



ABERDEEN PUBLIC SCHOOL

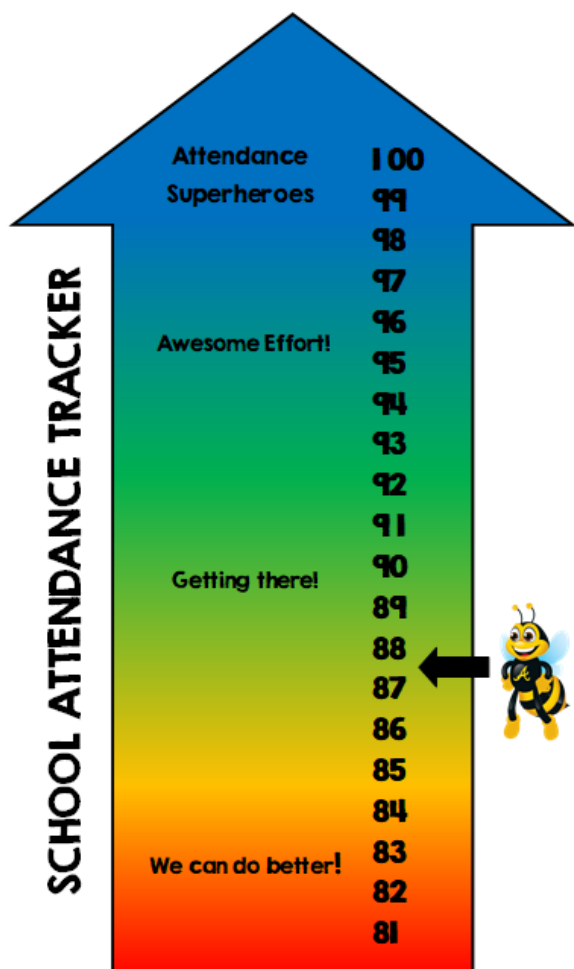
NEWSLETTER

28th July 2020, Week 2 Term 3

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

Dear Families,

Many communities are experiencing increased levels of positive test results for coronavirus. We appreciate families who are keeping ill children at home and recognise our class 'Attendance Heroes' announced at award assemblies may encourage children to attend school when they are unwell. Instead, we will be sharing with you our overall school attendance for the previous week. This will allow you to keep track of fluctuations in attendance which may be attributed to bouts of illness. Our school goal is to stay above 90%, but during the winter months especially, this is often not achievable due to regular colds and flu. I ask that each week, we reach or exceed our 90% goal that you celebrate this with your child and congratulate them for maintaining handwashing and personal hygiene procedures to help reduce the spread of germs that can make us sick. Last week we were slightly below our goal, achieving an 87.7% attendance.



MODIFIED ASSEMBLY FORMAT

To maintain COVID-19 restrictions, our award assemblies will be conducted in the COLA on Friday afternoons. We have adjusted the format and increased the roles performed by members of the SRC. We will continue to publish photos and live stream sections of the assembly for parents to view on their personal devices.

SEEKING STUDENT INPUT VIA OUR SRC

Starting this Friday, all classrooms will be visited by a member of the SRC and a class ambassador to discuss issues or ideas students may want raised at our SRC meetings. The SRC will meet on Mondays each fortnight to decide on the action required in relation to classroom reports and will report back to the class on the Friday. Our intention is for all students to be represented at the SRC meetings and have their ideas and concerns raised for discussion and action. Once we have established our routines, a class captain from each room will also be invited to attend the meeting.

HAND, FOOT AND MOUTH DISEASE

We have been advised of a case of Hand, Foot & Mouth disease at our school. It is not a serious illness and has nothing to do with the animal disease called foot and mouth disease. It is spread through close personal contact. This can occur when there is direct contact with nose, throat, and faecal discharges of infected persons. It is also spread by direct contact with the fluid in blisters. It usually takes between 3 and 5 days after contact with an infected person before blisters appear. As long as there is fluid in the blisters, they remain infectious.

Do I need to keep my child home?

