

Muswellbrook South Public School Newsletter



57 Maitland Street, Muswellbrook NSW 2333
Telephone: (02) 65431896 Fax: (02) 65433475

EMAIL: muswellbrs-p.school@det.nsw.edu.au



"Muswellbrook South Public School Official"

TERM 1 WEEK 3

Wednesday 13th February 2019

PRINCIPAL'S MESSAGE

Dear Parents and Carers,

Our school is constantly engaging in improvement. Our students set learning goals in class to track their progress. Our teachers set professional learning goals to guide their development. And as a school we set a range of long term and short term goals to monitor our performance. We do all this because we want every student in our school to receive at least one year's growth for one year's teaching. For that to happen we want everyone in our school to be striving to be the best version of themselves possible.

Our whole school goals centre on our key projects which include:

Quality teaching

- Our teachers will be provided with feedback from observations, helping them to provide explicit quality criteria for each lesson, set challenging work for all students regardless of ability and provide specific feedback to help students improve.

Wellbeing

- We know that engagement, relationships, belonging and happiness foster learning. Our students and teachers will be learning about growth mindset, brain plasticity, mindfulness and how to develop self-regulation.

Data analysis

- Our teachers will be developing their skills in collecting and analysing student assessment data to ensure that all students are improving, that they are all provided with the right level of challenging work and that what teachers are doing in the classroom is having an impact.

Positive Behaviour for Learning (PBL)

- We want all our students acting in responsible, respectful and safe ways. We want them all to understand these expectations and to be explicitly taught how to demonstrate those expectations.

We believe that these key projects have the ability to transform our school and ensure that every student is known, valued and cared for.

Yours in Education

Glen Kite

Principal

Primary Assembly – Week 3

Friday 15th February is a Primary assembly that will start at 11.00am.

6BLUE will be presenting a class item.

White, bronze & silver PBL awards will be awarded.

All parents & carers are warmly invited to attend.

Please note entry is via the front gate only.

Tissue donation

Classroom teachers are requesting families to make a donation of a box of tissues to their child's classroom. Thank you in advance for your support.



Breakfast Club

Breakfast Club is operating again during 2019. It is held in "The Shed" with Miss Flannery and Mrs Doran from 8.45am to 9.15am each school morning.

For 50c children can get a piece of toast, juice, milo and cereal.

Please come along if you have not had time to have brekky at home, or just want to have breakfast at South with your friends.

Bring 50c, a smile and a story to share, and enjoy a healthy start to your day.



SPORTS REPORT

What a busy Term we have coming up with plenty of Upper Hunter PSSA sports happening in and around the school. Tomorrow, Thursday 14th February, Mitchell M of Year 5 will travel to Singleton to compete in Upper Hunter cricket trials along with numerous other students from schools around the area. Good Luck Mitchell.

Our zone swimmers are training for their carnival in Scone on Tuesday 19th February. We wish them all the best and to swim fast!

We are focusing on 9 different UHPSSA sports for Primary sport this Term which gives coaches and students the opportunity for further training and skill development with upcoming knockouts and trials. Students were given the opportunity to select the sport they would like to participate in which gives students a greater desire to participate and do well.

Have a fantastic week!

Mr Adams - PDHPE Teacher

Medical conditions and asthma plans

We are currently completing our annual review of student's medical details.

If a child is diagnosed with a new medical condition or their current condition is changed, a parent / carer must contact the school office ASAP. Forms may need to be completed and an appointment made with Mr Kite to complete required DET documents.

Children diagnosed with Asthma need to have a current Asthma Action plan from a doctor.

"Remember, your asthma changes over time so your plan should be reviewed at least once a year to make sure it's still useful"

asthmaaustralia.org.au

Please hand Asthma action plans, reliever puffers and spacer to the front office. Other documents may need to be completed with the school. New "Request to administer medication" forms will need to be completed for each individual having prescribed medication or asthma puffers at school. Please be proactive when requested to provide or complete forms.

Thanking you in advance for your cooperation with this important matter.

Clothing

Please label all your child's school clothes and belongings.

It is also a good idea for younger children, especially Kindergarten students, to have a spare set of clothes and underwear in their school bag so in the event of an accident they can be changed.

