

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, 4 December 2018

PRINCIPAL'S REPORT

Welcome to Week 8.

Today and yesterday, our K-2 students visited the Life Education centre at Edgeworth as part of their personal development and health curriculum requirements. Hunter Life Education offers a range of programs with themes related to hygiene, health, safety and relationships. Our students (as always) participated enthusiastically and represented our school with excellence. Well done MPS students!

Welcome to our nine new students (and their families) coming to our fabulous support unit in 2019. This week we are meeting with our new families to ensure a smooth and happy transition for our nine new friends. We look forward to having them join us as part of the MPS family next year.

Congratulations to Mrs Nerissa King who was the successful candidate for the Assistant Principal Special Education position through the merit selection process, to begin here in 2019. We are thrilled to welcome Nerissa to our beautiful school and know that she will be a fabulous addition to both our executive and teaching teams.

Congratulations to our lyrical dance group and our Stage 3 team of movie making students who represented last week at the (Callaghan Education Pathways) Outdoor Digital Movie Festival. The performances throughout the evening were fabulous and the movie entries were of an excellent standard. Tighes Hill Public School were worthy winners of the movie competition. Thanks to Mrs Khay and Mr Blyth for their support of our students last Thursday at this event, thanks to the parents of these students for ensuring they had the opportunity to attend the event at Waratah campus and thanks to our outstanding students for upholding our school values so brilliantly.

Even though we have just over two weeks left of school this year, we still have the following events to look forward to:

- Recognition assembly this week on Friday
- Year 6 Farewell Tuesday 11 December
- Principal's Picnic Thursday 13 December
- Presentation Day Friday 14 December
- Carols Evening Monday 17 December
- Party Day Tuesday 18 December
- LAST DAY OF SCHOOL – WEDNESDAY 19 DECEMBER ☺

Let's keep our energy levels up as we head into the final days of the 2018 school year!

Presentation Day

Next week there will be a change to our regular timetable with sport happening on Thursday instead of Friday.

Please ensure children wear their sports uniform next Thursday (13 Dec) which will be suitable for those students attending the Principal's Picnic as well. On Friday (14 Dec), children should wear their full school uniform for Presentation Day.

Thank you for your support with this.

Mrs Van Egmond ☺

Calendar

Term 4 – Week 8

Friday, 7 December 2018	11.20am Scripture Christmas Concert
	2pm Whole School Assembly

Term 4 – Week 9

Monday, 10 December 2018	Semester 2 Reports being sent home
Tuesday, 11 December 2018	5.30pm – 8.00pm Year 6 Farewell
Thursday, 13 December 2018	Principal's Picnic
Friday, 14 December 2018	9.30am Presentation Day

Important Dates for Your Diary

Monday, 17 December 2018	Carols Evening
Tuesday, 18 December 2018	Party Day
Wednesday, 19 December 2018	Last Day of Term 4 for students
Tuesday, 29 January 2019	Staff resume for 2019
Wednesday, 30 January 2019	Year 1 to Year 6 students resume for 2019
Thursday, 31 January 2019	2019 Kindergarten commence
Wednesday, 6 February 2019	2019 Swimming Carnival
Monday, 18 February 2019	Individual and Class Photos



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

OFFICE NEWS

PRESENTATION DAY

Emails were sent to parents last Friday, 30 November 2018 to notify them that their child is to receive an award on Presentation Day.

Hand Foot & Mouth Disease

We have had a reported case of Hand Foot & Mouth Disease. Please see attached factsheet for further information.



'PATH 2 CHANGE' CHRISTMAS CHARITY DRIVE

Donations are still being taken for the Year 6 Christmas charity drive, 'Path 2 Change'. Donations can be placed in the Christmas Box located near the front office.

Donations may include; non-perishable food items, stationery, makeup, books, toiletry items (bags, deodorant, toothbrush / paste, hairbrush, women's sanitary items, nail polish, hair accessories etc.), sports equipment (soccer balls, netballs, cricket set), gift cards, clothing, backpacks, handbags, wallets, towels, blankets....

You can find out more about the organisation at www.path2change.org.au

Your help is greatly appreciated!

MARYLAND 2018 SCHOOL YEARBOOK

Orders for the 2018 School Yearbook will be taken until Wednesday, 19 December. Yearbooks are \$25 and feature a double page spread for each class as well as lots of photos and memories from all the events held at Maryland PS during 2018. Copies of the order forms will go home today.

Additionally, if you have any photos that could be included in the Yearbook please share securely by going to <https://dropevent.com/gallery/top20507>

Mrs Khay & the Student Yearbook Team

EARLY STAGE 1 NEWS

Life Education

Students' knowledge of safe and healthy living was further enhanced by a visit to the Life Education Centre at Edgeworth yesterday. Meeting Healthy Harold was a hit and students engaged very well with the variety of interactive activities. Behaviour on the excursion was exemplary. Well done!

Carols Evening

ES1 students will be presenting a number of Christmas songs and we would appreciate students wearing Christmas clothes to celebrate the festive season ie Christmas T shirts, dresses, shorts, reindeer ears, Christmas hats etc. We are looking forward to seeing you there!

Party Day

Students will be participating in Water Play activities at school on this day. A separate note with more details

will be sent out in the next week. Our school P&C provides students with a sausage sizzle (sausage in a piece of bread), ice block and a drink on this day. Students may bring their own packed lunch if they wish. Students will still need to bring fruit break and recess.

Principal's Picnic

Please return notes asap if your child has received one. Remember, students can keep collecting Maryland Merits (Grey Cards) and Gold assembly cards up until the last day of school this year.

Thank you for your continued support as we head into the busy, final weeks of the school year.

