

Muswellbrook South Public School Newsletter



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"Muswellbrook South Public School Official"

TERM 1 WEEK 3

Wednesday 12 February 2020

PRINCIPAL'S MESSAGE

What's our purpose? Why do we do what we do?

As a school it is important that we have an aspirational long term view of how we want the school to look and feel. It needs to be something that unites the school community and explains why we do what we do. With that in mind the staff have started working on a school vision. I asked staff to list three words that they would like to hear people using when describing our school. The results saw words like: supportive, inclusive, innovative, caring, opportunities, engaging, high achieving and belonging come out strongly. The full results can be seen here (and on Facebook):

<https://www.mentimeter.com/s/04d818555e25f0ebe1d1f262f47ea8c0f/6eb8bbf3d04c>

It's now your turn to add to the word pool. You can either go to our Facebook page and follow the link or go to: <https://www.menti.com/f5dsum3746>.

I'd like you to answer that same question: What three words would you like to hear people using when describing Muswellbrook South Public School?

You will be able to see the results change over time as more people add to the word pool (the larger the word, the more people have entered it). After a week the survey will close and we will begin pulling the words together to form some key phrases for our vision.

Glen Kite

Principal

Primary Assembly – Week 3

Friday 14 February is a Primary Assembly that will start at 11am in the school hall.

4RED will be presenting a class item.

PBL and class merit awards will be presented.

All parents & carers are warmly invited to attend.

Please note entry is via the front gate only.

PJ says . . .

"Know what you are good at and work hard at it."



SPORTS REPORT

Our 2020 MSPS Swimming Carnival ran last Thursday 6 February. It was a very wet day in and out of the pool. We had tremendous efforts from all students who participated on the day and some great house spirit was shown. A massive thank you to all of the parents and carers who helped throughout the day. Thank you to the countless people who put their hand up to assist with the carnival and especially time keep. We would not have been able to run the carnival without you. There were some amazing efforts in the water and I can't wait to see what happens when the students compete against the best of other schools around the Upper Hunter area. Notes have been sent home to swimmers who have placed 1st and 2nd overall (via times) and these students will be competing in the 2020 Zone Swimming Carnival at Scone on Tuesday 18 February.

Harrison F and Tom N were selected to compete in the Upper Hunter PSSA tennis trials on Monday 10 February in Singleton. Both students played very well with Harrison making it to the 5th game after having 3 wins and one loss. The school are awaiting results on who will be selected to progress to the Hunter trials. Well done boys.



5 boys have been selected to compete at the Upper Hunter PSSA cricket trials at Muswellbrook on Friday 14 February. From there, six students from the Upper Hunter will be selected to go and trial at Hunter. Good luck to the following boys who will be trialling; Harrison F, Bailey C, Mitchell M, Murray S and Ryan B.

Our Primary Sport will kick off on Friday in Week 4 with students participating in PSSA sports both at the school and around the community. Students will have the opportunity to select two sports of their choice and participate in one of these sports throughout the rest of the term. This is a great opportunity for students to improve their skills and be noticed by coaches prior to the organising of school sport teams to take on schools around the area.

Mr Adams
PE teacher

Important information regarding bus travel

Just a reminder that all students K-2 must apply for a bus pass to be entitled to FREE travel. All students who travel without a bus pass must pay a fare of \$1.00 per trip in town or \$2.00 per trip out of town or travel may be refused. Bus passes must be shown in the morning and afternoon or a fare may be charged or travel be refused.

BOOK CLUB DUE FRIDAY 14th FEBRUARY

Book club order forms have been sent home.



CASH/CHEQUE ORDERS:

Please return order forms and correct money with student's name and class clearly marked to School Library by Friday 14th February 2020.

ONLINE ORDERS: Orders are to be placed online via LOOP (Linked Online Ordering & Payment Platform) by Friday 14th February 2020.

Wool donations required

MSPS primary girls group are requesting the donation of knitting wool.

If any families would like to kindly donate some for finger knitting and craft activities it would be very much appreciated. Thank you.



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 spacers 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.

Asthma Medication

The Asthma Foundation policy is that every student who has, or has had asthma needs an action plan from their doctor. Action plans must be reviewed by a doctor every 12 months.

When you get a plan from the Doctor please bring it and the medication in to the front office at school to be sighted and the appropriate paper work signed before the medication goes to the classroom.



On Friday 28 February 2020

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.