Yes, until the blisters have dried.

How is it treated?

Usually no treatment is needed. Paracetamol will relieve fever and discomfort. If the headache is severe, or if fever persists consult a doctor.

SESQUICENTENNARY GARDEN

Good news! Work on a garden which will feature the name bricks purchased by members, both past and present of our school community will commence this term. The pavers will be used to create a circular garden to signify that learning is never ending. We are keen to hear your ideas about which tree would be a suitable centrepiece of the design.

You did it! Congratulations

EXCELLENCE AWARDS

2 BLUE Oliver D. – always demonstrating excellent citizenship.

MERIT AWARDS

K PURPLE Blaine J.
K/1 RED Charnce W.
1/2 LIME Boston H.
1/2 YELLOW Brax C.
2 BLUE Lucas M.
3/4 BLACK Lilikah C.
3/4 ORANGE Harper H.
5/6 GREEN Grace G.
5/6 MAGENTA Ethan N.

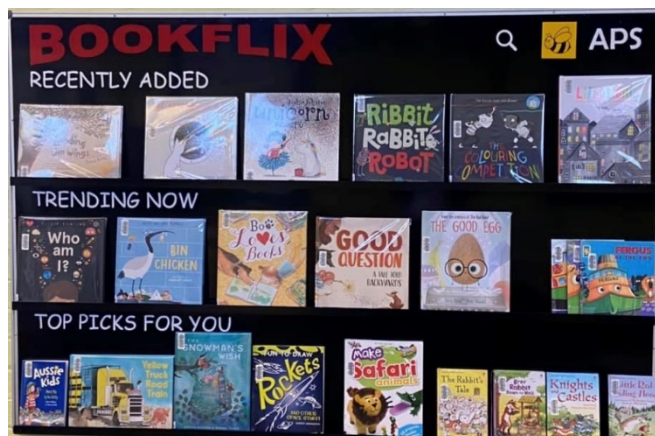


PBL AWARDS

K PURPLE	Lincoln A.	Responsibility
K/1 RED	Nate P.	Personal Best
1/2 LIME	Amelia L.	Responsibility
1/2 YELLOW	Imogen D.	Personal Best
2 BLUE	Hudson W.	Responsibility
3/4 BLACK	Kash L.	Personal Best
3/4 ORANGE	Grace P.	Personal Best
5/6 GREEN	Travis D.	Responsibility
5/6 MAGENTA	Kelsea R.	Respect

This week's SRC representatives are: Kelsea R, Connor S and Chloe A.

CHECK OUT THE NEWEST ADDITION TO OUR SCHOOL LIBRARY



Mrs Keating and her very clever husband created a new display board for books in our library based on the popular streaming program, Netflix. Our 'Bookflix' board will showcase 'Recently added-' books that are new to our library; 'Trending now' - books that are being enjoyed by peers; and 'Top Picks for you' - books selected by Mrs Keating to suit each class' interests, abilities and class topic areas!

Mrs Keating hopes the students enjoy using this as much as she enjoyed creating it and selecting books to feature for each class.

CANTEEN NEWS

Please see the flyer included in the newsletter about the Flexischools payment app which can now be used to pay for canteen lunches.

The canteen is open on Monday and Friday for lunch orders and every day for recess.

*Does your child have a birthday coming up?
The canteen can help!*

If you would like to order cupcakes for your child's birthday and have them delivered to the classroom, please contact Amie on 0474 898 118. Please allow at least 48 hours notice.

LABELS

Please ensure your child's clothing is labelled with their name. If you have been given uniform items from another family, please make sure you re-label the items with your child's name so we can ensure belongings are returned. This advice extends to drink bottles, lunch boxes, library bags and any other items that are regularly removed from school bags.



KINDERGARTEN ORIENTATION

The Department of Education has advised all public schools, that Kindergarten Orientation programs are to be placed 'on hold' for now.

We are unsure what 'Busy Bees' will look like in 2020, however, we will be working with our feeder pre-schools to find a way to provide incoming students with an introduction to Aberdeen PS before the start of 2021. Watch this space.

