



# MARULAN PUBLIC SCHOOL

*"Play the Game"*



63 George St, Marulan

Website: [www.marulan-p.schools.nsw.edu.au](http://www.marulan-p.schools.nsw.edu.au)

Ph: 4841 1573

May 14, 2018

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Term 2 Week 3

## Cross country carnival

Notes have gone home with those students who have qualified for District Cross Country. Please ensure your signed permission note is returned to school with payment by this Friday May 18, 2018.

## Scheduled works

Work has commenced today on the Admin building roof. Please proceed with extra caution whilst the builders are completing works.



## Soccer

Last Thursday, our boys team from Years 3-6 played a fabulous game of soccer against Wollondilly PS in Marulan. Both teams showed great skills and sportsmanship, unfortunately we were defeated 2-0. Great effort boys!



## Lost Property

We have a pile of unlabelled school jumpers under the COLA. If your child is missing a jumper, please come into the school and search amongst these items.

We urge families to please label all clothing for a quick easy return to your child.



## Term 2 Events

**Tuesday 15 —Thursday 17 May**

NAPLAN Yrs 3 & 5

**Tuesday 15 May**

Scholastic Book Club closes

Uniform shop open 8:45am-9:15am

**Monday 21 May**

Dental Health Check—FREE

**Tuesday 22 May**

Uniform shop open 8:45am-9:15am

**Tuesday 29 May**

Uniform shop open 8:45am-9:15am

**Wednesday 30 May**

ASSEMBLY (5-6) 2.15pm

**Friday 1 June**

Regional Cross Country

**Tuesday 5 June**

Uniform shop open 8:45am-9:15am

**Monday 11 June**

PUBLIC HOLIDAY

**Tuesday 12 June**

District Athletics Carnival

Uniform shop open 8:45am-9:15am

**Tuesday 19 June**

Uniform shop open 8:45am-9:15am

**Tuesday 26 June**

Uniform shop open 8:45am-9:15am

**Tuesday 3 July**

ASSEMBLY (4/5) 2.15PM

## Free Dental Health Check—Monday May 21, 2018

All students are invited to have a **free** dental assessment conducted by a NSW Health Senior Dental Therapist on Monday May 21. Assessments *do not* involve any treatment. All students assessed will receive a note to take home to parents with information if treatment is required.

Consent forms for the assessment were sent home last week. Every child must have their own completed consent form returned to school before an assessment can take place. If you require another form for your child, please contact the office.



SAFE

RESPECTFUL

RESPONSIBLE

## Breakfast Club Roster

### TERM 2

#### May

Tues 15— Raylene & Jenn

Wed 16— Maureen & John

Thurs 17- Danielle & Debbie

Fri 18— Narlissa

Mon 21 — Col

**Gold coin donation requested.** Thank you for your support of our students and school.

*If you are able to assist with breakfast club, even just one morning a month, please contact the office.*

*Please do not send your child/children to breakfast club prior to **8:00am** as there is **no** supervision.*



The Goulburn Regional Conservatorium's early childhood music classes for family day cares, preschools and child care centres.

Music education is a very important part of early childhood education. Various studies have shown that music helps children learn more effectively. The GRC's aim is to provide high quality Early Childhood Music classes that are engaging, energetic and FUN!

Melodia is an interactive instrument-based program designed around the Early Years Learning Framework of play-based learning. Each week children are taken on a musical journey exploring the core concepts of music through musical games, singing, dancing, fun puppet friends, and a wide range of musical instruments that are cycled through weekly.

Fresh ways of teaching solfege, pitch, rhythm and dynamics techniques all revolve around live music and play which creates a fun and developmentally appropriate music program for the 0-7 year age group.



For more information about the Melodia early childhood music program, please ask your child care provider or contact the Goulburn Regional Conservatorium.

### **Melodia Music at Marulan PS**

Fabulous fun for pre-school aged children.  
Every Tuesday morning during term,  
9.30am— 10:15am in the Community room.  
\$5 per child. All welcome!  
Contact the school for more information  
4841 1573.



Marulan Public School

## CANTEEN



### Friday 18 May

#### MENU

**Choose from:**

-

**3 Items for \$5**

LASAGNA

SAUSAGE ROLL

Toastie - HAM/CHEESE/  
TOMATO

OR Fresh Sandwich as above  
& Vegemite and/or Cheese

+

JELLY FRUIT  
CUP

or

YOGHURT

or

CUSTARD

+

MILK

or

JUICE

or

WATER

Strawberry or  
Choclate

Orange or  
Apple

Proudly operated by the Ladies of the Marulan Branch of



**Country Women's Association**

*of New South Wales*



SAFE

RESPECTFUL

RESPONSIBLE

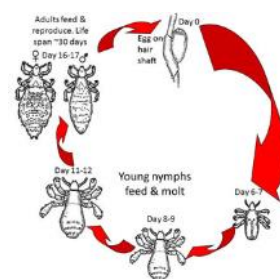
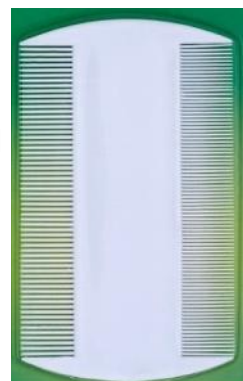


## Head Lice Alert

We have had a report of head lice at school. Please ensure you check your child's hair TODAY and if you do find lice or eggs, please commence treatment straight away. A follow up treatment will also be necessary within seven days to eliminate any new hatched lice.