Active Kids and **Creative Kids** are programs designed to encourage more children to participate in sport, active recreation and creative and cultural activities.

Each year, parents, guardians and carers can receive a \$100 voucher to go towards both creative and physical activities for school aged children. That's \$200 worth of savings per year for each child.

A **Creative Kids** voucher will help parents to cover some of the registration, participation and tuition costs on activities such as singing, drama, coding, languages, music, writing, drawing and photography.

The **Active Kids** voucher can be used on sports, fitness and physical activities for registration, participation and membership costs.

The vouchers can be used once with an approved provider. To find out more, parents need to visit service.nsw.gov.au.

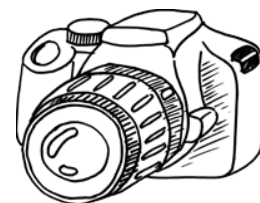


Schools, parents and friends like to acknowledge the wonderful achievements of students.

It is great to see lots of parents and friends attend our events, assemblies etc.

Please keep in mind when you are posting photos or videos to social media, that not all of our students have permission to publish their image online.

Photos containing only your child can be posted on social media, however if they contain other students please do not publish them.





On Friday the 1st of March students will be participating in Clean Up Australia Day.

Clean Up Australia Day raises awareness of

keeping our environment clean and encourages students to take pride in their school environment. Students will spend a short time after second break cleaning up within the school grounds before returning to class.

Students will need to bring gloves and a plastic bag.

Our school has our own webpage set up where people can join our site or make a donation.

Thank you for your support.



WHY "DO" P&C?

I volunteer at my child's school. It is my local school. I find that giving up an hour or two each month to attend meetings where we as a group get to have a direct impact on my child's learning is priceless. I appreciate the fundraising that the P&C Association needs to do to ensure that our children have access to educational materials and great facilities. I don't mind lending a hand.



IT IS THE LEAST THAT I CAN DO EVERY NOW AND THEN.

My children like that I am involved in their school life and they love it when they see me at the stall or helping out at school community events.

P&C has allowed me to develop my skills. I have a better understanding of meeting practices and I have made lasting friendships. P&C for me also offers opportunities for my children, I get to show them the good that people can bring to their community. I am giving them a model to aspire to, I am showing them that I value their education, that they are not alone.

I AM INVOLVED.

These reasons may not interest you but I bet there is something for you at P&C. Our Annual General Meeting is in March and MSPS P&C Association is looking for members of the community who are willing and able to represent and advocate for parents. Our school is a richer place for the contribution of parents and others.

HAVE YOU GOT TIME FOR AN INVESTMENT?

JOIN YOUR P&C

Muswellbrook South Public School Parents and Citizens Association

Monthly meetings held the 3rd Tuesday of every month (during school term) at 6.30pm in the school library.

2K19

#teamsouth

Getting to know...



Name: Georgia Kelly

Age: 27

School Position: Classroom teacher for 1 Yellow

Star sign: Aquarius

Home town: Newcastle

Lives: Singleton

Favourite Food: Italian (particularly chicken pesto pasta)

Favourite Movie: Titanic will always be number one

Favourite Music: Pop music for energy, acoustic covers for down time

Interests: Reading, going to the beach and travelling. In fact, I like travelling to the beach and reading when I get there.

If you were stuck on an Island, and had to take only 2 things with you, what would they be?: My two dogs, Wilson and Hadley.