Mrs Williams (Early Stage 1 Leader)

STAGE 3 NEWS

Callaghan College Wallsend Campus Year 7 2019 Orientation

Today Year 6 students attended Orientation Day for CCWC Year 7 2019. Student excitement and nervousness were seen in equal measure. Students heard messages from CCWC student and staff leaders, and watched music and dance performances and the yidarki group. Students saw the presentation of the MPS message stick, made last week by Kaihem H, Keely McF and Garuahgal.

Year 6 Farewell

Next Tuesday night Year 6 students will be attending their farewell at Wallsend Diggers. The night begins at 5.30pm, concluding at 8pm. At 6.45pm – Year 6 parents arrive at Wallsend Diggers function room for dancing and farewell song.



SPORT NEWS

2019 Swimming Carnival

The annual swimming carnival will be held Wednesday, 6 February 2019 at Wallsend Swim Centre.

Mrs Wingrove (Sports Coordinator)

CANTEEN NEWS**Canteen Roster Term 4**

Day	Date	Name
Week 8 Wednesday	5 December	Miyako, Lesley, Robyn
Thursday	6 December	Kass
Friday	7 December	Jamie, Lesley
Week 9 Monday	10 December	Carmen, Lynne
Tuesday	11 December	Carmen, Lynne, Danielle
Wednesday	12 December	Miyako, Lesley, Robyn
Thursday	13 December	Janelle, Lesley, Cher
Friday	14 December	Jamie, Jamie, Kass, Esme, Sharna
Week 10 Monday	17 December	CANTEEN CLOSED
Tuesday	18 December	CANTEEN CLOSED
Wednesday	19 December	CANTEEN CLOSED

FUNDRAISING NEWS**Carols Evening / Christmas Raffle**

Tickets for the raffle have been sent home. Kindly return ticket butts plus money and any unsold tickets back to school. The prize winners will be announced at the carols evening scheduled for Monday, 17 December 2018. At the event we provide a barbeque to cater for tea on the night. So, we need volunteers to assist with the cooking and serving that afternoon. If you can assist, please leave your name and contact number at the school office. Thank you to the number of people that have volunteered so far, we appreciate your kindness, time and effort.

The first prize in the raffle will be an iPad, second prize is a Moonshadow Cruise, third prize is a scooter plus other prizes that include a signed Matilda's jersey and many others such as Paw Patrol activity pack, My Little Pony activity pack, Chocolate Fountain and the list goes on.... Tickets are \$2 each and you need to be in it to win!

It would be lovely to support this final event and to supply our children with valuable resources to maximise the learning opportunities at Maryland Public School.

Fundraising Committee

NEW UNIFORM SHOP NEWS**Normal Trading Hours**

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

November / December Extended Hours

- Tuesday, 4 December **Closed Today**
- Tuesday, 11 December 8.30am – 10.30am
- Thursday, 13 December 2.30pm – 4.30pm
- Tuesday, 18 December 8.30am – 10.30am

January 2019 Extended Hours

- Tuesday, 15 January 8.30am – 10.30am
- Tuesday, 22 January 4.00pm – 6.00pm
- Thursday, 24 January 2.30pm – 4.30pm

Visit the website by clicking on the link below to order uniforms online.


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

PRELOVED UNIFORM SHOP NEWS

The Preloved Uniform Shop is closed for 2018.

Carmen & Alisa ☺☺

COMMUNITY NEWS


SunSmart Snippet


The simplest way

...to be a good role model!

Did you know?
Researchers, parents and teachers know that children imitate adult behaviour. That's why role modelling sun protection is so important!

How you can be a role model:


- **Slip** on clothing which covers as much skin as possible.
- **Slop** on 30+ broad-spectrum, water-resistant sunscreen.
- **Slap** on a broad brimmed, legionnaires or bucket hat.
- **Slide** on some wrap-around sunglasses.
- **Seek** shade when outdoors.



Don't forget – when the UV reaches 3, we protect against UV! You and your kids can check the UV level together by downloading the SunSmart app!

Set a positive example and your kids will follow your lead!

To help keep your kids safe in the sun, check your schools SunSmart status by heading to www.sunsmartnsw.com.au



Volunteers Morning Tea

The staff and students of Maryland Public School would like to say “thanks” to all our wonderful volunteers -

P&C, canteen, banking, classroom helpers, breakfast club, fundraising, BBQs, excursion helpers, special days and anything else you may have volunteered to help with!

Please come and join us for some morning tea and a chat in the library (following our Presentation Day assembly).

Friday December 14 at 11am

Adults only please





Maryland Public School 2018 Yearbook – Order Form

All orders must be returned by Wednesday 19th December

The cost of the 2018 Yearbook will be \$25. All yearbooks will be professionally printed on high quality paper in full colour and bound into a book. To enable events to be included through to the end of the year, the yearbook will be printed during the January break and be ready for collection in early 2019.

Parent/Carer name: _____ Contact Number: _____

Child 1 _____ Class: _____

Child 2 _____ Class: _____

Child 3 _____ Class: _____

Please order me:

_____ (no. of copies) X \$25 per book = _____ (total)

Yearbooks will be sent home with students early in Term 1, 2019.

Or

My child will not be returning as a student to Maryland PS next year to collect my book. Please:

☐ Send home with a sibling _____ (name/s of siblings)

☐ Call me to collect on _____ (phone number)

☐ Please mail to _____ (address)

✓	METHOD OF PAYMENT
	CASH
	CHEQUE
	EFTPOS – school office counter only
	PARENT ONLINE PAYMENT (pop) via school website: www.maryland-p.schools.nsw.edu.au Receipt Number: _____ Date: ____/____/____

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.