



# Moulamein Public School

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## 2022 Term 3 Week 2

### Principal Messages

#### Welcome Back to Term 3

Welcome to the start of Term 3, after hopefully enjoying a safe and enjoyable winter break. I want to give you an overview of how we are continuing to ensure our school remains COVID-safe throughout this term and updates for this term.

I would like to welcome our new staff, families and students. Our current enrolment is 67 students. Miss Hogan will be joining us this term to assist with learning support and have other classes while teachers are attending to administration tasks.

Please read through this note for updates!



### Education Week Next Week- Parents Invited!

Parents are invited to attend the school to help celebrate Education Week on **Wednesday 3<sup>rd</sup> August** from 12.00pm. Families will be broken up into groups and receive a STEM (Science, Technology, Engineering, Mathematics) challenge. Families will work for 45 minutes on a challenge outside near the play equipment (unless it is raining) and there will be a prize at the end of the challenge. We will have a short assembly to hand out merit awards and an Education Week Award.

Families are invited to bring a picnic lunch and stay for lunch. We invite all family members and carers. Visitors must enter through the front gate and leave through the front gate to sign in and out. Please see a timetable below.

**12.00 - Parents Arrive**

**12.10 - Explain STEM Challenge**

**12.40 - Complete STEM Challenge**

**12.45 - Winners of STEM Challenge meet**

**12.50 - Merit Assembly and Education Week Award Presented**

**1.10 - BYO Parent Picnic Lunch**



## COVID Safe Schools

As we continue to prioritise student and staff learning and wellbeing while at school, our layered COVID-smart measures will continue for Term 3. These 'baseline measures' are aligned to the NSW Government's general community settings and include:

While we continue to face challenges, the wellbeing of our staff and students, and our students' education remains paramount. We will continue to implement our layered COVID-smart measures this term, which are aligned to the NSW Government's general community settings, including:

- staying home and getting tested if unwell, and only attending school when symptom free
- encouraging mask-wearing for all staff and students, particularly in the first 4 weeks of term in larger schools
- rapid antigen testing for symptomatic students and staff, and close contacts attending school to learn and work
- strongly encouraging COVID-19 vaccinations for students, staff and their families, including a booster shot (when eligible)]
- strongly encouraging students, staff and their families to get a flu vaccination
- strict requirements for close contacts attending school
- good hygiene practices
- maximising natural ventilation
- boosted cleaning during the day, with particular attention given to high touch surface areas
- responding to local COVID-19 conditions when necessary, by working with the department's Health, Safety and Staff Wellbeing team.
- Continuing these baseline COVID-smart measures allows us to prioritise student and staff wellbeing while giving our learners a consistent and productive learning environment this term.
- As winter continues, our COVID-smart measures have been updated in consultation with NSW Health to provide appropriate protection to our school community.
- school as close contacts for 5 school days. Students or staff identified as close contacts who are unable to wear a mask will be supported to learn or work remotely.

### Close contacts

Students identified as close contacts remain able to attend school providing they are symptom free, notify the school and return a negative COVID-19 test result daily for 5 consecutive school days. Primary students, while not required, are strongly encouraged to wear a mask for 5 consecutive school days (except when eating/drinking or exercising).

Please note that students identified as close contacts are still unable to attend overnight excursions, including camps. Visitors identified as close contacts who are engaging directly with students are required to return a negative COVID-19 test result before attending our school and wear a mask.

### Reducing the risk of illness this winter

Finally, it is important to note NSW Health's advice to reduce our risk of not only COVID-19, but other illnesses that may affect our school at this time of year such as the flu and respiratory syncytial virus, both of which can be serious in younger people.

We can all protect our loved ones and our community by:

- staying home and getting tested if unwell or displaying any symptoms
- keeping up to date with our vaccinations – including the flu vaccine, which is available from your local GP, pharmacy or Aboriginal Medical Service now
- flu vaccines are free for all children aged 6 months to under 5 years, or for a small charge for those aged 5 years and older
- getting tested immediately for COVID-19 if you become symptomatic and isolating until you receive a negative result and are symptom free
- practicing good hand hygiene by washing regularly with soap and water
- taking a RAT before visiting vulnerable loved ones or going to large gatherings and events.

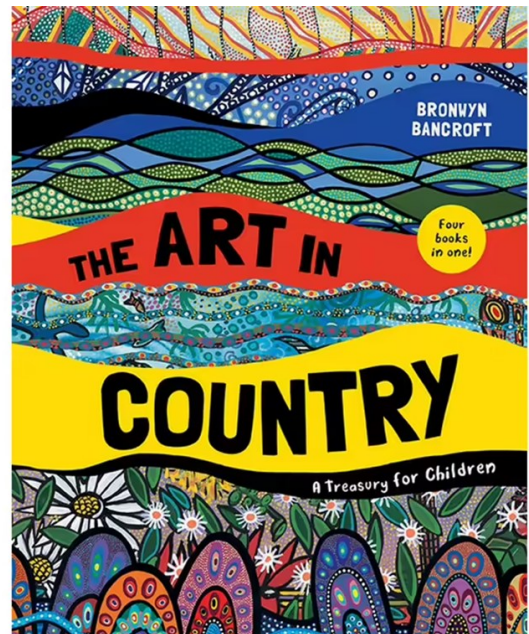


## NAIDOC Week

National NAIDOC Week celebrations are held across Australia in the first week of July each year (Sunday to Sunday), to celebrate and recognise the history, culture and achievements of Aboriginal and Torres Strait Islander peoples. NAIDOC Week is an opportunity for all Australians to learn about First Nations cultures and histories and participate in celebrations of the oldest, continuous living cultures on earth.