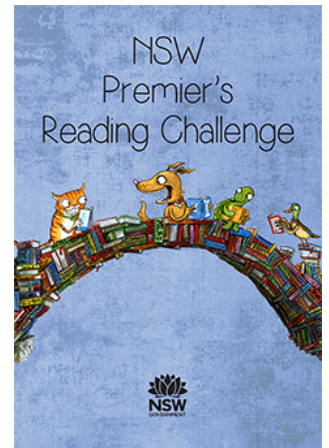
N.S.W. Premier's Reading Challenge 2019

Dear Parents,

The Premier Reading Challenge will commence again in a couple of weeks on **Monday 4 March**. There will be a green note coming home this week, with the youngest child, explaining what the Challenge is all about. It will need the names of the children completing it and a parent or guardian's signature. I would love to see all the children who completed the Challenge last year to take up the Challenge again and I welcome any new children who would like to start the Challenge for the first time. Just a reminder that children in Kindergarten, Year 1 and Year 2 can either read their books or have the books read to them. Children in Stage 2 and Stage 3 have to read the books on their own. I have all the Premier Reading books at school which the children can borrow in their Library lesson. If you would like to see the lists you simply need to type Premier Reading Challenge 2019 in Google. The Reading Log sheets which will come home in a plastic sleeve just need to have the Title, Author and your signature. Do not worry about the ID number, we will complete that at school. **All Premier Reading Sheets will be entered on line at school.** Once the sheets are completed they need to be brought back to school by **Friday 30th August**. If your reading log sheet has a little misadventure, don't worry I have plenty of spares. Once they have been returned they will be registered and certificates will be handed out to students at a presentation ceremony at the end of the year.

Parents, if you have any concerns about the Reading Challenge or any other matters please call me or come and see me in the Library, I am more than happy to hear from you and help in any way.

Anne Solman-
Teacher Librarian



Upper Hunter AECG

Please come along and join us for the first Upper Hunter AECG meeting for 2019.

When: Thursday 14th February, 2019

Where: Muswellbrook High School (Girls Academy Room)

Time: 4.30pm

Our AECG's focus is on communities having input into Aboriginal Education.

We strive to empower our communities to become involved in all levels of Education & Training for the positive effect this can have on our students.

To find out further information or to RSVP please contact.

Raylene Price - President of UH AECG

Raylene.Price@aes.org.au

Mobile: 0499 112 669 or 0407 216 648

Melisa Powell – Secretary

melisa.powell@det.nsw.edu.au

Mobile: 0409 692 785

Olympic Park Tennis Club



Junior Tennis Coaching

Olympic Park Tennis Courts, Wilkinson
Avenue, Muswellbrook.

Wednesdays 5.30pm to 6.30pm during school
terms.

Coaching cost is \$40 per school term plus
annual club Membership of \$30.

For enquiries phone Tony on 0409 680 539 or
Sandra on 0427 334 936

HAROLD MERCHANDISE



Dear Parents,

Life Education NSW is a not for profit organisation that relies on the support of the community to assist us in reaching our fundraising goals. Every Harold product purchased helps us visit more children in NSW.

The sale of Harold merchandise to the children whilst the program is visiting each school supports our overall fundraising activities and helps cover the gap between the cost of delivery and what parents and schools pay for our program. These products help to remind children about the messages delivered to them during their Life Education session and have either a picture of Harold or the Life Education logo on them.

The educator will provide the opportunity for children to purchase these products during the school visit. Please provide the correct money in an envelope with the item written on the face of the envelope along with your child's name and class. This allows the educator to process orders efficiently and accurately. Orders will be returned by the conclusion of the visit. You can also check out our **NEW** product range online by visiting www.lifeeducation.org.au/shop



Name: _____ Class: _____

Product Description	Price Incl. GST	QTY	Product Description	Price Incl. GST	QTY
Tattoo	\$0.50		Large Harold Soft Toy	\$15.00	
Harold Post-it-note	\$1.50		Small Harold Soft Toy	\$8.00	
Harold Hand Ball	\$3.00				
Total Owing	\$		Total Owing	\$	

NB Harold Products are subject to availability Life Education NSW thanks you for your support.



Help support Life Education

* I would like to donate \$ _____ to Life Education NSW. Gifts of \$2.00 or over are tax deductible.

Name: _____ Phone (optional): _____

Address: _____ Suburb: _____

Postcode: _____ Email (optional): _____

Child's Class: _____

MSPS Dates for the Diary – Term 1 2019

<i>weeks</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
Feb 3	11 Life Ed Van	12	13	14 PSSA Cricket trials NRL Cyber Talk Stage 2 & 3 AECG Meeting 4pm	15
Feb 4	18 PSSA Tennis trials Life Ed Van	19 Zone Swimming at Scone	20	21 PSSA Zone Netball trials	22
Feb/ Mar 5	25	26	27	28	1 PSSA Zone AFL trials Clean up Australia Day
March 6	4 Digi Ed Claymation - Stage 3 Workshop	5 Year 1 Hunter Wetlands Excursion	6 Year 2 Hunter Wetlands Excursion	7	8
March 7	11 Halogen Leadership Workshop - Sydney Yr 6 Leaders	12	13	14	15 Hunter Region Netball trials
March 8	18 PSSA Rugby League zone trials	19 Knights Knockout U10's Rugby League	20 School photos	21	22
March /Apr 9	25	26	27	28	29
April 10	1	2 PSSA Zone Touch trials	3	4	5
April 11	8	9	10	11	12



