellence were certainly demonstrated loud and clear yesterday!

Congratulations MPS, you are a team of shining stars!

*As we head toward the end of Term 3, we still have a couple of events coming our way. Please read details further on about our **Year 6 Indonesian Fundraiser - Red and White Day on Thursday and our Colour run on Friday.***

Enjoy the final week of Term 3 everyone.

Your very proud Principal,

Mrs Van Egmond ☺

Calendar

Term 3 – Week 10

Thursday, 27 September 2018	Year 6 Indonesian Fundraiser Red & White Day – Out Of Uniform for Whole School Final payment for Semester 2 Lunchtime Dance due
Friday, 28 September 2018	Colour Run Last Day of Term 3

Term 4 – Week 1

Monday, 15 October 2018	Staff and Students resume for Term 4
Friday, 19 October 2018	Payment due for Year 5 & Year 6 Forensic Science Show 2pm Kinder to Year 2 Assembly

Important Dates for Your Diary

Tuesday, 23 October 2018	9.15am – 10.45am Kinder 2019 Orientation Program 2018 Bandfest
Friday, 26 October 2018	2pm Year 3 to Year 6 Assembly
Monday, 29 October 2018	Year 3 & Year 4 Great Aussie Bush Camp
Tuesday, 30 October 2018	Year 3 & Year 4 Great Aussie Bush Camp Year 5 & Year 6 Interactive Forensic Science Show
Wednesday, 31 October 2018	Year 3 & Year 4 Great Aussie Bush Camp
Friday, 2 November 2018	2pm Kinder to Year 2 Assembly
Wednesday, 7 November 2018	9.15am – 10.45am Kinder 2019 Orientation Program
Friday, 9 November 2018	2pm Remembrance Day Assembly
Monday, 12 November 2018	School Swimming & Water Safety Program for 60 students in Year 2 & Year 3 commences
Friday, 16 November 2018	2pm Whole School Assembly
Thursday, 22 November 2018	9.15am – 10.45am Kinder 2019 Orientation Program
Friday, 23 November 2018	School Swimming & Water Safety Program finishes 2pm Year 3 to Year 6 Assembly
Friday, 30 November 2018	2pm Kinder to Year 2 Assembly
Friday, 7 December 2018	2pm Whole School Assembly
Tuesday, 11 December 2018	Year 6 Farewell
Thursday, 13 December 2018	Principal's Picnic
Friday, 14 December 2018	Presentation Day
Monday, 17 December 2018	Carols Evening

Tuesday, 18 December 2018

Party Day

Wednesday, 19 December 2018

Last Day of Term 4 for students



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

Exciting news!

Free Breakfast Club to start in Term 4.

We are very excited to let you know that Maryland Neighbourhood Centre has kindly offered to provide breakfast to students on **Tuesday and Thursday mornings** starting in Term 4. This free breakfast will be served from the Canteen window from **8.30am - 8.55am** on these days.

We would like all our students to start the day with a healthy breakfast. Many studies have shown the importance of breakfast.



Students who eat a healthy breakfast tend to have better concentration than students who skip breakfast altogether. When the day starts with breakfast, students can focus on the task at hand and become less distracted by outside influences and other students. They're also able to understand what's being taught more easily and retain that new information better than students who are hungry because they've skipped breakfast.



STAGE 3 NEWS

Year 6 Indonesian Fundraiser - Red and White Day Thursday, 27 September 2018

Please prepare red and white clothes and a gold coin donation for Thursday's out of uniform day. Money will be donated to the Lombok Earthquake Appeal, Year 6's end of year fundraiser. You will see Mr Blyth wearing his traditional Indonesian batik shirt on the day and students may also wear traditional Indonesian clothing.

So far students have raised in excess of \$300. Our Indonesian parents are readying rice cookers and the mortar and pestle, to prepare over 100 servings of *nasi ayam*, the traditional Indonesian food taster. Food will be served on Thursday just before recess. Following Thursday's cultural event, please ask your child what they have learnt about Indonesia and the traditional style for eating in our neighbouring country.