Students in Year 5/6 have been studying the art of Browyn Bancroft with Mrs Wilson.

Students have been inspired by her artwork and created a beautiful display in the school office. They were created with timber as a base and painted then patterns were added with posca pens.





## Canteen is back!

Thanks to our new P&C and in particular Margie, our canteen is back. I would like to thank those parents and carers who have signalled they are able to work a shift. Many hands make light work and now that our school is increasing in numbers, we need more than one person to run it. We are very excited to have this back and I know the students are too!

On Monday we had our first canteen day and the students were thrilled. A huge thank you to Harryl, Simone and Jerrica for filling in for the day with the support of Colleen.

Please write your order on brown paper bag each Friday and include money.



## CANTEEN DAY IS MONDAY!

*IMPORTANT: CANTEEN ORDERS MUST BE COMPLETED ON FRIDAY FOR MONDAY.*



<b>MOULAMEIN PUBLIC SCHOOL P&amp;C</b>	
<b>TERM 3 CANTEEN MENU 2022</b>	
<b>RECESS</b>	
-Fruit Plate- selection of seasonal cut fruit & veggies	\$1.50*
-Pikelet (2)- with vegemite or Jam	\$1.50*
-Hot or Cold Milo	50C*
-Raisin Toast (1 Slice)	50C*
-Bulla Ice Cream Party Cup- <i>light</i>	\$1.50
-Red Rock Deli Chips- plain	\$1.00
-Popcorn OR Rice Crackers & Cheese	50C
<b>LUNCH</b>	
-Chicken Tenderloin (each)	\$1.00
+Salad Box- grated cheese, grated carrot, shredded lettuce & small bread roll	\$1.50
-Pie (from bakery)	\$3.50
-Pita Pizza: Ham & Cheese	\$2.50
-Beef Burger: with cheese, lettuce, tomato, beetroot & sauce	\$4.00
-Sausage Roll (from Bakery)	\$2.00
-Lasagne	\$4.00
-Toasted Sandwich: Cheese or Ham & Cheese	\$3.00
-Tomato Sauce (per portion)	30C
<b>LUNCH SNACKS</b>	
-Bulla Ice cream Party Cup- <i>light</i>	\$1.50
-Frozen Quelch fruit Sticks	50C
<b>DRINKS</b>	
-Water	\$1.00
-Juice: apple or apple & black currant	\$1.50
-Flavoured Milk: 250mL Chocolate or Strawberry	\$1.50
<b>ORDERS ARE REQUIRED ON FRIDAYS FOR CANTEEN ON MONDAY</b>	

\*PLEASE ORDER ON LUNCH BAG

## School Attendance & Bedtime

Our attendance is still a huge concern as well as the number of students who are coming to school very tired and unable to concentrate and complete their learning. Teachers have noted that Friday and Monday are our two days where students are often unable to maintain their learning due to being overtired.

Going to school every day is important and sets children up for the rest of their schooling. They also cannot access learning when they haven't been put to bed on time and are sleep deprived. There are numerous research papers about how a child's health and performance in school is impacted by the lack of sleep

	Age Range	Recommended Hours of Sleep
Newborn	0-3 months old	14-17 hours
Infant	4-11 months old	12-15 hours
Toddler	1-2 years old	11-14 hours
Preschool	3-5 years old	10-13 hours
School-age	6-13 years old	9-11 hours

### Symptoms of sleep deprivation in children

Sleep deprivation affects children in different ways to adults. Sleepy children tend to 'speed up' rather than slow down. Symptoms include:

- Moodiness, anxiety and irritability
- Temper tantrums
- The tendency to emotionally 'explode' at the slightest provocation
- Over-activity and hyperactive behaviour
- Inability to concentrate
- Grogginess when they wake up in the morning
- Reluctance to get out of bed in the morning.

### Impact of lack of sleep:


- Reduced alertness
- Shortened attention span
- Slower than normal reaction time
- Poorer judgement
- Reduced awareness of the environment and situation
- Reduced decision-making skills
- Poorer memory
- Reduced concentration
- Increased likelihood of moodiness and bad temper
- Loss of motivation
- Errors of omission – making a mistake by forgetting to do something
- Errors of commission – making a mistake by doing something, but choosing the wrong option
- Microsleep – brief periods of involuntary sleeping that range from a few seconds to a few minutes in duration.

What your child learns each day builds on what they learned the day before. If your child misses school and is tired, their learning routine is broken. Students can also lose confidence and miss out on building their friendships.