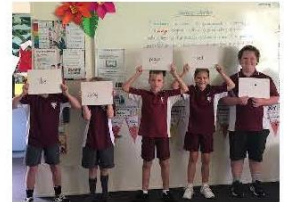
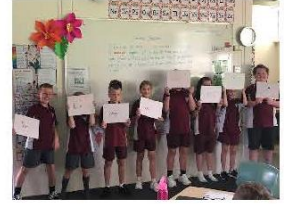


Welcome to 4Red 2020!

In VCOP, we have been working on ensuring our sentences make sense and have all of the required elements.

In Mathematics we have been working towards understanding place value, as well as refreshing our knowledge. We have been using hands on materials and technology as part of our rotations to help engage everyone in their learning.

We can't wait for everyone to see our performance on Friday at the assembly!



Swimming Carnival

Last Thursday, Muswellbrook South hosted their annual swimming carnival at Denman Swimming Pool. Although it was a very wet day, all the students who attended participated with enthusiasm and great sportsmanship. Thank you to all the parents who volunteered to help during the carnival.

Best of luck to all MSPS students who are attending zone next Tuesday at Scone.



MSPS Dates for the Diary – Term 1 2020

<i>weeks</i>	<i>MONDAY</i>	<i>TUESDAY</i>	<i>WEDNESDAY</i>	<i>THURSDAY</i>	<i>FRIDAY</i>
Feb Wk3	10	11	12	13	14 PRIMARY ASSEMBLY Zone Cricket Trials
Feb Wk4	17	18 Zone Swimming Carnival	19	20	21 INFANTS ASSEMBLY
Feb/Mar Wk5	24 UH PSSA Basketball Trials	25	26 UH PSSA Zone Rugby League Trials Stg 3 Graffiti Talk 12:25pm	27	28 WHOLE SCHOOL ASSEMBLY Clean Up Australia Day Hunter Tennis Trials
March Wk6	2	3 Hunter Swimming	4	5	6 Hunter Cricket Trials UH PSSA Netball Trials
March Wk7	9	10	11 UH PSSA Football Trials	12	13 PRIMARY ASSEMBLY
March Wk8	16 Hunter Rugby League Trials	17 Hunter AFL Trials	18 SCHOOL PHOTOS	19	20 INFANTS ASSEMBLY
March /Apr Wk9	23 Life Ed Van	24 Life Ed Van	25 Life Ed Van	26 Life Ed Van Hunter Boys Football Trials	27 Life Ed Van Hunter Netball Trials
Mar/ April Wk10	30 Life Ed Van	31 Life Ed Van	1 Life Ed Van	2 Life Ed Van	3 WHOLE SCHOOL ASSEMBLY
April Wk11	6	7	8	9	10 Good Friday Public Holiday

2K20

#teamsouth

Getting to know...



Name: Jennifer Mitchell

Age: 50

School Position: Classroom Teacher

Star sign: Gemini

Home town: Bondi Beach, Sydney

Lives: Muswellbrook

Favourite Food: Italian

Favourite Movie: Pulp Fiction

Favourite Music: The Eagles

Interests: Reading and renovating

If you were stuck on an Island, and had to take only 2 things with you, what would they be?

Book of sudoku puzzles and a pencil that never needs sharpening ☺

Good for Kids good for life



Our school is part of the Crunch&Sip® program, also known as 'Fruit break'. Crunch&Sip® is a set time during the day to eat vegetables and fruit and drink water.

Below are some examples of what students are allowed to bring for Crunch&Sip®:

- All fresh vegetables and fruit such as carrot sticks or grapes
- Dried fruit or tinned fruit in juice, but only sometimes
- Plain water



Some tips to increase veggie intake for Crunch&Sip® include:

- Start with vegetables your children are familiar with
- Allow children to choose their Crunch&Sip® vegetables
- Try sweeter vegetables like cherry tomatoes or carrots
- Use a variety of colours to make it more appealing
- Let kids pick out a special Crunch&Sip® container from the supermarket
- Get kids involved in cooking vegetables at home

Source: Crunch&Sip® www.crunchandsip.com.au

The simplest way

... to cook with kids.

Providing lots of opportunities for kids to be involved in the kitchen is a great way to raise healthy eaters, teach them life skills and boost their development.



Young kids can:

- Wash fruit and vegies
- Tear foods like lettuce or bread
- Use scissors to trim vegies
- Add premeasured ingredients
- Stir and sprinkle

Older kids can:

- Use measuring cups, spoons and scales
- Use equipment like salad spinners, and blenders under supervision
- Prep easy to chop foods with kid's knives
- Be in charge of preparing simple recipes

Upper Hunter AECG Meeting

Please come along and join us for the first Upper Hunter AECG meeting of 2020.