Last guesses for our lolly jar competition will be made at lunch on Thursday. The winner and runner up will be announced at our Colour Run on Friday.

Terima kasih (thank you)

Stage 3 Teachers

COLOUR RUN

Friday is the MPS 2018 Colour Run. Students are requested to wear clothes they are happy to be coloured in during this fun event. Students will be involved in both the colour run and tabloid activities conducted from 1.30pm. Thank you to the ongoing support of our P&C and all of the volunteers who have contributed to organising activities.

Mr Blyth (Colour Run Coordinator)

The following students received awards at the last whole school assembly held on Friday, 14 September 2018.

BRONZE AWARDS

Sash J, Peter R, Evie McK, Ava G, Fiona L, Paige N, Gabrielle R, Ivy C, Lucas T, Rahul R, Sydney-May R, Axel F, Lavinia R, Breeanna C, Ibraheem A, Lilly H, Riley W, Kye M, Skye R, Lucas C, Ava VDL, Kaicey M, Letitia N, Rosemary L, Mackenzie T, Archie R, Briella W, Skylah N, Callan B, Rory T, Elemeleki M, Memphis O, Rafferty D, Linkin S, Shae W, Nyima D.

SILVER AWARDS

Sash J, Charlie S, Abbie J, Tremayne B-B, Kaley J, Mason K, Nikki B, Mackenzie L, Nash F, Summer L, Brody C, Abigail H, Letitia N, Riley W-M, Tyler F, Seth W, Aiden J, Asha N, Zoey D, Angelea C, Cooper B, Zac H, Kobe Z, Emily W-K, Rathin K.

AWARD FOR EXCELLENCE -

Sash J, Ava J, Jensen N, Bentley T, Imogen T, Halle S, James N, Maylee A, Abdullah A, Bailey L, Letitia N, Raha M M, Charlie S, Bella B, Ethan T, Shianne F, Allira C, Cruz Q-G, Jane C, William P, Harpa O, Ella M.

SPORT NEWS

League / Tag Year 6 Transition-

The Year 6 teams will play today in the Callaghan Gala. Thanks to Mr Johnson for organising the competition.

Stage 3 Touch Football

The Stage 3 Touch Football Gala has been postponed until Term 4.

Mrs Wingrove (Sports Coordinator)

P&C NEWS

WOW!! Congratulations to all students, staff and members of the community that played a part in the Maryland Musical Mayhem. A sensational display of creativity, talent and amazing effort. Well done everyone, and a big THANK YOU to all that volunteered their time and energy to support the event, whether it be assisting with the costuming, donating to the raffle, purchasing a raffle ticket(s), serving at the canteen or barbecue or in any other manner.

FUNDRAISING NEWS

Colour Run

This event will be held this Friday. This is a great way for the children to use physical activity to raise funds for a variety of educational programs throughout the school.

Sponsorship cards have been sent home. Students are encouraged to ask family, friends and neighbours to sponsor them in form of a donation for their participation in the Colour Run. Incentive prizes will be offered and full details are on the sponsorship card.

We need volunteers to assist with the application of colour at stations and if you are able to help please let the office staff know of your availability. We look forward to a colourful finish to the end of Term 3.

We really appreciate your support and consideration with these events.