NSW Department of Education

## Why attendance matters


When your child misses school they miss important opportunities to...



Learn



Make friends



Build skills through fun



education.nsw.gov.au

NSW GOVERNMENT

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## Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...	they miss weeks per year	and years over their school life
<b>1</b> day per fortnight 	= <b>4</b> weeks	= Over <b>1</b> year missed
<b>1</b> day per week 	= <b>8</b> weeks	= Over <b>2.5</b> years missed

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## Library

**Library is on Friday** for 1/2, 3/4 & 5/6 classes and **Thursday** for K/1 this term. All students are to bring their own library bag. Ms Downie is no longer teaching library this term as she has accepted a position at another school and teachers will each take their students to the library to borrow. We have a great selection of library books and new books are arriving each month!

**PLEASE NOTE** in Week 6 (22<sup>nd</sup> – 26<sup>th</sup> August) we will have a **book character parade** for students. Each year since 1945 the CBCA has brought children and books together across Australia through CBCA Book Week. During this time schools and public libraries spend one glorious week celebrating books and Australian children's authors and illustrators. Students will be encouraged to dress up as their favourite book character (not movie character). Date and information will be confirmed later, but we did want to give parents plenty of notice to organise an outfit and discuss with their child who they wanted to dress up as. We do not expect parents to buy outfits and homemade ones are just as fun. Op shops also have a great array of items available. No toy guns are allowed still on this day.





## Learning Support

This term a number of strategies have been put in place for students who are not reaching the expected benchmarks or not progressing to access more learning support. With a COVID funding grant the following has been organised:

- Miss Regina Hogan will be employed to help students in literacy and numeracy. Students will either have 2 or 3 hour long sessions in small groups with Miss Hogan.
- I (Mrs Jennie Wilson) will also be picking up students for literacy support in Year 1 and 2 for 3-5 days a week (reading recovery style program) for 30 minutes to 1 hour in pairs.
- Mrs Cathy Mertz and Miss Regina Hogan will be working in K/1 with the goal of improving writing 4 days a week as well as offering numeracy support for students.
- Mrs Penny O'Farrell and Miss Maddy Houlihan will also be continuing their Macq lit learning support program for Stage 2 and 3 in literacy to help improve spelling, reading and fluency.

Notes will go home next week to parents to inform them of the support their child is receiving after we finish our organisation this week.

Please do not hesitate to contact a child's teacher if you have any further concerns. We consistently assess students and providing learning support is a priority at the moment for students with the last two years of learning being interrupted.

### *EVENTS THIS TERM*

*26/7-DISTRICT ATHELTICS CARNIVAL*

*2/8- P & C MEETING*

*3/8 - BOOKFAIR*

*3/8- EDUCATION WEEK OPEN DAY- PARENTS INVITED!*

*16/8-K-2 EXCURSION*

*19/8-YEAR 6 LEADERSHIP DAY*

*WEEK 6- DRESS UP BOOK CHARACTER PARADE*

*29/8 -STAGE 3 CANBERRA EXCURSION START*

*26/8-REGIONAL ATHLETICS CARNIVAL ALBURY*

*20/9-STAGE 2 BALLARAT EXCURSION*

## Big thanks to the P & C and helpers!

A few weeks ago, the P & C organised a significant fundraiser, which was the wood chop. Parents, friends, families and community members helped on the day. There are so many people to thank for the event. Not just mums and dads, but teenagers who worked for the day too! *A special thank you to Nick and Paula McKindlay for donating the wood.*

Thank you to the following:

- White family
- Hunter family
- Mercado family and friend
- McKenzie family and Lisa
- Garado family
- Prentice family
- Maloney family
- Vistarini family
- Patten family
- Arthur-Lolicato family
- Lotero family
- Daleon family
- Slater family
- Gorey family
- Brett and Jennie Wilson
- Ronnie Green
- Luke Hull
- Saragoza family
- Heath Maloney
- Drew Harris



The BBQ lunch was a hit and we were lucky enough to get a clear sunny day. Thank you to Angelique and Simone for organising and cooking the lunch and providing drinks.

The P & C have also ordered and paid for fridges for school lunches. They arrived yesterday and will be placed on the K-2 verandah and inside the classrooms of Year 3/4 and Year 5/6. We just need to hire an electrician to install a few new power points so we can place them in a convenient spot. Students will be able to put their lunch boxes in the fridges every day, which will be great in summer.

## Breakfast Club

As part of Mrs Mertz's role, we will continue to run Breakfast club each Tuesday and Wednesday morning from 8.30am-9.00am. This program has turned out to be a huge success! Maddy and Penny are also helping each morning and students are loving it. Our new kitchen is being utilised well and our renovation has been a great investment for our school.

If you were wanting to donate any items to our breakfast club please drop off any of the following unopened: jam, bread (we can place in the freezer), tins of milo, cheese slices, fresh fruit (Do you have any spare fruit growing on your trees?), vegemite, honey, maple syrup, tubs of butter or margarine

We appreciate any donations.

Have a great term! We look forward to inviting our families back into our school.

**Jennie Wilson**  
**Principal**