



ABERDEEN PUBLIC SCHOOL

NEWSLETTER

3rd March 2020, Week 6 Term 1

Website <https://aberdeen-p.schools.nsw.gov.au>

FORTHCOMING DATES

March

Tuesday 3 rd	Years 5 & 6 CPR Training
Thursday 5 th	Youth Council
Friday 20 th	Schools Netball Cup
	Quirindi Horse Sports
	Harmony Day
Thursday 26 th	PSSA Netball APS v SPS 10am

ones were purchased today by Year 6 students during their library session. If your child would like to purchase one, they can do so at lunchtimes on Tuesday, Wednesday and Thursday until sold out.



Thanks June for this wonderful collection of library bags.

SPOTLIGHT ON THE WEEK AT SCHOOL



Get ready -The Big Vegie Crunch - Thursday 5th March

On Thursday:

- please pack your child a container of vegetables (not fruit this time) for them to crunch on
- our school will be joining hundreds of schools across NSW to break the record for the most students crunching vegetables simultaneously.

Need some ideas?

- ✓ carrot, celery, cucumber – cut into sticks or left whole
- ✓ capsicum – cut into sticks or wedges
- ✓ corn – raw baby corn spears or a cooked corn cob
- ✓ broccoli or cauliflower florets - raw or lightly cooked to keep their crunch
- ✓ tomatoes – small cherry tomatoes or a large tomato that can be eaten like an apple
- ✓ beans or snow peas - raw or lightly cooked to keep their crunch
- ✓ mushrooms – sliced or left whole

Kimberley Hill

Vegetable Week School Coordinator

GET IN QUICK OR RISK MISSING OUT!

June Day, a great aunt of Year 1 student, Chase A in K/1 Red, donated 24 handmade library bags to the school. Each bag has been constructed with care and many feature embroidered images and labels.

The fabrics are of high quality with colourful and interesting designs to suit many interests. There is literally one to suit every student. The bags are being sold for a gold coin donation which the school will donate back to June to allow her to continue with her sewing projects. The first



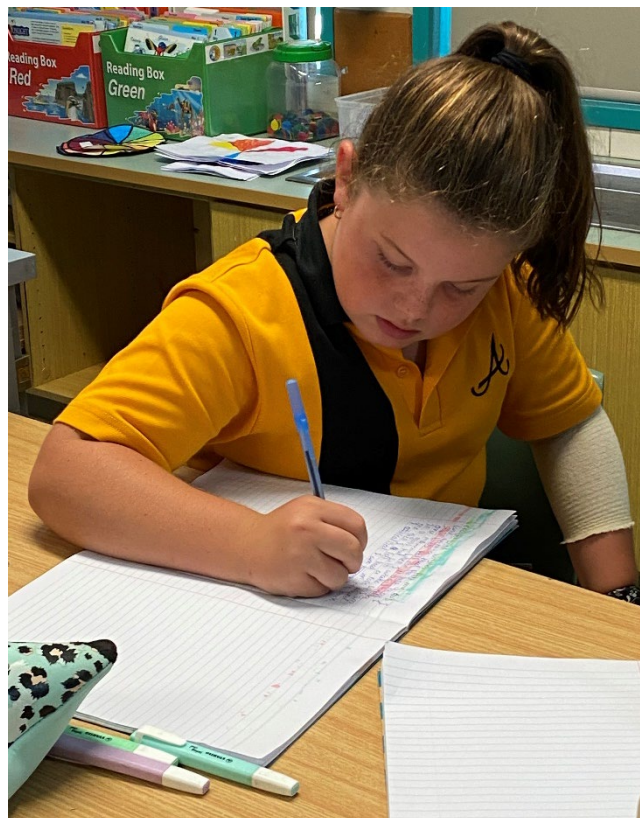
3 – 6 WORKER BEE OF THE WEEK

Abbergail has worked very hard so far this semester and proven that she is a determined learner who is striving to improve each day. Her writing about the Rainforest incorporates her love of animals and vast general knowledge of their habits. Her writing is becoming more descriptive as she expands her vocabulary. Congratulations on Worker Bee of the Week!