Where: Shop 6, 30-34 Brook Street

Afternoon tea will be provided

When: Thursday 27th February, 2020

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 and Training for the positive effect this can have on our students.

Please note: Memberships are up for renewal at this meeting. (\$2 membership fee)

If you would like an item placed on the agenda for discussion please email the Secretary.

To find out further information or to RSVP to our meeting please contact:

Raylene Price – President of UHAECG
raylene.price@aes.org.au
 0499 112 669 or 0407 216 648

Renee Coward – Secretary of UHAECG
renee.coward2@det.nsw.edu.au
 04350 100 883



Dates for 2020 Upper Hunter AECG Meetings (Week 5, Thursday):
 28th May
 20th Aug
 12th Nov



Army



Australian Army Band Community Benefit Concert

Scone High School



Saturday 22 February
6:00pm

BBQ and refreshments available

JOIN UPPERHUNTER PHYSIE

Physie is a sport which involves a combination of hip hop, jazz, ballet, contemporary and aerobics together

CLASSES
FROM \$8

CALL

0448275771

AGES FROM 3 YEARS+
CREATIVE AND ACTIVE
KIDS VOUCHERS ACCEPTED

EMAIL

UPPERHUNTERPHYSIE@HOTMAIL.COM



Register now!



**Muswellbrook
Cats
AFC**

president@muswellbrookcats.com
Open for boys and girls 5-17yo



Sign up for junior footy **play.afl**



My Time groups provide support for mothers, fathers, grandparents and anyone caring for a child with a disability or chronic medical condition.

It's a place for you to unwind and talk about your experiences. It's a world away from appointments and therapy. It's support for you.

Early Links Inclusion Support Service will be running My Time. An Inclusion Support Teacher and Allied Health Assistant will conduct the My Time Group. The Allied Health Assistant will provide activities for any under school age children in attendance who are welcome to attend.

When: Each Tuesday during school terms commencing Tuesday 11th February from 10am-12pm

Where: Early Links Inclusion Support Office, Shop 4 77-85 Bridge Street (in Muswellbrook Market Place Outdoor car park)

Call: 0428 199 602 or 65415687 for more information

MyTime is funded by the Australian Government Department of Social Services, and nationally coordinated by the Parenting Research Centre.

Early Links 
Inclusion Support Service
Providing early childhood intervention

arts **UPPER HUNTER**
Dance Craze Video Comp

For young people 8 to 15 yrs

First Prize \$500
Total Prize Pool \$1,250

[https://artsupperhunter.us.
launchpad6.com/](https://artsupperhunter.us.launchpad6.com/)



Arts Upper Hunter is supported by:
Dungog Shire Council, Muswellbrook
Shire Council, Singleton Council and the
Upper Hunter Shire Council.



Olympic Park Tennis Club ~ Junior Tennis Coaching

Olympic Park Tennis Courts, Wilkinson Avenue, Muswellbrook.

Wednesdays 5.30pm to 6.30pm during school terms.