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

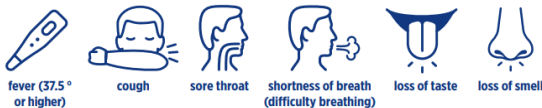


Simple free download: In Google Play or App Store search "Skool Loop" & choose our school once installed



Who should get tested for COVID-19?

Anyone with COVID-19 symptoms should be tested.
Symptoms include:



Other reported symptoms of COVID-19 include **fatigue, runny nose, muscle pain, joint pain, diarrhoea, nausea/vomiting and loss of appetite.**

Testing is especially important for:

- anyone who lives or works in a high risk setting (e.g. healthcare facilities, aged care and other residential facilities, schools, prisons, and other closed settings)
- Aboriginal and Torres Strait Islander people
- people who are close contacts of a confirmed case
- people who have returned from overseas in the last 14 days
- anyone admitted to hospital
- people who reside in areas for increased testing and surveillance

You do not need to be tested for COVID-19 if:

- You don't have symptoms.
- You have recovered from COVID-19 and have been released from isolation and/or are returning to work.

Special circumstances

- If you are part of a public health unit outbreak investigation, you need to be tested.



More information:
www.nsw.gov.au/covid-19

COVID-19

As information is continually being updated, please follow any public health announcements. Updates can be found at:

[https://www.nsw.gov.au/covid-19/latest-news-and-updates?fbclid=IwAROWbPNRYbG5qZXUUT5KkQC3Y1U4dzeBlm2K32-\)teJLF9pfzCul34h0On4](https://www.nsw.gov.au/covid-19/latest-news-and-updates?fbclid=IwAROWbPNRYbG5qZXUUT5KkQC3Y1U4dzeBlm2K32-)teJLF9pfzCul34h0On4)

Please notify the school if you are being tested for Covid-19. The school requests a screenshot of your negative test result prior to returning to school.

Sick children

The current advice from NSW Health is "Anyone with respiratory symptoms (such as cough, sore/scratchy throat, runny nose or shortness of breath) or unexplained fever should be tested for COVID-19" Please contact your GP or the National Coronavirus Health Information Line on 1800 020 080 for further information. We realise that having to keep your child at home may be inconvenient, however it is a necessary step at this time to protect the students, staff and community at large.

ACCESS TO THE SCHOOL COVID-19

Parents are requested **not to enter** the school and to call or email instead of visiting the office in person. If you need to pick up your child press the intercom button located at the school gate in Segenhoe Street and we will communicate with you via the speaker and bring your child to the gate.

CHILDREN WITH ASTHMA

Any child with **asthma** needs to carry their own reliever and spacer with them in their bag or provide one to the office. At this time when infection control is especially important, it is even more prevalent that each student has their own reliever and spacer to access, if required. The school will always have emergency relievers and disposable spacers available in an emergency.

ABERDEEN PUBLIC SCHOOL

2021

KINDERGARTEN ENROLMENTS



Kindergarten enrolments are now being taken by Aberdeen Public School for 2021. If your child will be five by 31st July 2021 and you wish to enrol at Aberdeen Public School, please return the slip below or contact the office on 6543 7271.

Kindergarten Enrolment 2021:

Child's Name: _____

Date of Birth: _____

Parents' Names: _____

Address: _____

Phone No: _____

Siblings already at APS: _____

Current Pre-school (if attending one): _____

Good for Kids good for life

EASY SWAPS IN THE LUNCHBOX

Packing healthy snacks in the lunchbox does not have to be time consuming. Swap from some of these common 'sometimes' lunchbox products to easy alternatives that add extra fibre and nutrition to your child's day:

- Chips → Wholegrain rice cracker bites



- Biscuit and cream cheese snack → carrot sticks and hummus



- Muffin or muffin bar → pikelets



- Tiny teddies → Whole grain fruity bites



HEALTH - Good for Kids
<http://www.goodforkids.nsw.gov.au>

Alberdeen Public School Canteen Menu

Sandwiches

Happy little vegentile	\$1.50	Big Buzz (honey)	\$1.50
Strawberry Jam	\$1.50	Say "Cheese"	\$2.00
Ham and Cheese	\$3.00	Rainbow – lettuce, carrot, tomato and cucumber	\$4.00
Egg, lettuce and mayo	\$3.50	Ham, lettuce and mayo	\$3.50
Chicken, lettuce and mayo	\$3.50	<ul style="list-style-type: none"> All sandwiches are made on fresh white bread unless stated otherwise. 	

