



# NEWSLETTER



4<sup>th</sup> September 2017

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## **Principal's Message**

Welcome to week 8 of Term 3 everyone! We are having fantastic term. My sincere thanks to Ms Bronwyn Ross for relieving as principal during my recent leave. Ms Ross did an outstanding job, as I knew she would. We are very lucky to have Ms Ross at MSPS.

## **Athletics carnival**

This year we had our Athletics carnival at Blacktown Sports Park. It was an outstanding day due to the hard work and organisation of a team of teachers: Mrs Ponting, Ms Ross, Mrs Galea and Mrs Porter. It was really lovely to see the safe, respectful behaviour of our students as well as great sportsmanship on the track and field during events and plenty of smiles and laughter. Special thanks to the wonderful parents, including our P&C parents for helping on the day.

## **Kindy Excursion**

Our beautiful Kindergarten students enjoyed their very first excursion this term to Calmsley Hill Farm. It was a perfect day which saw fun, beautiful weather, excitement, lots of learning and perfect behaviour from our students. Many thanks to our Early Stage One teachers and Mrs Parsons for their organisation and supervision on the day. Congratulations Kindergarten students for being safe, respectful learners. Thanks also to staff that assisted on the day.

## **Book Week**

Book Week is a great way to strengthen students' love of reading. This year's Book Week was another great success, thanks to Mrs Colusso's amazing creativity and hard work and the generosity of our P&C mums who gave their time and energy. Thanks also to all the parents who donated delicious food for us to enjoy. As the photos show, it was an amazing celebration of Book Week.

## **Absences from School**

If your child is absent from school, you must notify the school office as soon as possible to explain the reason why. The easiest way to do this is via your Skoolbag APP. Select eforms then Absentee Form. Simply enter the details, sign using your finger and submit. Please remember, students should only stay home if they are ill, injured or infectious. If students are not at school, they are not accessing the excellent educational programs we implement for them. Students should not stay home because they are tired, or they have slept in, or they have to go shopping or because it is their birthday. Students must attend school every day. Regular non-attendance can result in failure to obtain the continuity in their education that is desirable and necessary for them to succeed and achieve.



## **Head Lice**

Please check your child for Head Lice, we've had a couple of cases reported this week. Please see website below for information about this issue. It's critical to check regularly and treat the problem asap.

<http://kidshealth.org/en/parents/head-lice.html>

## **Our School Driveway and Car Park**

The school driveway is closed between 8am and 4pm. Please do not enter it during these hours. To do so creates a serious risk to students, preschoolers and members of our school community. Thank you for your cooperation with rule. I also ask that parents do not park in the bus bay on McClean Street as this is illegal and also prevents buses from entering and exiting the road safely.

## **Debating**

Our debating team did an outstanding job this term when they debated against Plumpton Public School. Thanks to the excellent coaching from Ms Gaynor, we were able to present a great case for the affirmative and produce fantastic rebuttals. We won the debate! Congratulations to all involved on job extremely well done!

## **NAPLAN**

NAPLAN results have been sent home with all year 3 and year 5 students who participated in NAPLAN in May this year. These results provide a snapshot of how your child performed during these tests. I encourage you to discuss the report with your child and your child's teacher if you have any questions. These tests also provide the school with data that is used for whole school planning in addition to our local student assessment data.

## **NAPLAN 2018**

All schools are participating in a NAPLAN online readiness test later this term in preparation for NAPLAN transitioning to a digital age. This readiness test is a practice test so that we can determine what works well and what may need to be modified or adjusting to better meet the needs of students.

## **Drinking Water**

Even though for most of youngsters this is not an immediate, dramatic health threat, lack of hydration is an issue that could be reducing their quality of life and well-being. Children can be more susceptible to dehydration than adults. That can lead to physiological problems such as neurological issues, increased demands on their kidneys and heat stroke.

In one recent study, about half of the children and teens surveyed weren't getting enough hydration. The likelihood of inadequate hydration was 76% higher in boys than girls. Nearly 25% of the participants said they drank no plain water at all.