**Blandford Public School
Horse Sports**

Friday 8 March 2019

Venue - Rosedale Sports Complex
Murrurundi

7.00am - Canteen facilities will be available on the day, including breakfast
7.00am - Team Managers are to collect information packs from the office
7.15am - Team Managers and Supervising Teachers are required to attend an induction at the office

8.00am – Official gear check. It is essential team managers liaise with riders prior to the event to ensure gear checks are completed.

8.15 am – Start
Judging of the Best Presented School

Entry Fee - \$25.00 per rider
Entries Close Friday 1 March 2019

Late entries will not be accepted

Ring Events:

Riding Classes
Hack Classes
Pony Club Mount
(Similar to Pleasure Hack
- No Gear Change Required)

Sporting Events

Barrel Race
Running Tee
Keyhole
Ben Bar Aft
Flag Race

A presentation of awards will be held at the completion of events. We encourage all children to attend the presentation.

Please return completed entry forms by Friday 1 March 2019 to: Horse Sports
Blandford Public School
New England Highway
BLANDFORD
NSW 2338

Invoices will be forwarded to schools upon confirmation of rider numbers.



If Camping is required it must be organised through the Upper Hunter Shire Council, Murrurundi Office – Phone 0265 401350.

mherv

men's health education rural van
saving men's lives in rural australia  a rotary project
since 1970

FREE men's health checks!



**At Muswellbrook Fair
Tuesday & Wednesday February 26th and 27th**

It doesn't seem to matter how old they are ...many men in country NSW don't pay much attention to their health - 'she'll be right!'... But treatable high blood pressure and diabetes have no symptoms. Don't wait until it's too late... If you don't remember when you last had a checkup... It's time

Get checked ... see mherv ... its FREE! 

Free health checks at the Men's Health Education Rural Van include:

Blood pressure just to check the heart isn't too stressed. * Blood sugar levels ... just a pin-prick in the finger, to make sure there's no type two diabetes ... which is manageable even if there is. * Cholesterol ... just another pap-prick to see if levels are high and need attention.

Sponsored by:



Rotary Club
of Muswellbrook



Royal Freemasons'
Benevolent Institution



The simplest way

... To make Japanese veggie pancakes

Makes: 12 | Prep time: 15 min | Cook time: 10 min

Ingredients

½ small cabbage, very thinly sliced
4 medium carrots, grated
2 cups baby spinach, thinly sliced
4 spring onions, thinly sliced
½ cup wholemeal plain flour
6 large eggs, lightly beaten
Pinch of salt
Olive oil spray



Method

Place the vegies in a bowl and mix together. Toss with the flour, coating all the vegies. Stir in the eggs and pinch of salt.

Lightly spray a large non-stick fry pan with olive oil spray and heat over med-high heat. You may need to re-spray between batches. Add heaped tablespoons of the mixture to the fry pan in rounds. Gently press to flatten. Cook until golden, approx 3 minutes, and then turn to cook the other side.

For a video on how to make this recipe, visit our [website](http://www.healthylunchbox.com.au).

healthylunchbox.com.au

Good for Kids good for life



ACTIVE KIDS VOUCHER

The NSW Government is helping kids get active with the new Active Kids program.

Parents, guardians and carers can apply for a voucher valued up to \$100 per calendar year for each student enrolled in school.

The voucher may be used with a registered activity provider for registration, participation and membership costs for sport, fitness and active recreation activities.

The voucher can be used at any time during the calendar year it was issued.

To use the voucher, find a registered activity provider and present your voucher when you sign up.

The program runs year round, so kids can get active at any time!
Visit www.service.nsw.gov.au/active-kids to apply



© State of New South Wales (Service NSW) 2016



Health
Hunter New England
Local Health District

HNEHLD-GoodForKids@hnehealth.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

PLEASE NOTE MUSWELLBROOK PUBLIC SCHOOL P&C IS ORGANISING THIS PROGRAM. ALL BOOKING FORMS AND CASH PAYMENTS MUST BE HANDED TO MUSWELLBROOK PUBLIC SCHOOL FRONT OFFICE ASAP.



