

Springwood Public School



Week 10 Newsletter: 2019

1-4-19



Only 11 more sleeps!!!!

2019 Calendar

TERM 1 –2019				
Week 10 – 1/4/19 Honour Assembly <i>April Star Students</i>	2/4/19	3/4/19 BREAKFAST BBQ! Cricket Knockout	4/4/19	5/4/19 Kindy Teddy Bears Picnic
Week 11 – 8/4/19	9/4/19 BMPSSA Rugby League	10/4/19	11/4/19	Friday 12 th April BILLY CART DERBY!! 
	SCHOOL	HOLIDAYS	WEEK	ONE
	SCHOOL	HOLIDAYS	WEEK	TWO
TERM 2 –2019				
Week 1 – 29/4/19 Teachers Return Today	30/4/19 Student's Return Today	01/05/19	02/05/19 BMPSSA Netball	03/05/19 School Cross Country
Week 2 – 06/05/2019 BMPSSA Touch Football Carnival	07/05/19 Stage 2 Excursion	08/05/19 Mother's Day Stall	09/05/19	10/05/19 Stage 2 Excursion
Week 3 – 13/05/19 P&C Meeting 7pm	14/05/19 NAPLAN	15/05/19 NAPLAN	16/05/19 NAPLAN	17/05/19 NAPLAN
Week 4 – 20/05/19	21/05/19	22/05/19 SCHOOL PHOTO DAY	23/05/19	24/05/19
Week 5 – 27/05/19	28/05/19	29/05/19 Simultaneous Reading Day	30/05/19	31/05/19
Week 6 – 3/06/19 WINMALEE CUP!	4/06/19	5/06/19	6/06/19	7/06/19
Week 7 – 10/06/19 Queen's Birthday PUBLIC HOLIDAY	11/06/19	12/06/19	13/06/19	14/06/19
Week 8 – 17/06/19	18/06/19	19/06/19	20/06/19	21/06/19
Week 9 – 24/06/19	25/06/19	26/06/19	27/06/19	28/06/19
Week 10 – 1/07/19	2/7/19	3/7/19	4/7/19	5/7/19 LAST DAY OF TERM



Springwood Public School

1878-2019: 141 Years of Excellence!

THE PLACE TO BE!

Burns Rd, Springwood NSW 2777
E: springwood-p.school@det.nsw.edu.au

Phone: 4751 1333 Fax: 4751 1951
W: www.springwoodpublicschool.com



In Darug and Gundungurra Country



Follow us on Twitter: @SPS_placetobe

Monday 1st April, 2019

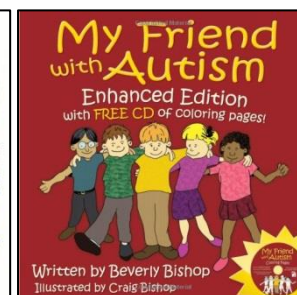
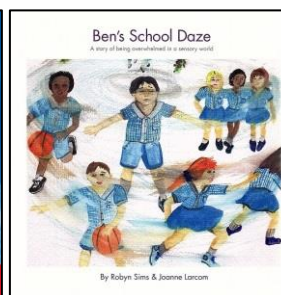
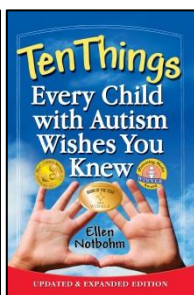
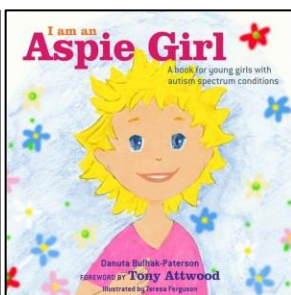
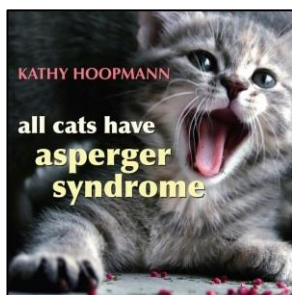
Hello everyone,

Congratulations to all our students who received Honour Assembly awards today. Thank you for working so well and putting in all the effort in Term 1. We are all proud of each and everyone one of you, even if you didn't receive an award today! Everyone keep up the great work!

Tomorrow is World Autism Awareness Day.

For more information and to keep up to date with all aspects of Autism please have a look at the wonderful website - www.autismawareness.com.au

REMINDER - With the increase of the identification of children on the autism spectrum we have started to source books that are not only helpful for students and teachers, but for parents as well. Some titles include:



The books cover a range of areas including autism, sensory needs and ADHD. If you would like to borrow any of these books please just email me and I'll organise to send them home for you for a short loan.

NOTES SENT HOME	FINAL PAYMENT DUE DATES
Billy Cart Derby Permission Note	Friday 5 th April
Resource Fee & Voluntary Contribution	Friday 12 th April
Stage 2 Elizabeth Farm Excursion	Friday 12 th April

Today we also held our annual Crazy Hair Day and even had two students who volunteered to have their hair cut and/or totally shaved off for the Leukaemia Foundation's World Greatest Shave! Well done to Ollie and Molly who took part and raised much needed funds for this worthwhile cause!