## **Lack of water is a significant issue for children.**

During the school day, access to water may be limited, and many children may even avoid consuming water because they prefer not to use the toilets at school. This may stem from lack of privacy, embarrassment or even bullying or other risks associated with being in the toilets. There is also the effect of selling of juices, sports drinks and bottled water. The good old water fountain or a refillable water bottle may lack appeal to trend-conscious youngsters.



Need for water.

Proper hydration is crucial for physical processes such as circulation, metabolism, temperature regulation and waste removal. Excessive dehydration can cause serious problems but even mild dehydration can cause headaches, irritability, poor circulation, reduced physical performance and poorer mental functioning.



However, the good news is that this is a problem with a simple solution. By helping children drink more plain water - a low-cost, no-calorie beverage - we can improve their hydration, which may allow many children to feel better throughout the day and do better in school. By increasing water intake by even 1 cup a day, hydration is improved.

### Some tips to help boost children's water intake:

- Keep water cold. Add frozen water bottles to a child's lunch pack. The bottles will keep the lunch cold and thaw throughout the day so the water is cool to drink. Cold water often tastes better to children than water at room temperature.
- Don't rely on a child's thirst. Thirst is not always a good indicator of hydration. Children need to have access to water throughout the day.
- If a child dislikes water, try infusing water with fruit (such as lemons), vegetables (such as cucumbers), or herbs (such as mint) to give the water a flavour without adding extra sugars.

Warm regards,

Mandy Hollis, Principal

### Marayong South Public School Weekly Breakfast Club



To help promote healthy eating, Marayong South will be hosting a weekly breakfast club on Thursday & Friday mornings at 8.30am - 8.50am. The weekly breakfast club will be held outside of the School Library and will be offering toast and fruit.

50 cent donations are welcome but not mandatory.

Breakfast Club are looking for volunteers to help on Thursday and Friday mornings from 8.15am. If you

are available, please see Mrs Cooper.

## ENROL NOW FOR KINDERGARTEN 2018

If you know of any friends or neighbours that have a child turning 5 before the 31<sup>st</sup> July 2018 please ask at the administration office for an enrolment form.

### Important information:

- **Smart Start transition offers** were mailed to all students who have returned their child's enrolment application this week. If you are interested in your child attending Smart Start, please return your child's enrolment form as soon as possible and complete a Smart Start Application.
- **Smart Start:** This program aims to help your child

become familiar with the school environment and routines, and to develop their pre-skills in literacy and numeracy. Smart Start will run each Thursday from **9.15am to 10.45am**, commencing in Term 3, Thursday, 17<sup>th</sup> August 2017. The program will run for a total of 11 weeks and finish on Thursday, 9<sup>th</sup> November 2017.

- **Teddy Bears Picnic**  
Thursday, 21<sup>st</sup> September 2017.
- **Parent Information Night:**  
Tuesday, 21<sup>st</sup> November 2017.
- **Parent interviews** will be conducted during **Best Start Assessments** held 30 January, 31<sup>st</sup> January & 1<sup>st</sup> February 2018. Prior to commencing Kindergarten all students attend a Best Start Kindergarten Assessment session at the school. This is a chance for teachers to identify each student's literacy and numeracy skills and

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BE RESPECTFUL

BE A LEARNER



understanding at the beginning of Kindergarten. It is important to remember that all children learn at different rates. Don't be concerned if your child can't answer all the questions. The *Best Start Kindergarten Assessment* is designed to provide teachers with information about each student's abilities so they can plan effective teaching and learning programs during the first year of school. It will also provide you with feedback about how you can support your child during the first year of school.

### PLEASE NOTE

**THE DRIVEWAY IS  
CLOSED FROM 8AM  
– 4PM TO TRAFFIC  
FOR THE SAFETY**



**OF YOUR CHILDREN  
STAFF & DELIVERIES ONLY  
PARKING IN THE SCHOOL  
GROUNDS IS PROHIBITED**

## SPORT IN SCHOOLS PROGRAM

Dear Parent/Caregiver,

In 2015 our school participated in this program with 240 students enjoying new activities and equipment. During Term 4 the school has enlisted this company, SISA (Sport in Schools Australia), to provide a PE Health program for interested students in K-6.

The Sport in Schools' **PE Health Program** provides primary schools with strategies and a series of developmental motor skills

**BE SAFE**

sessions. It is designed to complement the existing sports skill development areas of the physical educational curriculum.