Fundraising Committee

CANTEEN NEWS

Canteen Roster Term 3

Day	Date	Name
Week 10 Wednesday	26 September	Miyako, Lesley, Robyn
Thursday	27 September	Cath VOLUNTEERS NEEDED
Friday	28 September	Jamie, Amanda, Bec
Term 4 Monday	Week 1 15 October	Carmen, Lynne
Tuesday	16 October	Carmen, Lynne, Danielle
Wednesday	17 October	Miyako, Lesley, Robyn
Thursday	18 October	Janelle, Lesley, Cher
Friday	19 October	Jamie, Sheree, Esme, Sharna
Term 4 Monday	Week 2 22 October	Carmen, Lynne
Tuesday	23 October	Carmen, Sheree,
Wednesday	24 October	Miyako, Lesley, Robyn
Thursday	25 October	Cath VOLUNTEERS NEEDED
Friday	26 October	Jamie, Amanda VOLUNTEERS NEEDED

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/>

PRELOVED UNIFORM SHOP NEWS

Opening Hours

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

Carmen & Alisa ☺☺

COMMUNITY NEWS



HUNTER WETLANDS CENTRE
1 Wetlands Place, Shortland, NSW 2307
PO Box 66, Shortland NSW 2307
Ph: 02 495 16466
Email: hwca@wetlands.org.au Web: www.wetlands.org.au

School Holiday Activities

OCTOBER SCHOOL HOLIDAY PROGRAM AT THE HUNTER WETLANDS CENTRE

SAVE OUR SPECIES
Did you know there are nearly 2000 plants and animals on the threatened species list in Australia? These school holidays you can learn how you can help Save Our Species.

THREATENED SPECIES DISCOVERY WALK
Collect your list of threatened species, your map and a special wetlands pencil and head off on an adventure around the Wetlands. Find 10 threatened species and enter our SOS competition. You could win a fabulous prize!
You can also have fun dip-netting in the pond and nature weaving.

\$5 per person, 3 to 5yrs \$2, under 3 free. No bookings required

BUSH SKILLS ADVENTURE FOR 8 TO 12 YEAR OLDS
Tuesday 2 October & Wednesday 10 October 9.30am to 12.30pm
Come on a Wetlands Adventure - learn bush survival skills, make and eat a damper, take a guided walk to the Bush Tucker Garden, build a bush shelter and meet some of our resident reptiles.
\$20 per child. Bookings essential.
Book online at www.wetlands.org.au or phone 02 495 16466

THREATENED SPECIES ADVENTURE FOR FAMILIES (All ages)
Wednesday 3 October & Monday 8 October 10.30am to 12.30pm
Take a guided Threatened Species Discovery Walk and see how many animals and plants you can find. Collect natural materials for Nature Weaving creations.
Feed the Magpie Geese & meet some of our resident reptiles up close.
Children must be accompanied by a parent or carer.
Cost \$8 per person, under 3 free
Bookings essential. Book online at www.wetlands.org.au or phone 02 495 16466

Bring the family to the Hunter Wetlands Centre
A fun, environmentally friendly learning experience!
Open 9am to 4pm
Entry: \$5 Per person, Children 3-5yrs \$2 & Children under 3 free.
There's lots to do at the wetlands in the holidays: Dip-netting, children's playground, reptile display, walks, Magpie Geese feeding at 10.30am daily, canoeing, BBQ & picnic facilities, bring your bike and ride around or try orienteering.
www.wetlands.org.au
Gift Shop: Ice-creams, drinks and affordable gifts for children & adults.
Wetlands Cafe: Open 9.30am to 2.30pm daily
Closed in shoes, hat, sunscreen and insect repellent recommended.

Wallsend Warriors

Swimming Club

Season 2018/19

Registration Days

Wallsend Warriors Swimming Club is holding their registration days for the 2018/19 season on:

Date: 29 September 2018	Date: 6 October 2017
Time: 10 am to 12 noon	Time: 10 am to 12 noon
Location: Wallsend Swimming Pool	Location: Wallsend Swimming Pool

All members are encouraged to register for the upcoming season on either Saturday.

Our club is family oriented with competitions catering to various ages.

All new members are welcome.

Active Kid Vouchers are able to be used.







Our first competition night will be held on Friday 12 October 2018 at 6pm.

For further information and contact Lynn Philpott 0413 267 214 (President) or Melissa Laws 0429 669956 (Secretary)



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.