Thank you to all our students and families who donated funds today to this very worthy cause and well done to Ollie and Molly for your commitment today!

Don't forget our first BBQ Breakfast for the year is this Wednesday 3rd of April. We'll be serving from 8am so please come along and join us! The menu is available inside this newsletter.

Have a great week!

Remind your kids everyday how special they are and how much you love them! Hug the ones you love and hold on for an extra second or two, it makes a world of difference.

Mr Mehmet

SPRINGWOOD PUBLIC SCHOOL



BBQ BREAKFAST

MENU

Wednesday
3rd APRIL
2019

BACON & EGG ROLLS - \$5

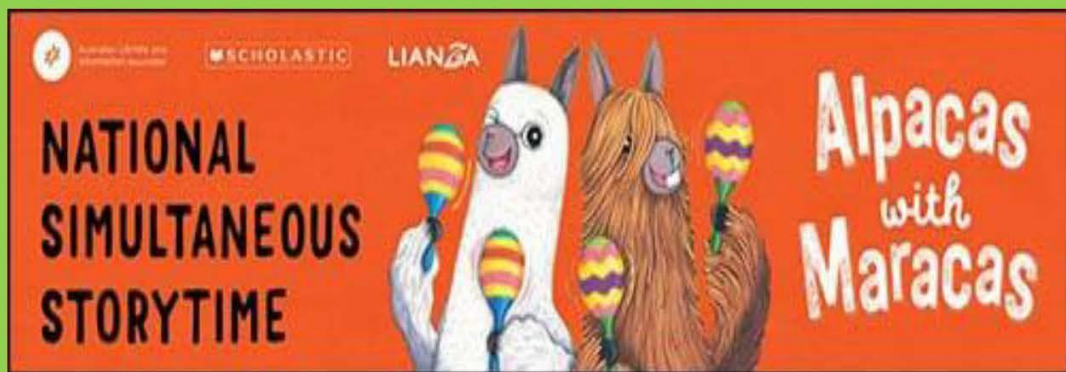
CINNAMON SCROLLS - \$3

BANANA MUFFINS - \$2

GREEK STYLE SWEETEND YOGHURT WITH BERRIES - \$2.50



SERVING FROM 8AM – ALL INVITED!



IT'S MEXICAN FIESTA TIME

Hola Springwood Public School

On Wednesday 29th May 2019

We will be having our Annual

Simultaneous StoryTime and Book Fair

The Theme of our book fair is

Mexican Fiesta

More information will be provided in term 2
















Gracias, Miss Millar

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.  ... 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 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.

© Owned by State of NSW through the Department of Education and Communities 2012. This work may be freely reproduced and distributed for non-commercial educational purposes only. Permission must be received from the department for all other uses.

2/2

Gateway Family Services

Parenting Group Programs

Term 2, 2019



Program	Date & Time	Location	Registration
Circle of Security <i>Learn how to be a strong, wiser & kinder parent with your kids. Suitable for parents of 0-12 year old.</i>	Every Tuesday 14th May - 25th June 9:30am - 11:30am <i>* Childcare Available</i>	Heatherbrae, Lawson 1 Benang Street, LAWSON, (located beside carpark behind Lawson Pub)	Gateway - 1300 316 746 (free call)
Tuning In To Kids <i>Emotionally Intelligent Parenting Learning to better talk & understand your child to help manage your child's emotions & behaviour.</i>	Every Monday 13th May - 3rd June 9:30am - 11:30am <i>* NO Childcare</i>	Blackheath RSL Cnr Station Street & Bundarra Road, BLACKHEATH	Gateway - 1300 316 746 (free call)
1-2-3 Magic & Emotion Coaching <i>Learn how to understand & manage your child's difficult behaviour. Suitable for parents with 2-12 year olds.</i>	Every Tuesday 21st May - 4th June 10:30am - 12:30pm <i>* Childcare Available</i>	Blaxland Uniting Church (Back Hall) 70-76 Old Bathurst Road, BLAXLAND EAST (Onsite parking available)	Gateway - 1300 316 746 (free call)
Bringing Up Great Kids <i>Learn about mindfulness & reflection, promoting positive interactions, the meaning behind children's behaviour and ways in which parents can take care of themselves & find support when they need it.</i>	To be Advised	To be Advised	Gateway - 1300 316 746 (free call)
Let's Talk about Siblings without Rivalry <i>Discussion and practical tools for parents who want to help their children live well together so you can all live.</i>	Every Tuesday 14th May - 4th June 7:00pm - 9:00pm <i>* NO Childcare</i>	Gateway Family Services 70-76 Old Bathurst Road, BLAXLAND EAST (located in the Cottage beside Blaxland Uniting Church)	Gateway - 1300 316 746 (free call)
Cool Little Kids - Anxiety Program <i>For parents and caregivers with children aged 3-6 years who have developed, or are at risk of developing, an emotional disorder. Teaching skills to address factors that can lead to anxiety</i>	Every Wednesday 22nd May - 26th June 10:00am - 12noon <i>* Childcare Available</i>	Thrive Services 2 Station Street, KATOOMBA	Thrive Services - 02 4782 1555