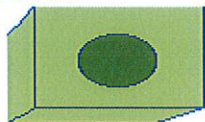
*The students will get the opportunity to enjoy each week a new set of equipment will be brought to the school for the students to use. During the 9 week program they will not see the same piece of equipment twice.*

This is being offered as an extra-curricular program and is a 30 minute 9 week program at a cost of \$27.00 per student. Payment is required no later than Wednesday, 20<sup>th</sup> September (Week 10 this term). NO late payments in Term 4 will be accepted.

Any students who do not wish to participate, will join in a school devised sport/fitness program which, while it meets the required outcomes, will not be as exciting and dynamic as the program being offered by SISA.

## AMAZING RACE FUNDRAISER

We need empty tissue boxes and parent helpers. Don't forget sponsors. Prizes for every \$12.50 raised.



**We would like baby food jars that have been washed please for the Year 6 graduation. A box will be located in the office.**

**Miss Ross AP**



**BE RESPECTFUL**

## SILLY SOCK DAY YEAR 6 FUNDRAISER THURSDAY 7<sup>th</sup> SEPTEMBER

Next Thursday, 7<sup>th</sup> September, we will be having a Silly Sock Day to raise funds for the Year 6 departing gift to the school and Year 6 Farewell.

School uniform is to be worn, but students are encouraged to wear their silly socks to school for the day. Socks can be long, short, dotty, with stripes or pictures, really anything silly.

Students are asked to contribute a gold coin donation in class.



**Assembly Roster  
Wednesday at 2pm.**

**Term 3**

**Week 7 Whole School**

**Week 8 5/6R**

**Week 9 1/2S**

**Week 10 5/6M**

**Term 4**

**Week 1 No assemblies**

**Week 2 1B & 1P**

**Week 3 3H**

**Week 4 Whole School**

**Week 5 KP & KG**

**Week 6 4S**

**Week 7 KC**

**Week 8 4/5O**

**Week 9**

**Presentation Day**

**6<sup>th</sup> December**

**Assemblies are finished for 2017.**



Blacktown Council's brand new website has launched today! Please find the link for the 2017 Spring School Holiday Guide below:

<https://www.blacktown.nsw.gov.au/News-Media/Spring-School-Holiday-Guide>

**BE A LEARNER**

**From under water observations  
spinner dolphins spin seems to be an  
emotional to whatever happened before  
the spin it could be an accent of an  
emotion it could mean very happy or  
really sad so that's why. Spinner  
dolphins spin**



MARAYONG SOUTH PUBLIC SCHOOL

# **SPORT IN SCHOOLS PROGRAM**

## **REMINDER**

Dear Parent/Caregiver,

In 2015 our school participated in this program with 240 students enjoying new activities and equipment. During Term 4 the school has enlisted this company, SISA (Sport in Schools Australia), to provide a PE Health program for interested students in K-6.

The Sport in Schools' **PE Health Program** provides primary schools with strategies and a series of developmental motor skills sessions. It is designed to complement the existing sports skill development areas of the physical educational curriculum. Sport in Schools concentrates on the basic fundamental motor skills and physical activities of locomotion, throwing, launching, tracking, catching, hitting & striking, games, co-operative learning, balance, fitness, co-ordination and core stability.

*The students will get the opportunity to enjoy each week a new set of equipment will be brought to the school for the students to use. During the 9 week program they will not see the same piece of equipment twice.*

**This is being offered as an extra-curricular program and is a 30 minute 9 week program at a cost of \$27.00 per student. Payment is required no later than Wednesday, 20<sup>th</sup> September (Week 10 this term).**

Any students who do not wish to participate, will join in a school devised sport/fitness program which, while it meets the required outcomes, will not be as exciting and dynamic as the program being offered by SISA.

If you wish your child to participate in the SIS (Sport in Schools Program) please return the form below with \$27.00 to the office by **Wednesday, 20<sup>th</sup> September 2017** in order to participate, no late payments in Term 4 will be accepted.