Family Program Bundle 2



Permission Flyer

Time: 6:00pm

Session 1: Where Did I Come From?

Audience: Year 3 and 4 students and their parents/carers

Sessions: 1 x 60-minute session

Program focus:

- Discuss the male and female reproductive systems, foetal development and the birth process
- Personal safety and protective behaviours

Note: Older students are encouraged to attend if they have not previously seen this program.

Session 2: Preparing For Puberty

Time: 7:15pm

Audience: Year 5 and 6 students and their parents/carers

Sessions: 1 x 60-minute session

Program focus:

- Discuss the physical changes of puberty, emphasising that it can be different for everyone
- Develop students' understanding of periods and sperm production, as well as the physical, emotional, social and intellectual changes associated with puberty for both boys and girls
- Enhance awareness of children's personal safety and protective behaviours

Note: Younger students are welcome to attend at the discretion of their parents/carers.

Family cost: 1 session \$32 per family | 2 sessions \$37 per family

Please note that this cost is GST inclusive

Where: Muswellbrook Public School

When: 06-Mar-2019, 06-Mar-2019

(Specialty books are available for purchase on the night)

Please complete and return to your school with cash/cheque payment in an envelope
(please make cheques payable to the school)

Family name: _____

No. attending: Session 1: Where did I come from? _____ Session 2: Preparing
puberty _____

in Interrelate's 'Family Evening Program Bundle 2'. Enclosed is my payment of \$ _____

Signed _____ Date _____
Parent / Guardian

Tel: (02) 8882 7875 • schoolservicesnsw@interrelate.org.au • www.interrelate.org.au

overview & session outline

Session 1: Where did I come from? (Years 3 & 4)

Objectives

- To help children aged 8-10 years gain an understanding of the structure and functions of the reproductive system in males and females.
- To provide information on conception (describing sexual intercourse, associated with love in the context of a caring relationship), foetal development and birth of a baby.
- To provide opportunities for parents and children to discuss various aspects of reproduction in an informal way.
- To reinforce the role of parents as a source of information on matters pertaining to sexuality and reproduction.

Content

- Introduction
- Family structure and family relationships
- Male/female babies – which is which?
- Protective behaviours
- Male/female reproductive systems
- Sexual intercourse & conception including assisted
- Foetal development
- Twin explanation
- Birth
- Conclusion

Session 2: Preparing for Puberty (Years 5 & 6) (Years 3 & 4 at parent's/guardian's discretion)

Objectives

- To provide information on puberty for 10-13 year olds, in relation to the physical changes and emotional changes (in particular, helping them feel comfortable about their bodies and its functions; preparing them for the changes during puberty and dispelling the myths and providing accurate, understandable information).
- To help young people feel okay about being different. Everyone develops at a different rate, especially during puberty.
- To confirm their individuality and promote self-esteem.
- To facilitate communication between parents and their children and encourage young people to take their questions, problems and concerns to their parents.

Content

- Introduction
- Revision of Session 1
- How, why and when of puberty
- Physical and emotional changes to both boys and girls
- Changes to boys only
- Changes to girls only
- Why are these changes happening?
- Conclusion

Cost: \$32 (incl. GST) per family to attend one session
\$37 (incl. GST) per family to attend both sessions
Includes an Interrelate Educator

Please Note: A minimum charge of \$590 per school (\$649 incl.GST) applies where attendance numbers do not meet or exceed this amount. This charge covers both sessions.



Too sick for school?

Think Pharmacy First.
Ask Your Pharmacist.

While this information has been checked by a pharmacist, it is a guide only.

Ask yourself:

- Is my child well enough to comfortably take part in the day's activities?
- Will my child pass on their illness to other children or staff?
- Will my child's teacher be able to care for my child without it impacting on their ability to care for other children?
- If I felt like this, would I go to work?

If you are unsure, speak to your pharmacist or doctor for advice.