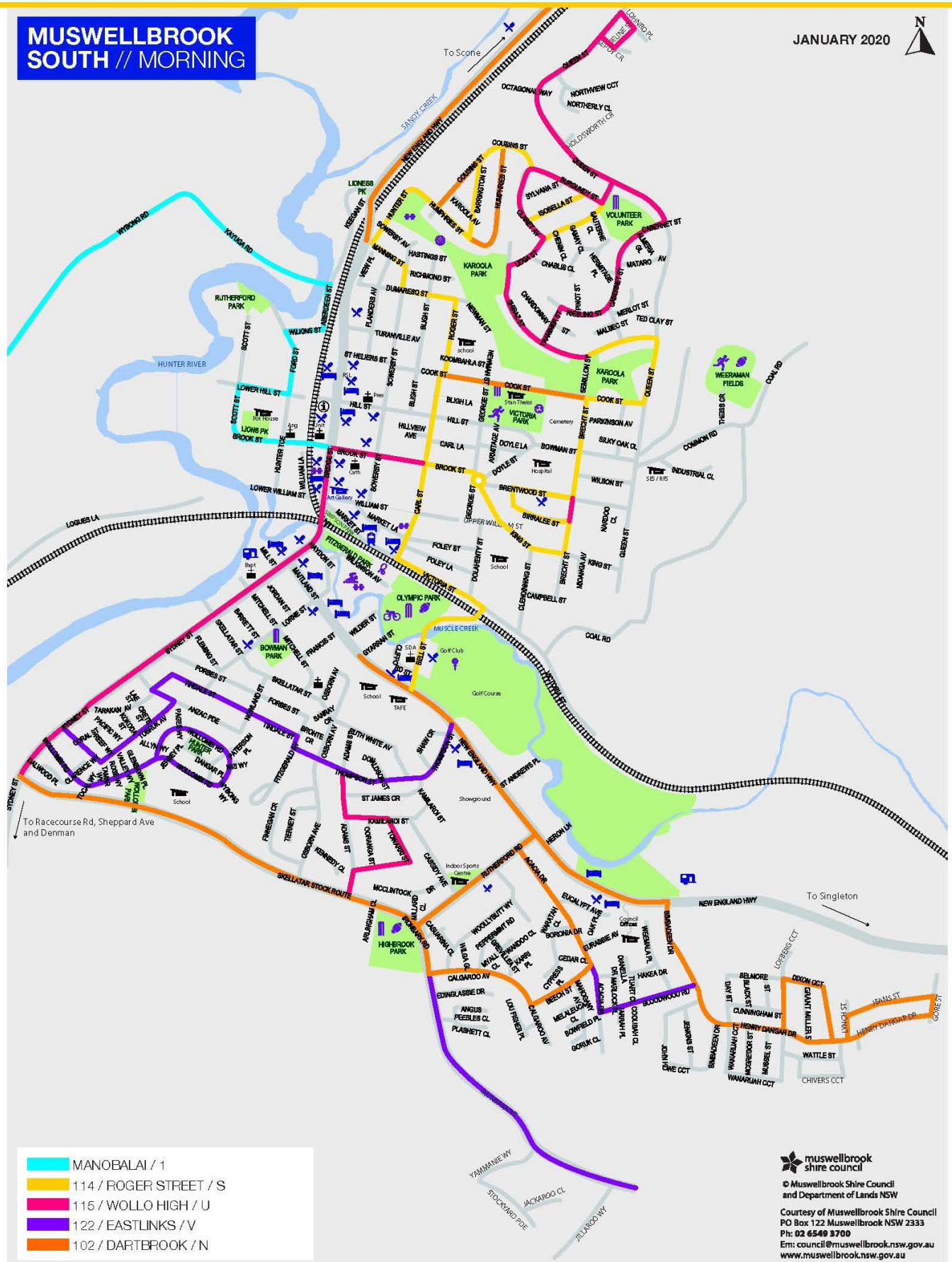
Coaching cost is \$40 per school term plus annual club Membership of \$30.