M. Hollis  
Principal

31<sup>ST</sup> August 2017

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**SIS PERMISSION NOTE: Please return this form with \$27 to the office no later than Wednesday, 20<sup>th</sup> September.**

I would like my child ..... in class ..... to participate in the SIS program from Week 1 – Week 9 in Term 4.

☐ **Please find \$27 enclosed**

Special needs of my child of which you should be aware:

\_\_\_\_\_  
\_\_\_\_\_

Dated: \_\_\_\_/\_\_\_\_/ 2017

(Parent/ Caregiver's signature)

**Privacy Notice:** The information provided on this permission note by the staff at Marayong South Public School is being obtained for the purpose of providing care to students. Provision of this information is voluntary. It will be stored securely. You may correct any personal information provided at any time by contacting the office.



Join us for



Storytime will commence at MSPS this term in the school library. Rhyme time gives parents the opportunity to interact with their children and learn valuable skills on how to engage and play with them.

*Singing, rhyming and reading stories with your children from an early age helps to prepare them for learning to read when they start "big" school.*

**When - Monday afternoons in the library  
(From 4th September - 27th November)**

**Who - Parents and children (0-5yrs)**

**Where - 2.15pm - 2.45pm**

*A swap box of books will be available to encourage borrowing and reading books at home*





# SMOOSH Sept/Oct Vacation Care Program 2017

Sept Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th
<p><b>Get your groove on for Zumba Dance</b> a great way to have fun and get fit</p>  <p><b>InCursion \$20.00</b></p>	<p><b>Science</b> Today will be so much fun We will learn about making cool science stuff. It will be a Blast</p> 	<p><b>The Fun Box</b> Full of Fun Craft activities The fun begins You choose You make. Lots to do and so much fun. Cost \$5.00</p> 	<p>Your invitation has arrive for <b>Alice's Wonderland Garden Party</b></p>  <p>Come dress as your favourite Character.</p>	<p><b>Giant Dwarf Theatre for "Ghost Jam"</b> then off to Prince Alfred Park for a Picnic Lunch bring Lunch and recess Excursion \$30.00</p>
Oct Monday 2nd	Tuesday 3rd	Wednesday 4th	Thursday 5th	Friday 6th
<p><b>Public Holiday</b> <b>No SMOOSH Today</b></p>	<p><b>Rock Climbing Tower</b> Challenge yourself</p>  <p>You will be amazed at what you can do.</p> <p><b>InCursion \$20.00</b></p>	<p><b>GET your Skates for Ice skating</b></p>  <p><b>Sydney Ice Arena</b></p> <p><b>Excursion \$30.00</b></p>	<p><b>Fit Kids</b> Are here A fun program of challenges excitement and most of all fun</p>  <p><b>InCursion \$20.00</b></p>	<p><b>Games Day Chill-lax</b></p>  <p>As you challenge your friends in Old school games. Bring your Electronics for even more fun.</p>

SMOOSH Daily Fees are \$40.00 plus any extra cost associated with the Day.

Fee Reduction though Child Care Benefit and Child Care Rebate are available to approved families extra cost associated with the Day

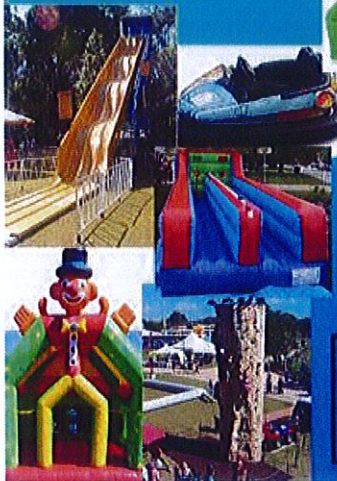
For Bookings Contact SMOOSH [smooshinc@bigpond.com.au](mailto:smooshinc@bigpond.com.au) Mobile 0451114611





# Doonside Public Schools 80<sup>th</sup> Anniversary Fete!

Come along to enjoy  
the rides...



ENJOY A YUMMY TREAT...



Friday 22<sup>nd</sup>  
September, 2017  
2.30pm - 6.30pm

BROWSE THE STALLS...

Lolly Bags!

Face Painting!

Raffle!

Cake stall!

BBQ!

Lolly Guessing!

