



St Marys Public School

The small friendly school in the heart of St Marys

NEWSLETTER

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TERM 1| WEEK 11

PRINCIPAL'S MESSAGE

Ramps

The work to make the areas outside the classrooms wheelchair and pram accessible is scheduled to be completed during the school holidays. I would like to thank the P&C for the significant contribution of \$15000 that has allowed this project to go ahead.

Preschool Staff Changes

Earlier this year our school completed the merit selection process to appoint a permanent teacher to the preschool. Our preschool has been well served by Mrs Singh for the past year and a half as a teacher filling that role in a temporary capacity.

At the end of the merit selection process, Mrs Matterson has been appointed as the new preschool teacher starting at the beginning of next term. Mrs Matterson visited our preschool yesterday and was very impressed with the way our preschool runs and with the positive feeling within the school. She is very much looking forward to meeting the children and the families of St Marys.

I would like to take this opportunity to share with you my heartfelt thanks to Mrs Singh for the way she has cared for and supported the learning of the children in our preschool. Her warm, kind and good humoured nature has been such an asset for our whole school community. Mrs Singh's dedication was evident when the preschool went through assessment and rating last year and achieved an overall rating of exceeding, which is the highest rating that can be achieved. On behalf of our whole school community I would like to say we will all miss Mrs Singh and we wish her every happiness and success in the future.

Working Bee

We will be having a working bee to help complete the Aboriginal Garden in our school. The school will be open to any helpers from 9 until 3 on Tuesday the 11th of April. If you are available for any time during that period please come along. If you have any gardening tools it would be great if you could bring them. We will be moving soil, digging holes and planting some of the plants. A free sausage sizzle will be available on the day.

Have a safe and enjoyable holiday. I look forward to seeing you all next term.

Robert Linas
Relieving Principal

EASTER



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Thank you everyone, who came along and joined in our Easter Parade fun. We hope you had a great time. Have a Happy Easter!

Mrs Maton & Mrs McLister
Easter Parade Organisers

COMMUNITY NEWS

CALENDAR TERMS 1 / 2

WEEK 11

Friday, 7 April

K - 6 Easter Hat Parade
3pm School holidays begin

WEEK 1

Monday, 24 April

Staff Development Day - no students

Tuesday, 25 April

ANZAC Day - Public Holiday

Wednesday, 26 April

First day back for students

Thursday, 27 April

Kindergarten start Scripture today

Friday, 28 April

K - 6 Students return
11.30am ANZAC Assembly in the hall

WEEK 2

Thursday, 4 May

P&C Mother's Day Stall

Friday, 5 May

K - 6 School Cross Country Carnival

WEEK 3

Tuesday 9, Wednesday, 10 and Thursday, 11 May
Year 3 & 5 NAPLAN testing

Friday, 12 May

NAPLAN catch up day

WEEK 4

Wednesday, 17 May

Stage 1 Cake Day

Thursday, 18 May

Stage 3 South Creek excursion

END OF TERM AWARD WINNERS

| | |
|-------------|----------------------|
| KL | Martin & Zahra |
| KM | Joshua & Seinilika |
| KR | Chace and Codie |
| 1/2A | David & Nimrat |
| 1/2B | Prahbeet & Charlotte |
| 1/2E | Dominic & Ritika |
| 1/2L | Koda & Lachlan |
| 3/4J | Sunday & Kristina |
| 3/4R | Isabelle & Caleb |
| 4/5C | Kyle & Kait |
| 5/6D | Lynda & Jacob |
| 5/6S | Arav & Jack |



Health
Nepean Blue Mountains
Local Health District

Healthy • Active • Happy • Kids

FREE fun program to help kids become fitter, healthier and happier!



Do you have children 7 to 13 years old? Are you worried about their weight?

Register for Term 2 2017 at North St Marys

www.go4fun.com.au
or contact 1800 780 900



St Marys Public school

HEALTHY EATING

CANTEEN MENU 2017

GREEN FOODS
 AMBER FOODS
 OTHER FOODS
 GF= GLUTEN FREE
 Open Monday (for meal deals only)
 Opened normal Menu
 Wednesday, Thursday and Friday.
 Tuesday closed
 No hot food at recess



HOT FOOD

| | |
|----------------------------------|----------------------|
| Sweet and sour chicken with rice | \$4.00. |
| Honey soy chicken with rice | \$4.00 |
| Corn on the cob | \$2.00 |
| Lasagne beef | \$4.00 GF available |
| Lasagna chicken | \$4.00. GF available |
| Twista's (pasta) | \$4.00 |
| Mac and cheese | \$4.00. GF available |
| Potato bake | \$4.00 |
| Chicken nuggets | \$0.50cents each |
| Chicken burger | \$4.00 |
| Fish fingers | \$0.50cents each |
| Garlic bread | \$2.00 |
| Meat pie | \$3.00 |
| Cheese and bacon pie | \$3.00 |
| Sausage roll | \$2.50 |
| Ham and pineapple pizza | \$4.00 |
| BBQ chicken pizza | \$4.00 |
| Nacho dippers (GF) | \$4.00 |
| Tomato and BBQ sauce | \$0.20 cents each GF |