For more information and Individual Flyers go to:

www.gatewayfamilyservices.org.au or www.facebook.com/GatewayFS

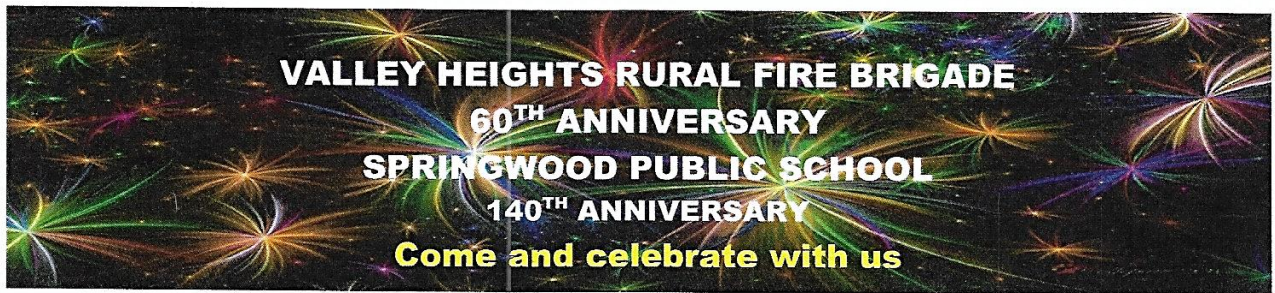
Gateway family services parent group program is funded by DSS and NSW FACS.

Gateway works collaboratively with community partners to bring parent groups to communities from St Marys to Blackheath.

Thanks to MMM for providing childcare for the Daytime groups.

Gateway encourages, supports & respects diversity in families & communities. Our Groups are open to everyone.





Family Fun Day & Fireworks Night.

Saturday 6th April

3:30 – 8:30pm



Last chance to
purchase
armband
vouchers at the
discounted price
of \$30.

Over 30 stalls.

Over 10 food stalls.

Live music including

The Quokkas and The BlueMUGS.

I would like to purchase ride vouchers at \$30 each.

Total enclosed \$.

Childs name: Class:

SWOT

SPRINGWOOD WORLD OF TENNIS
SCHOOL HOLIDAY

TENNIS COACHING CLINIC

SPRINGWOOD WORLD OF TENNIS, SPRING STREET, SPRINGWOOD

Mon 15th to Thurs 18th April 2019 (9AM to 3PM)

JUNIORS 5YRS TO 16YRS. BEGINNERS TO ADVANCED. FULL SUPERVISION. FOR FURTHER DETAILS PLEASE RING
47 515383 OR 0416083472.

STUDENTS GRADED INTO GROUPS DEPENDING ON AGE AND ABILITY. COACHING HELD WET OR FINE, RACQUETS AVAILABLE FOR HIRE. LUNCH PROVIDED ON LAST DAY IN CONJUNCTION WITH PRIZE GIVING.

ENTRANCE FEE: \$140

BOOK EARLY TO AVOID DISAPPOINTMENT



FUN! TOURNAMENTS! TROPHIES! PRIZES

NAME: _____ **AGE:** _____

ADDRESS: _____

PHONE: _____ (please enclose full fee with this form)

PARENTS SIGNATURE: _____

ENROLMENTS MAY BE MADE AT THE PRO SHOP, SPRING ST, SPRINGWOOD OR BY POSTING THIS FORM TO PO BOX 473 SPRINGWOOD NSW 2777 WITH CHEQUE PAYABLE TO SPRINGWOOD WORLD OF TENNIS.

5 Easy Steps to Staying Informed

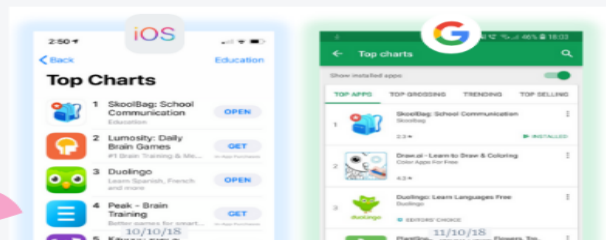
SkoolBag

SkoolBag is the easiest way to stay up-to-date with school events, last minute notices, newsletters and all your school's communications.

1. Download SkoolBag

Search SkoolBag in the Apple App or Google Play Store, download the FREE app:

SkoolBag: School Communication



2. Create an Account

Follow the prompts to create your account in seconds.

3. Add your School

Type your school's name and press enter. Tap the plus icon to add.



4. Allow Notifications

Ensure you Allow SkoolBag to send you push notifications when prompted.



5. Subscribe to Groups

Select Year Groups / Sports Teams to appear in your feed.