The Rainforest

A crystal-clear stream of water gushes through the heart of the forest. Palm fronds claw my legs as I stumble through the dense underbrush and my feet ache as the sharp stones stab into the thin rubber on my shoes. Suddenly, a loud roar stops me in my tracks. I look around in search of what had made the sound. I walk deeper and deeper into the forest and tremble as I enter a cave. Everything turns pitch black, then ROAR!!!!..... two big yellow eyes stare at me! I freeze and hear this loud rumbling.....





Abbergail working diligently!

CLEAN UP AUSTRALIA DAY

Last Friday, our students participated in Clean Up Australia Day. Students kindly contributed to beautifying our school grounds by collecting rubbish that had made its way into our gardens, fences lines, playgrounds and around buildings.

I am very proud to say, there was little to collect as our students have been doing a great job putting their rubbish in the bin. When we all do our bit and work as a team, the job is made easier and much more fun. Stripes is obviously very proud of our school and appreciative of students' efforts to keep it clean. Well done, APS!



Stripes and some of our Kinders say, 'No to Pollution' on Clean Up Australia day at APS.

HARMONY DAY FRIDAY 20th March

To celebrate the family origins of our students, APS will be hosting Harmony Day again this year. Students are encouraged to bring in artefacts, clothing, fabric, food, art, instruments, cooking utensils and so on to create a cultural display of their family heritage. The displays will be on show for students and visitors to peruse and host students will be available to answer questions and discuss items of interest from their display. Students interested in hosting a display need to see Mrs Kerrigan before Friday 14th March. Our canteen will be supporting Harmony Day with an international-themed Meal Deal.

HARMONY DAY MEAL DEAL MENU

Choose 1 Main

From Italy:

Spaghetti Bolognaise

From Mexico:

Nachos

From China:

Dim Sims with Fried Rice

Choose 1 Dessert

From New Zealand:

Pavlova

From Australia:

Lamington

Choose 1 Drink

Water

Juice

COST: \$10

Please note this is NOT the lunch order form.
It will be sent home later in the week.



MERIT BADGE Callie R., Olliana L.

EXCELLENCE AWARDS

3/4 ORANGE Koby K. – always having a positive attitude to her learning and consistently presenting her work to a high standard.

MERIT AWARDS

K PURPLE Nicholas R.
K/1 RED Charlie M.
1/2 LIME Leyon W.
1/2 YELLOW Emelia J.
2 BLUE Payton R.
3/4 BLACK Joseph V.
3/4 ORANGE Jacob M.
5/6 GREEN Sam G.
5/6 MAGENTA Preston B.

PBL AWARDS

K PURPLE	Bella W.	Personal Best
K/1 RED	Rogue R.	Responsibility
1/2 LIME	Bailey L.	Respect
1/2 YELLOW	Kobie N.	Responsibility
2 BLUE	Ethan T.	Personal Best
3/4 BLACK	Lilikah C.	Respect
3/4 ORANGE	Scott L.	Personal Best
5/6 GREEN	Ava R.	Personal Best
5/6 MAGENTA	Darcie W.	Respect

LIBRARY AWARD Jack K.

Swimming ribbons will be handed out at this week's assembly.

IMPORTANT REMINDERS

SCHOOL FEES

Voluntary School contributions for 2020 are \$35 per student or \$70 for 2 students or more in a family. Payments can be made at the office.

SCHOOL ACCESS

The school gates will be locked throughout the school day until further notice. If you need to enter the school grounds, please phone the school on 65437271 and a staff member will let you in.

P & C NEWS

Canteen Roster:

Wednesday 4th - Tracey Malone
 Thursday 5th - Bec Bailey
 Friday 6th - Amie Riley & Lisa Mitchell
 Monday 9th - Amie Riley & Toni Partridge
 Tuesday 10th - Jamie Lonergan

World Harmony Day:

The canteen will be holding a meal deal day on Friday 20th March. Keep an eye out for the special lunch order bag this week. Amie will be needing extra helpers in the canteen on this day, please let her know if you can help.

Don't forget to turn on notifications on your phone to receive **instant alerts** from us via the **Skool Loop App**.



Simple free download: In Google Play or App Store search "Skool Loop" & choose our school once installed



STAY WELL THIS SEASON

As the cold and flu season looms infection control is paramount. To stop the spread of germs make sure you wash and dry your hands effectively, cough into your elbow or a tissue and dispose of it, and if you are unwell stay home from school for the recommended exclusion periods for infectious diseases. See the attached chart.