### Treating head lice at home

1. Try sitting your child between your legs on a low stool and putting on the television for an hour while you work. Wrap a towel or kitchen paper around the child's shoulders to catch conditioner spill.
2. Apply lots of conditioner to the scalp and massage it through all the hair. You will use a lot of conditioner. Every hair has to be coated to ensure it reaches the lice.
3. Lice live close to the scalp, so make sure that you cover the hair shaft close to the scalp and along the length of the hair. The idea of the application is to slow the movement of the head lice long enough for you to catch them with a comb.
4. After you've applied the conditioner, use a large comb to part small sections of the hair starting from the neck and working upwards toward the top of the head. Eggs are often found behind the ears and toward the back of the head. By using this method, you are more likely to find the head lice on top of and towards the front of the head.
5. When the hair is detangled and manageable, use a fine lice comb to comb out each section several times.
6. After each comb out, wipe the conditioner on a paper towel. If the child has head lice, you will see them on the towel.
7. Keep combing each section of hair until no further lice, nymphs or eggs appear on the paper towel. Often you will see lots of old egg casings that may take a while to remove.
8. **REPEAT THIS PROCEDURE SEVERAL TIMES OVER THE NEXT 10 DAYS TO REMOVE ALL NEWLY HATCHED LICE.**
9. **Check your child's hair each week to prevent the problem becoming overwhelming.**



### Other things you should know

Head lice often congregate on the crown of the head, so that it is not until you reach these last sections of hair that you find adult lice. However, heads that are severely infected will have adult lice everywhere. A good head lice comb should also remove nymphs, the stage between egg and adult louse—teenagers really. These can be difficult to identify with the naked eye, but appear as small insects on the paper towel.



# Uniform Shop Clearance Sale up to 50% off items

- Yellow Polo's- long and short sleeve - \$10 each \*\*
- Vests, Round and V-Neck Sloppy Joe Jumpers  
2 for \$30 \*\*
  - Grey Shorts - \$8 each \*\*
  - Grey Pants - \$10 each \*\*
  - Green Skorts- \$9 each \*\*
  - Green Pants - \$9 each \*\*
- 4x Black Pleated Skorts (2x size 14, 2x size 16) - \$8 each OR  
2 for \$15
  - 1x 2XL Black Polar Fleece Jacket - \$20
    - 5x Old Style bucket hats \$8 each
- Tracksuit pants green (3x size 16, 2x size 10, 5x size 14, 2x size 6) \$5 each
  - 1x Tracksuit pants grey size 16 - \$5
    - 2x Scarf's - \$3 each
    - 3x Gloves - \$2 each
  - 16x Headbands - \$0.50 each
  - 1x tights green size 7-10 - \$3

\*\* Sizes Vary please contact us to find out amounts available. Second Hand Items Available for Gold Coin Donation

# Marulan P&C Uniform Order Form

[marulanpandc.uniformshop@gmail.com](mailto:marulanpandc.uniformshop@gmail.com)



@MPSuniformshop

All forms are to be completed and returned to school with full payment. If you need extra time to pay we do offer a payment plan. Please contact Hayley in the uniform shop to make an appointment to discuss this further.

**The uniform shop is open Tuesday mornings 8:45AM till 9:15AM or via appointment.** Orders that are paid in full will be sent home the day of payment providing the items are in stock.

All orders will be invoiced. If you would like to pay via Bank transfer the details will be on the invoice.