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



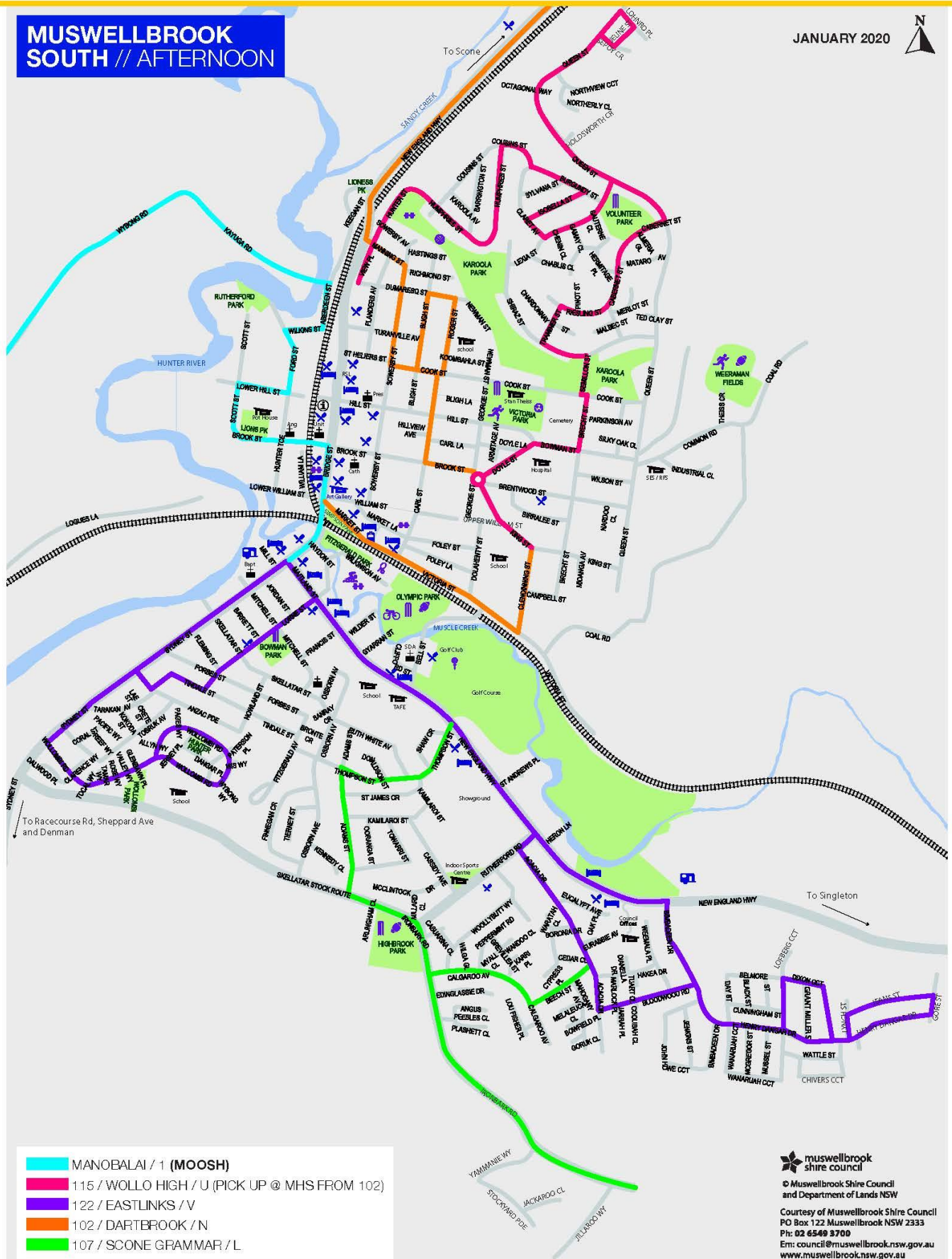
**MUSWELLBROOK
SOUTH // MORNING**

JANUARY 2020



**MUSWELLBROOK
SOUTH // AFTERNOON**

JANUARY 2020



Code of conduct for school students on buses

It is every student's responsibility to behave in a manner that ensures the safety and comfort of passengers and drivers. This includes:

Behaviour on buses

- Use appropriate language not offensive or racist language
- Fighting, spitting, feet on seats, throwing things in or from the bus is not permitted
- No eating or drinking (other than water) - unless for medical reasons or the bus operator gives written permission.
- Offer seats to adults including people with a disability, elderly or expectant mothers
- Do not push or shove other people
- Do not bully or harass other passengers or the driver
- Avoid attracting the attention of the driver except in the case of emergency
- Do not play music at such volume that it may distract the bus driver or other passengers.

Safety on and near buses

- Obey reasonable directions from the driver (e.g. where to sit or to remain in the bus)
- Remain in your seat - do not move around the bus unnecessarily
- If standing, remain behind the front passenger seat and keep a secure hand hold at all times
- Keep bags and other items clear of the aisle
- Do not allow any part of your body to protrude out of the bus at any time
- Wait for the bus in a quiet and orderly manner - including at bus interchanges
- Stand away from the roadside until the bus comes to a complete stop
- Allow other passengers to leave the bus before stepping onto the bus in a single line
- Wait until the bus stops before moving to get off the bus at your designated stop
- Cross the road where and when it's safe to do so, use crossings/traffic lights where available.

Legal considerations on buses

- Wear the seat belt properly adjusted and fastened, if one is available
- Obey the law that bans smoking on buses
- Ensure that buses are not vandalised - report any damage, e.g. graffiti and window etching, to the driver
- Do not interfere with bus property, equipment and signage
- Do not leave rubbish on the bus, or at bus stops or interchanges.

Using bus passes:

- Show travel passes or tickets to the driver on boarding and to Authorised Revenue Protection Officers, NSW Police Officers or bus company representative when requested
- Use the travel pass only for its intended purpose - do not lend your pass to other students or borrow a pass from them

Disobeying these rules may lead to the withdrawal of bus travel passes, banning students from travelling on buses and/or police prosecution and court action.



Bus Stop Safety

Students are reminded to be safe and responsible when waiting at bus stops of a morning.

Students and a supervising parent should get to the bus stop five minutes before the bus is due to arrive.

When waiting for the bus children should not run or play around near the bus stop and in people's yards. This includes not playing or kicking with balls.

Children shouldn't play on the road or attempt to approach the bus until it has completely stopped.

Students need to stand well back from the kerb as the bus pulls in and be sure that the bus driver can see you and you can see the driver.



Too sick for school?

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**
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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 chestnut 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