COMMUNITY NOTICES


JOIN UPPER HUNTER PHYSIE

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

AGES FROM 3 YEARS +

CLASSES FROM \$8 **CALL 0448275771** **EMAIL UPPERHUNTERPHYSIE@HOTMAIL.COM**

CREATIVE AND ACTIVE KIDS VOUCHERS ACCEPTED



Upper Hunter Physical Culture Club

Junior Disco



Friday 6th March
@ Muswellbrook PCYC
5.30-7PM
Ages 5- 12yrs
Entry is \$5 and
you need to be
a current
PCYC member (\$10)



We are also running a canteen on the night.

Bring a friend, brother, sister & cousin.
Everyone is welcome, so come along and join the fun.

RSVP to
upperhunterphysie@hotmail.com
or text 0448 275 771



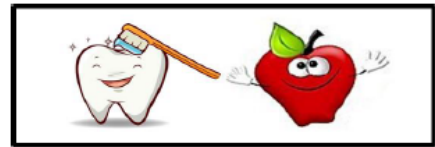
WE WANT YOU!!

Would you like to play Rugby League for the Aberdeen Tigers in 2020?

We are having a Come & Try afternoon and sausage sizzle at **4.30pm Thursday 5th March at Jefferson Park.**

Grab your friends and come on down, there will be fun footy drills and skills followed by a free sausage sizzle.

Ages 5-16 and League Tag 12's-14's



Healthy Tums, Healthy Gums (HTHG) is an oral health and nutrition program designed to help families look after their oral & general health.

Sessions include:

- ✓ General family nutrition
 - o Serve sizes, child nutrition, core foods
- ✓ Healthy food & your teeth
 - o Dental care, tooth friendly snacks, drinks
- ✓ Tips for budgeting & meal times
 - o Fussy eating, meal planning & budget ideas

Resources provided to support each topic & ideas for change

Healthy Tums, Healthy Gums

Dates: Friday 6th & 20th March and 3rd April 2020
Time: 10:30-12:00pm

Location: Level 2, 87 Hill St Muswellbrook (next to Muswellbrook Library)

To register please contact Carly Hughes Local Coordinator Muswellbrook Healthy & Well carly.hughes@newcastle.edu.au

For more information on the program, call phone Carly Hughes 4055 1892 or Lisa Fitzgerald on 67678230.



Health
Hunter New England
Local Health District

Good for Kids good for life

Time for Healthy Habits



Children who develop healthy habits from a young age are more likely to continue these habits into adulthood.

Do you have a child between the ages of 2-6 years and live in NSW?

Do you wonder if they are eating enough of the right foods, being active enough or getting enough sleep?

We are offering a **free** program to help parents give their young children the healthiest start to life.

You can participate in one of these programs: online modules, telephone support calls or printed information. All programs will provide practical information and tips that will help with healthy eating, physical activity, screen time and sleep.



For more information and to register please visit www.timeforhealthyhabitsnsw.com/ or contact time-healthyhabits@uow.edu.au














Health
Hunter New England
Local Health District




HNELHD-GoodForKids@health.nsw.gov.au
<http://www.goodforkids.nsw.gov.au/>

Too sick for school?



Generally if your child feels unwell, keep them home from school and consult your doctor. This chart and the information it contains is not intended to take the place of a consultation with your doctor.