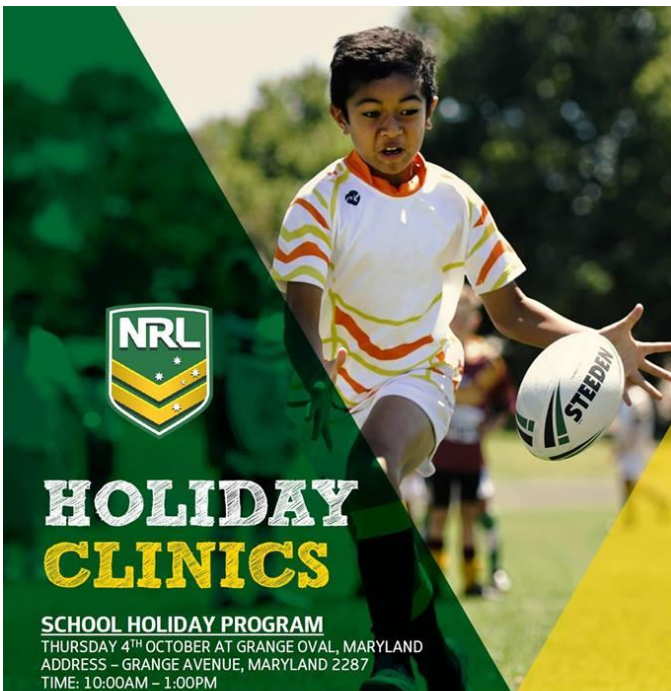
-  laptops & tablets
-  lessons & activities
-  uniforms & shoes
-  books & supplies
-  sports fees & gear
-  camps & excursions


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.





HOLIDAY CLINICS

SCHOOL HOLIDAY PROGRAM
THURSDAY 4TH OCTOBER AT GRANGE OVAL, MARYLAND
ADDRESS - GRANGE AVENUE, MARYLAND 2287
TIME: 10:00AM - 1:00PM

PLAYNRL HOLIDAY CLINIC AT THE HOME OF THE WALLSEND/MARYLAND TIGERS

The PlayNRL Holiday Clinic is a day program for kids aged 5-14 of any gender that focuses on fun, fitness and participation.

Cost: \$40 per child which includes a PlayNRL Holiday Pack.

What to bring: Hat, water bottle & lunch

Game Development Office Contact Details:

Name: Luke Lawrence Phone Number: 0402 892 487 Email: llawrence@nrl.com.au

REGISTER NOW AT www.playnrl.com UNDER THE CLINICS & PROGRAMS SECTION

PLAYNRL.COM



Nutrition Snippet

The simplest way

...to buy produce in season.

Buying fruit and veg in season is much cheaper than other times of the year. Plus it's better quality and tastes better too!

Winter – June, July, August

FRUIT

Apple (Red Delicious, Granny Smith), Avocado, Custard Apple, Grapefruit, Kiwifruit, Lemon, Lime, Mandarin, Melon (Honeydew), Nashi, Orange (Navel), Passionfruit, Pear, Rhubarb.



VEGETABLES

Artichoke (Jerusalem), Beans (Green), Beetroot, Bok Choy (Pak Choy), Broccoli, Brussels Sprouts, Cabbage (Chinese), Capsicum, Carrot, Cauliflower, Celery, Eggplant, Leek, Lettuce, Mushroom, Onion, Parsnip, Peas (Snow, Sugarsnap), Potato, Pumpkin, Silverbeet, Spinach, Swedes, Sweet Potato, Tomato, Zucchini.

For more information visit

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.
- Vegetables – lightly grilled or roasted.
- Lean meat e.g. roast beef, lean skinless chicken breast or turkey.
- Fish - tinned tuna, salmon or sardines (in springwater or brine).
- Tabouli.
- Egg.
- Tasty cheese.
- 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.