Toasted Sandwiches

Ham and Cheese	\$3.00	Say "Cheese"	\$2.00
Tomato and Cheese	\$2.50	Chicken and Cheese	\$3.00
Ham, Cheese and tomato	\$3.50		

Wraps

Chicken, lettuce and mayo	\$4.00	Ham, lettuce and mayo	\$4.00
Rainbow – lettuce, carrot, tomato and cucumber	\$4.00	Flame grilled chicken, lettuce, tomato and mayo	\$4.00

Salad Bowls

Superhero Salad Lettuce, carrot, cherry tomatoes, cucumber, corn, beetroot and cheese.	\$4.50	Vegetarian Masterpiece Baby spinach, cherry tomatoes, pineapple, feta, mushrooms, cucumber, corn and beetroot.	\$4.50
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Add extras to your sandwich, wrap or salad

- Ham, chicken or egg \$1.00 each
- Lettuce, beetroot, carrot, cucumber, tomato or pineapple \$0.60 each

Burgers

Flamin' Burger Flame grilled chicken, cheese, lettuce and mayo	\$4.50	Sea Raven Burger Fish, lettuce and mayo	\$4.50
Beef Cake Burger Beef patty, lettuce, tomato, beetroot, cheese and BBQ sauce	\$4.50		

Hot Food

Pasta Bolognise (Beef)	\$4.00	Lasagna (Beef)	\$4.00
Pizza Slab BBQ Chicken	\$3.50	Pizza Slab Margherita	\$3.00
Pizza Slab Hawaiian	\$3.50	Pie	\$3.50
Sausage Roll	\$2.50	Noodle Cup (Beef or Chicken)	\$2.00
Chicken and Gravy Roll	\$4.00	Chicken Crackles (6pk)	\$4.00
Chicken Crackles (10pk)	\$6.00	Spinach and Feta Triangles	\$1.00
Mini Spring Rolls (2pk)	\$1.00	Fish Fingers	\$1.00
Garlic Bread	\$1.50		

Snacks

Poppom (Chicken, BBQ, Sweet & Salty)	\$1.00	Pikelets (Plain)	\$1.00
Pikelets (Banana and Honey)	\$1.50	Frozen pineapple, watermelon or orange	\$0.30
Custard Squeeze	\$1.00	Yoghurt Squeeze	\$1.50
Jelly Cup	\$1.00	Red Rock Dell Chips	\$1.50
Grain Waves		Sea Salt or Honey Soy	
Sour Cream & Chives	\$1.50		

Frost Bite

Ice Mory (Choc, Sour Red, Sour Blue, Lemon Ice, Sour Grape, Kabluay)	\$1.00	Queich Stick (Strawberry, Tropical, Blackcurrant, Apple)	\$0.50
Twisted Frozen Yoghurt (Choc, Vanilla, Watermelon/Mango, Blueberry/Cookie Dough)	\$2.00	Juices (Tropical, Berry Fruit, Orange)	\$1.00

Drinks

Water	\$1.00	Milk (Choc, Strawberry)	\$2.50
Popper (Orange, Apple)	\$1.50	Bomb Sparking Water (Apple Coke, Watermelon, Blackcurrant, Grape)	\$2.50
Chill i's (Orange/Passion, Grape/Blackcurrant, Raspberry, Watermelon, Lemonade).	\$2.50	Ice Tea (Strawberry)	\$2.50
Warm Milo	\$1.00	Sparkling Juice (Tropical/Apple)	\$2.50