Bronchitis	Symptoms are coughing, a runny nose, sore throat and mild fever. The cough is often dry at first, becoming moist after a couple of days. There may be a slight wheeze and shortness of breath. A higher fever (typically above 39°C) may indicate pneumonia.	 ... until they are feeling better. Antibiotics may be needed.
Chickenpox (Varicella)	Slight fever, runny nose, and a rash that begins as raised pink spots that blister and scab.	 ... for 5 days from the onset of the rash and the blisters have dried.
Conjunctivitis	The eye feels 'scratchy', is red and may water. Lids may stick together on waking.	 ... while there is discharge from the eye unless a doctor has diagnosed a non-infectious cause.
Diarrhoea (no organism identified)	Two or more consecutive bowel motions that are looser and more frequent than normal and possibly stomach cramps.	 ... for at least 24 hours after diarrhoea stops.
Fever	A temperature of 38.5°C or more in older infants and children.	 ... until temperature is normal.
Gastroenteritis	A combination of frequent loose or watery stools (diarrhoea), vomiting, fever, stomach cramps, headaches.	 ... for at least 24 hours after diarrhoea and/or vomiting stops.
German measles (Rubella)	Often mild or no symptoms: mild fever, runny nose, swollen nodes, pink blotchy rash that lasts a short time.	 ... for at least 4 days after the rash appears.
Glandular Fever (Mononucleosis, EBV infection)	Symptoms include fever, headache, sore throat, tiredness, swollen nodes.	 ... unless they're feeling unwell.
Hand, Foot and Mouth Disease (HFMD)	Generally a mild illness caused by a virus, perhaps with a fever, blisters around the mouth, on the hands and feet, and perhaps the nappy area in babies.	 ... until all blisters have dried.
Hay fever (Allergic rhinitis) caused by allergy to pollen (from grasses, flowers and trees), dust mites, animal fur or hair, mould spores, cigarette smoke	Sneezing, a blocked or runny nose (rhinitis), itchy eyes, nose and throat, headaches.	 ... unless they feel unwell or are taking a medication which makes them sleepy.
Head lice or nits* (Pediculosis)	Itchy scalp, white specks stuck near the base of the hairs; lice may be found on the scalp.	 ... while continuing to treat head lice each night. Tell the school.

Hepatitis A	Often none in young children; sudden onset of fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine, pale stools.	 ... for 2 weeks after first symptoms (or 1 week after onset of jaundice). Contact your doctor before returning to school.	
Hepatitis B	Often no symptoms in young children. When they do occur, they can include fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine.	 ... if they have symptoms. Contact your doctor before returning to school.	 ... if they have a chronic infection (not the first outbreak) and no symptoms.
Impetigo (School sores)	Small red spots change into blisters that fill up with pus and become crusted; usually on the face, hands or scalp.	 ... until antibiotic treatment starts. Sores should be covered with watertight dressings.	
Influenza	Sudden onset fever, runny nose, sore throat, cough, muscle aches and headaches.	 ... until well.	
Measles	Fever, tiredness, runny nose, cough and sore red eyes for a few days followed by a red blotchy rash that starts on the face and spreads down the body and lasts 4 to 7 days.	 ... for at least 4 days after the rash appears.	
Meningococcal Disease	Sudden onset of fever and a combination of headache, neck, stiffness, nausea, vomiting, drowsiness or rash.	Seek medical attention immediately. Patient will need hospital treatment. Close contacts receive antibiotics.	
Molluscum Contagiosum	Multiple small lumps (2-5mm) on the skin that are smooth, firm and round, with dimples in the middle. In children, occur mostly on the face, trunk, upper arms and legs. Symptoms can last 6 months to 2 years.		
Mumps	Fever, swollen and tender glands around the jaw.	 ... for 9 days after onset of swelling.	
Ringworm* (tinea corporis)	Small scaly patch on the skin surrounded by a pink ring.	 ... for 24 hours after fungal treatment has begun.	
Runny nose or common cold		 ... unless there are other symptoms such as fever, sore throat, cough, rash or headache. Check with school.	
Scabies*	Itchy skin, worse at night. Worse around wrists, armpits, buttocks, groin and between fingers and toes.	 ... until 24 hours after treatment has begun.	
Shigella	Diarrhoea (which may contain blood, mucus and pus), fever, stomach cramps, nausea and vomiting.	 ... until there has not been a loose bowel motion for 24 hours. Antibiotics may be needed.	
Slapped Cheek Syndrome (Parvovirus B19 infection, fifth disease, erythema infectiosum)	Mild fever, red cheeks, itchy lace-like rash, and possibly cough, sore throat or runny nose.	 ... as it is most infectious before the rash appears.	
Whooping Cough (Pertussis)	Starts with a running nose, followed by persistent cough that comes in bouts. Bouts maybe followed by vomiting and a whooping sound as the child gasps for air.	 ... until the first 5 days of an antibiotic course has been completed. Unimmunised siblings may need to stay home too until treated with an antibiotic.	
Worms (Threadworms, pinworms)	The main sign of threadworms is an itchy bottom. Sometimes children feel 'out of sorts' and do not want to eat much. They may also have trouble sleeping, due to itching at night.	 ... and tell the school as other parents will need to know to check their kids.	

*It is important that the rest of the family is checked for head lice, scabies and ringworm



Information provided by NSW Health.

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