



MARULAN PUBLIC SCHOOL

"Play the Game"



Marulan Public School acknowledges the traditional custodians of this land and pays respect to Elders past and present. We must always remember that this land is, was and always will be traditional land.

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Website: www.marulan-p.schools.nsw.edu.au **February 13, 2019**

Term 1 Week 3

Staffing for 2019

Staffing as of the resumption of the school year for 2019

Teaching Staff: Kindergarten—Miss Tickner, Years 1/2—Mrs Hage, Years 3/4—Miss Parker, Years 4/5/6—Mrs Jago-Pope and Mr Picker, K6K—Mrs Kelly And Ms Brook, Library and Release from Face to Face—Mr Picker, Learning and Support—Mrs Hayes, Wellbeing Coordinator—Mrs Kelly, School Counsellor—Ms Miller.

Support Staff: School Administration Manager—Mrs Cooper, School Administration Officer/School Learning Support Officer—Mrs Martin, School Learning and Support Officers—Mrs Montanari, Mrs Price, Mrs Winner, Mrs Brown, General Assistant—Mr Divall.

We would like to thank Mrs Godfrey, Mrs Brindley and Miss Betts for all of their hard work during their time at Marulan Public School.

SRC Representatives

This year's SRC have been elected. Along with our School Captains, Vice Captains and Prefects, the following students have been elected as class representatives: KT—Natasha Frkovic and Harrison Moran, 1/2H Tasha Ghosh and Taqwa Eldick, 3/4P Bridget Alders and Matthew Atkinson, 4/5/6JP Jerome Smyth and Josie Montanari and K6K—Jackson Hurding. Congratulations everyone, we look forward to a fantastic year of SRC events and amazing ideas you have!

Office

Sometimes during the day, the office is left unattended for small periods of time. If you phone the office and your call is not answered, please leave a message and a staff member will return your call as soon as possible.

Whooping Cough

We are informing families of an incident where a child has been in contact with another child whom has whooping cough (however not contracted it). If your child shows any symptoms please take them to a doctor to be checked.

Big Read Bus

The Big Read bus will be visiting our school tomorrow morning. Students wanting to borrow will need to be a member of the Goulburn Mulwaree Library.

Library

Library borrowing days will be: Mondays for K-2 students and Tuesdays for 3-6 students. All students need to bring a strong water resistant book bag to put their borrowed library books in to protect them. Students are encouraged to borrow a book and have a maximum of 3 weeks to return them.

Sports Shirts

The school will be purchasing the new sports shirt for all current enrolled students. Further on this Newsletter is a form to be completed by parents indicating the size required for your child. Please complete this form and return it to school by **Friday February 15, 2019**.

Swimming Carnival

Our annual whole school Swimming Carnival will be held next Wednesday February 20 at the Goulburn Aquatic Centre. Our confident swimmers will have the opportunity to compete in PSSA events, non swimmers will have the opportunity to compete in 15m and 25m events and also our K-2 carnival consisting of lots of activities and games. Students will need to wear their swimmers underneath their sports uniform, bring a towel and a packed lunch. Please ensure all items are clearly labelled to prevent items being lost or misplaced. We hope to have as many parents as possible attend to cheer on students. If anyone is able to help with K-2 activities, please contact the office.

Term 1 Events

Thursday February 14

The Big Read Bus visit 9:00-10:00am

Friday February 15

Book Club orders close

Playgroup 9:30-11am

Tuesday February 19

Uniform Shop open 8:45-9:30am

Wednesday February 20

School swimming carnival

Tuesday February 26

Uniform Shop open 8:45-9:30am

Thursday February 28

District swimming carnival

Monday March 4

GRIP Leadership—Year 6 leaders

Thursday March 7

The Big Read Bus visit 9:00—10:00 am

Friday March 8

ASSEMBLY 2:15 PM 4/5/6

Tuesday March 12

P&C Meeting 5:30PM

Wednesday March 20

Harmony Day

Thursday March 28

The Big Read Bus visit 9:00 –10:00am

Friday April 5

Athletics Carnival

Friday April 12

Grandparents Day and Easter

Hat Parade

ASSEMBLY—Leaders



SAFE

RESPECTFUL

RESPONSIBLE

Breakfast Club Roster

TERM 1

February

Thurs 14 — **HELP NEEDED**

Fri 15 — Stephanie & Shannon

Mon 18 — Col

Tue 19 — Sue Crasse & Raylene

Wed 20 — Maureen & John

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

*THANK YOU to the Marulan bakery for their generous offer to support our Breakfast Club with bread.
Please support the bakery.*

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



PLAYGROUP

AT MARULAN PUBLIC SCHOOL

FRIDAYS
9:30am - 11am

For more information
contact Marulan Public School 48411573



Marulan Public School



CANTEEN



Friday 15 February

MENU

Choose from:

Chicken Burger

-

Pizza

3 Items for \$5

Toastie - HAM/CHEESE/
TOMATO

OR Fresh Sandwich as above
& Vegemite and/or Cheese

JELLY FRUIT or
CUP



+

or YOGHURT or CUSTARD

+

MILK or
Strawberry or
Chocolate

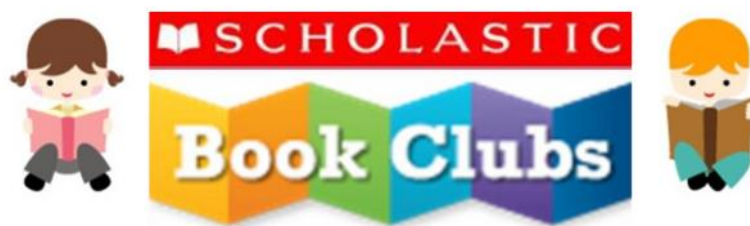
JUICE
Orange or
Apple

or WATER

Proudly operated by the Ladies of the Marulan Branch of



Country Women's Association
of New South Wales



REMINDER : Book club orders close this Friday. To receive orders from this Issue, please visit www.scholastic.com.au/schools/bookclub

All lunch orders need to be in the lunch order box in the COLA by 9am Friday

New Sports Shirt

The school is purchasing and providing one new sports shirt to all current enrolled students at no cost to families.

All future sports shirt orders will need to be purchased through the Marulan P&C uniform shop.

Please complete the order form below and return it to school by **Friday February 15.**



Family Name: _____

Child's Name _____ Size _____

Child's Name _____ Size _____

Child's Name _____ Size _____

Parent signature: _____ Date: _____

Student Text Book Payment

Kindergarten _____ @ \$30.00 per student = \$ _____

Year 1 _____ @ \$53.00 per student = \$ _____

Year 2 _____ @ \$53.00 per student = \$ _____

Year 3 _____ @ \$53.00 per student = \$ _____

Year 4 _____ @ \$53.00 per student = \$ _____

Year 5 _____ @ \$46.00 per student = \$ _____

Year 6 _____ @ \$46.00 per student = \$ _____

K6K _____ @ \$36.00 per student = \$ _____

Family Name _____

Child/Children Name(s) _____

Payment enclosed _____

or

Online payment via the School Website www.marulan-p.schools.nsw.edu.au

receipt # _____

Parent signature: _____ Date: _____

If you may experience difficulty in making this payment, please contact the office. All enquiries will be treated with confidentiality.

STAYING HEALTHY

at



Marulan Public School

Preventing Infectious Diseases

At

Marulan Public School

Infections are common in children and often lead to illness. At home, children are reasonably well protected from infectious diseases because they do not come into contact with as many people as children who attend school.

STAYING HEALTHY GUIDELINES

At Marulan Public School we have adopted The Australian Children's Education & Care Quality Authority (ACECQA) STAYING HEALTHY GUIDELINES. By following these guidelines we are maintaining high standards of hygiene minimizing the spread of infectious diseases and promoting good health.

It is not possible to prevent all infections in education. However, by using simple strategies parents together with staff can prevent many infectious diseases and control their spread.

EFFECTIVE HAND HYGIENE

Hand hygiene is one very effective way to control the spread of infection. At school, students are to wash their hands thoroughly with soap and water and dry them with paper towels. This removes both dirt and germs from hands as well as reducing the number of germs on the hands.

DON'T FORGET TO WASH YOUR HANDS WITH SOAP AND WATER AND DRY THEM.

COUGH AND SNEEZE ETIQUETTE

Many germs can be spread through the air by droplets. By covering your mouth and nose when you cough or sneeze, you reduce how far the droplets can travel and stop them from contaminating other surfaces. In the past, people were encouraged to cover their coughs and sneezes with their hands, But if you do not clean your hands immediately, germs stay on your hands and can be transferred to other surfaces.

The correct way to prevent the spread of germs that are carried in droplets is by coughing or sneezing into your inner elbow, or by using a tissue to cover your mouth and nose. Put all tissues in the rubbish bin straight away, and clean your hands with either soap and water or an alcohol-based rub.

REMEMBER TO COVER YOUR COUGH AND SNEEZE TO STOP THE SPREAD OF GERMS.

EXCLUSION OF ILL CHILDREN, EDUCATORS AND OTHER STAFF

The aim of exclusions is to reduce the spread of infectious disease. The less contact there is between people who have an infectious disease and people who are at risk of catching the disease, the less chance the disease has of spreading. Excluding ill children, educators and other staff is an effective way to limit the spread of infection in education.

BY EXCLUDING ONE ILL PERSON, YOU CAN PROTECT MANY OTHER PEOPLE FROM BECOMING ILL

The need for exclusion and the length of time a person is excluded depend on:








- * How easily the infection can spread
- * How long the person is likely to be infectious
- * How severe the disease can be Please refer to the following chart.
















PARENTS AND STAFF CAN WORK TOGETHER TO MAKE MARULAN PUBLIC SCHOOL A HEALTHY ENVIRONMENT.

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.
Hayfever (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.	<div>  ... if they have symptoms. Contact your doctor before returning to school. </div> <div>  ... if they have a chronic infection (not the first outbreak) and no symptoms. </div>
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 may be 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.