**Childs Name:** \_\_\_\_\_

**Class:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Parents Name:** \_\_\_\_\_

**Email Address:** \_\_\_\_\_

**Phone:** \_\_\_\_\_

Children sizes: 4, 6, 8, 10, 12, 14, 16. Adult sizes are S-5XL (only selected items have Adult sizing)

Item	Available Sizes	Price	Size	QTY	Total
Polo Shirt NEW	Children/Adult	A:\$26 C:\$22			
Sports Shirt	Children/Adult	\$26			
Dress	Children	\$30			
Polar Fleece Vest	Children/Adult	2 For \$30			
Sloppy Joe Round Neck	Children/Adult	2 For \$30			
Sloppy Joe V-Neck	Children/Adult	2 For \$30			
Polar Fleece Jumper	Children/Adult	A:\$30 C:\$26			
Microfibre Sports Jacket	Children/Adult	A:\$40 C:\$37			
Black UNISEX Shorts	Children	\$15			
Black UNISEX Sports Shorts	Children/Adult	A:\$16 C:\$14			
Black Girls Skorts	Children	\$17			
Black Girls Sports Skorts	Children	\$19			
Black Girls Long Pants	Children	\$17			
Black Boys Long Pants	Children	\$19			
Black Microfibre Sports Pants	Children/Adult	A: \$24 C:\$22			
Bucket Hat		\$14			
Polar Fleece Beanie		\$12			
Library Bag		\$14			
Total:					

Items highlighted have LIMITED STOCK

If any new item purchased from P&C Uniform shop is deemed faulty, P&C will return the item to the manufacturer and will follow manufacturer's guidelines.

Replacements will not be given until advised by the manufacturer



# Yoga! Mondays 9.30am, Marulan Hall.

**\$15**

## TOP 10 BENEFITS OF YOGA

Stress Relief  
Pain Relief  
Better Breathing  
Flexibility  
Increased Strength  
Weight Management  
Improved Circulation  
Cardiovascular Conditioning  
Focus on the present  
Inner Peace



**All fitness levels welcome.**

Please contact me if you require further information.

Carmen 0416 076755 or 48789215

Qualified as a Fitness Instructor, Personal Trainer, Yoga and  
Nutritional Medicine.



## National Walk Safely to School Day Colouring Competition

Pru Goward MP is running a colouring competition for children aged 0-7 years old and 7-12 years old. Ms Goward will choose the winners.

Entries need to be delivered to 167 Auburn Street or emailed to [goulburn@parliament.nsw.gov.au](mailto:goulburn@parliament.nsw.gov.au) before **May 17** for your chance to win a \$30 gift voucher from SportsPower Goulburn.

If you are interested in taking part in this competition, please contact the office for an A4 colouring sheet.

## BECOME A VOLUNTEER HOST FAMILY



### MAEVA D

16 from Belgium

"Mature, organised and quite a perfectionist, I would like to become a pediatrician when I am older so I can save children's lives. I hope my host family will show me the true Australian way of living."

"If you're thinking about hosting, do it! It's the most rewarding experience for your family. Our daughter has a sister now, someone to talk to other than mum or dad."  
Nicole, three-time host mum.

**CAN YOU HOST ME?**

EMAIL [SYLVIAKELLY@WEP.ORG.AU](mailto:SYLVIAKELLY@WEP.ORG.AU)  
CALL 1300 884 733  
SMS 0428 246 633

WEP IS LOOKING FOR AUSTRALIAN FAMILIES TO JOIN OUR COMMUNITY OF WONDERFUL VOLUNTEER HOST FAMILIES.

HOST A HIGH SCHOOL EXCHANGE STUDENT!

IF YOU HAVE AN INTEREST IN OTHER CULTURES, WE WOULD LOVE TO HEAR FROM YOU! REMEMBER, SOMETIMES THE GREATEST REWARDS IN LIFE COME FROM DOING THINGS YOU NEVER THOUGHT YOU WOULD!

CONTACT WEP ON 1300 884 733 FOR MORE INFORMATION.



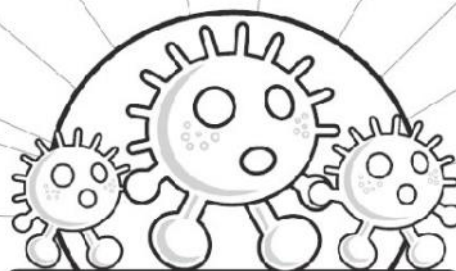
### NICOLO F

16 from Italy

"Ciao from Italy! My friends say I am big-hearted, sensible and always available to help and listen. My biggest passion is fashion. I also love art in general, books and movies."

**MORE PROFILES  
AVAILABLE AT  
[WEP.ORG.AU/HOST](http://WEP.ORG.AU/HOST)**

## ACTIVE KIDS ARE SMARTER KIDS



**WALK SAFELY  
TO SCHOOL DAY**

**FRIDAY 18 MAY**

**[WALK.COM.AU](http://WALK.COM.AU)**

Colour in your Walk Safely to School Day page for a chance to win one of two \$30 gift vouchers from SportsPower.

NAME: \_\_\_\_\_

AGE: \_\_\_\_\_ SCHOOL: \_\_\_\_\_

**Pru GOWARD**  
MEMBER FOR GOULBURN

Winners will be judged by age group and creativity. Entries accepted at 167 Auburn Street before Thursday 17th May or via email [goulburn@parliament.nsw.gov.au](mailto:goulburn@parliament.nsw.gov.au)