Unlimited Ride Band  
Prior to event \$20.00  
On the day \$25.00  
Or \$5 per ride



1937-  
2017

## DOONSIDE PUBLIC SCHOOL



Join us in our School 80<sup>th</sup> Celebration  
on 22nd September 2017,  
from 9:15am to 2:00pm

Featuring:

\* Formal School Assembly showcasing  
changes over the years.

\* School Concert

\* Time Capsule Burying,

\* Morning Tea,

\* BBQ Lunch

\* followed by **School Fete** 2:00pm to late.



School Pde DOONSIDE NSW 2767  
doonside-p.school@det.nsw.edu.au  
www.doonside-p.schools.nsw.edu.au  
9622 3575 9831 8019



# The simplest way

...to get behind Fruit & Veg Month.

Vegetables are funky!

That's the tune NSW primary schools will be singing during Fruit & Veg Month from August 29 to September 23.



The Healthy Kids Association initiative aims to:

- remind kids why fruit and veg are so good for them;
- increase the amount and variety of fruit and veg that students eat and;
- encourage kids to try new fruits and vegetables.

Add fruit and veg to the lunch box and in meals and snacks at home and you'll be well on your way to helping your kids set up healthy habits for life.

Go to [eatittobeatit.com.au](http://eatittobeatit.com.au) for recipe ideas and [fruitandvegmonth.com.au](http://fruitandvegmonth.com.au) for Fruit and Veg Month news.

For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at [facebook.com/eatittobeatit](https://facebook.com/eatittobeatit)

The Fruit & Veg Month program is supported by the Western Sydney Local Health District Local Life Well at School Program.

# The simplest way

...to protect your eyes.

Did you know?

Ultraviolet (UV) radiation can cause both short- and long-term eye issues. Long periods of UV radiation exposure can cause serious eye damage, including cataracts and various cancers.



Choosing the right sunglasses

Sunglasses (even cheap ones!) can protect you if they fulfil these requirements:

- ✓ They are wrap-around, close fitting, with large lenses.
  - ✓ They meet the Australian Standard AS/NZS 1067:2003. The standard has five categories of sun protection, from 0 (the lowest UV protection) to 4 (the highest). Choose sunglasses of category 2 or higher, as these absorb 95% of UV radiation.
  - ✓ They have an Eye Protection Factor (EPF) of 9 or 10, which blocks out almost all UV radiation.
- Don't forget your sun-safe hat to further protect your eyes.

Eye protection at the snow

Snow reflects sunlight so wear goggles or sunglasses which meet the Australian standard AS/NZS 1067:2003. This will avoid 'snow blindness' (sunburn on the eyes' surface) which is painful and can contribute to long-term damage, such as cataracts.



MARAYONG SOUTH WANDERERS

THORNBROOK ORCHARD CHERRIES

SATURDAY 2<sup>nd</sup> December 2017

Come along to Nashdale Orange to pick your own Cherries or just buy from the shed, also Dried Fruits available, homemade jams. Orange has a well-earned reputation as Australia's colour city. Its people, climate, parks and gardens all contribute to this reputation. It is also the birthplace of the famous poet BANO PATTERSON.

COST \$55.00 Names and Deposit \$20.00 Balance by 10-11-2017

Coach leaves 7am

Pick Up - Lyron Street cnr Arthur Ave Blacktown

Blacktown Railway Station North Side near lift (Bus Interchange Stands)

For any further enquiries please phone Melva on 9621 5507

Friends and neighbours most welcome.



MARAYONG SOUTH WANDERERS

MILLTHORPE COUNTRY MARKETS

Sunday 3<sup>rd</sup> December 2017

Come along for a nice day in the country, and visit Millthorpe Christmas Market show casting over 250 stalls with local produce, gourmet foods, home wares, art, crafts and fashion and lots more. A great day will be had by all. Also Tour and Talk at the Museum. Morning Tea stop will be at the Shell Yetholme (own expense)

COACH LEAVES 7 am

COST \$66.00 Names with Deposit \$20.00 Balance by 3-11-2017

Pick Up - Lyron Street cnr Arthur Ave Blacktown

Blacktown Railway Station North Side near lift (Bus Interchange Stands)

For any further enquiries please phone Melva on 9621 5507

Friends and neighbours most welcome.