Go to school **Could be catchy.** Some restrictions for school **Don't go to school**

Symptom	What to consider	Go to school?	Treatment
Fever	Children and older infants with a temperature of 38.5° or more	+	Give plenty of fluids and stay home until temperature is normal. Your pharmacist can provide advice on the most appropriate analgesic and formulation for your child. If your child seems worse or there's no improvement in 48 hours, see a doctor or visit the hospital.
Diarrhoea	If your child has 2 or more consecutive bowel motions that are loose or watery. They may also have stomach cramps.	For at least 24 hours after diarrhoea has stopped	Diarrhoea is a fairly common problem that usually lasts only a day or two. Diarrhoea must be monitored as it can cause dehydration which is potentially very dangerous in children. Your pharmacist can provide advice on the most appropriate treatment for an upset tummy, including advising on oral rehydration salt formulations. They can refer you to a doctor if more treatment is needed or the hospital for severe diarrhoea.
Vomiting	If your child has vomited more than twice in 24 hours.	For at least 24 hours after vomiting has stopped	Watch for signs of dehydration and encourage small amounts of fluid frequently. Your pharmacist can provide advice on oral rehydration salt formulations and can refer you to a doctor if more treatment is needed or the hospital for severe vomiting.
Cough	This will depend on the severity of the cough. Trouble breathing, wheezing or a harsh cough can be the sign of something more serious such as bronchitis, pneumonia or whooping cough.	+	If your child has a severe cough, take them to see a doctor. If the cough is not severe your pharmacist can help you to identify whether your child has a 'productive' or 'dry' cough and a suitable treatment for them.
Rash	A skin rash could indicate a contagious infection such as chicken pox or impetigo.	+	A doctor should evaluate your child before sending them to school.

Visit www.findapharmacy.com.au to find your nearest community pharmacy

Go to school **Could be catchy.** Some restrictions for school **Don't go to school**

Red eyes	Is the eye red and watery? The eyelids may also stick together on waking. This could be conjunctivitis which is highly contagious.	+	Unless your doctor has diagnosed a non-infectious cause, keep your child home from school while there is discharge from the eye and speak to your pharmacist about a suitable product.
Stomach ache	This can often be hard for you to judge as it could be caused by a number of things including constipation and even anxiety. If there are no other symptoms such as vomiting or diarrhoea, you might consider sending the child to school.	+	You might ask your child if there is anything making him or her sad or worried.
Sore throat	A sore throat and runny nose, but no other symptoms.	+	You can also speak to your pharmacist about products suited to your child's age to help relieve a stuffy nose and soothe their sore throat.
Earache	Evaluate along with other symptoms, such as a fever. Common conditions of the ear include infection, inflammation and wax build up and some of these can be quite painful and uncomfortable.	+	Your pharmacist can provide advice on treatment options and refer you to a doctor where necessary.
Runny nose	A runny nose, but otherwise fine.	+	Speak to your community pharmacist about whether there is a suitable product, such as a chestrub and nasal relief product to help ease your child's stuffy nose.
Itchy scalp	Head lice can cause intense itching. They live and breed on the scalp and are easily passed from student to student.	+	Your local pharmacy will stock special combs as well as shampoos, cream and other products which contain a special insecticide.
Hay Fever	Some of the symptoms can include sneezing; a runny or stuffy nose; itchy ears, nose and throat; red, itchy or watery eyes and headaches.	+	Your pharmacist can help you choose the best medicine for your child's symptoms. This may be a nasal spray; eye drop or oral antihistamines. Some of these medications should not be taken with other medications.
Medical Action Plans			
Asthma	Your child has been diagnosed with asthma.	+	Provide the school with your child's Asthma Action Plan and follow the school's policies with regards to medicine storage. Your pharmacist can also help ensure your child's asthma inhaler technique is correct.
Anaphylaxis	Your child has been diagnosed with anaphylaxis.	+	Provide the school with your child's Anaphylaxis Action Plan and follow the school's policies with regards to medicine storage.
Diabetes	Your child has been diagnosed with diabetes.	+	Most students with diabetes can participate fully in school activities. Make sure the school has your child's updated management plan. Speak to your pharmacist to make sure you (and your child if they are old enough) understand how to test their blood sugar, how to manage insulin levels and how to treat high and low blood sugar levels.

Visit www.findapharmacy.com.au to find your nearest community pharmacy