SANDWICHES / WRAPS / TOASTIES

(Jam Vegemite, Ham(GF), chicken, lettuce, tomato, cheese, beetroot, cucumber, and carrots)

| | |
|-------------------------------|--------|
| All toppings | |
| 1 topping | \$1.00 |
| 2 toppings | \$1.50 |
| 3 toppings | \$2.00 |
| 4 or more | \$3.00 |
| Gluten free options available | |

Drinks

| | |
|--------------|--------|
| Milk | |
| Strawberry | \$1.50 |
| Chocolate | \$1.50 |
| Vanilla malt | \$1.50 |

| | |
|------------------------------------|--------|
| Apple juice | \$1.50 |
| Apple black current juice | \$1.50 |
| Orange juice | \$1.50 |
| Water. | \$2.00 |
| Lol | \$2.00 |
| Tropikl | |
| Razz-bi | |
| Hot milo | \$2.00 |
| (Autumn and winter mornings only). | |

FRUITS

| | |
|----------------------|--------|
| Apples | |
| Oranges | |
| Bananas | |
| Plus seasonal fruits | |
| Fruit salads | \$3.50 |

ALL FRUITS \$0.50 cents each

SNACKS

ALL SNACKS \$1.50

| | |
|--|--------------|
| Jumpy's chicken (until stocks run out) | |
| Jumpy's salt and vinegar (until stock run out) | |
| Mamee rice snacks cheese GF | |
| Mamee rice snacks veggie GF | |
| Mamee monster BBQ noodle snack | |
| Mamee monster chicken noodle snacks | |
| Popcorn | |
| Red rock deli honey soy chicken chips | |
| Red rock deli Sea salt chips | |
| JJ's snacks chicken | |
| JJ's snacks burger | |
| Eucalyptus drops | \$0.50 cents |
| Butter menthol drops | \$0.50 cents |

ICE BLOCKS/ DESERTS

| | |
|------------------------------|--------|
| Icy poles | \$0.50 |
| Juicies. 3 flavours | \$1.00 |
| lemonade | |
| Tropical | |
| Wild berry | |
| Frozen fruit cup 2 flavours | \$1.00 |
| Apple | |
| Orange | |
| Frozen Yogurts 4 flavours GF | \$1.50 |
| Chocolate/vanilla bean | |
| Strawberry vanilla bean | |
| Raspberry/coconut | |
| Watermelon/mango | |

NEW MONDAY MEAL DEAL MONDAYS \$6.00

Hot lunch, drink and ice block

| | |
|----------------------------------|--|
| Sweet and sour chicken with rice | |
| Honey soy chicken with rice | |
| Lasagne beef or chicken | |
| Potato bake | |



Optional LOL or frozen yogurt or frozen fruit cup \$1.00 extra

Measles outbreak in Western Sydney

There is currently an outbreak of measles in South Western and Western Sydney, with at least 9 people having acquired the disease in the region during March 2017.

The reported cases include children and infants who have attended childcare centres and secondary schools. There is potential for the measles outbreak to spread further as the infected young people have large social networks both within and outside of their schools, and some have travelled on public transport whilst infectious. **Measles is highly infectious and anyone who isn't vaccinated is at risk of infection if they have had contact with an infectious case.**

Immunisation is effective in preventing measles. It is important for everyone to ensure that they have received at least two doses of measles containing vaccine (MMR). Infants and young children are vaccinated with measles containing vaccine at 12 months and 18 months of age. Older children and adults born during or after 1966 should ensure that they have been vaccinated with two doses of vaccine.

Unless people are certain they have had two doses of measles vaccine, they should visit their GP as soon as possible for **free** measles vaccination.

The first sign of measles is usually a high fever, a runny nose, cough, and red, watery eyes. The rash usually starts on the face and upper neck and spreads over the body, hands and feet. The rash lasts for 4-7 days.

COMMUNITY ACTIVITIES

Tuesday and Friday in E Block

Homework Club

Wednesday, 8.30am in the Library

Playgroup


Wednesday, 9am-11am

E Block

Banking

Friday, 8.30 - 9am


Library annexe

SunSmart Snippet

The simplest way

...to protect your skin.

Almost all skin cancers are preventable by reducing exposure of skin to ultraviolet (UV) radiation.



Did you know?
UV radiation causes damage when the level reaches 3 or above. Even though we cannot feel UV radiation it can still be damaging on cooler or cloudy days.

Stay protected!
Protect your skin from damage when UV levels reach 3 and above by:

- Downloading the SunSmart app or check the online widget (www.sunsmart.com.au/uv-sun-protection/uv/uv-widget) to discover the daily UV rating.
- If the UV rating is 3 or above, use sun protection.






Slip

Slop

Slap


Seek

Slide



Protect yourself in five ways from skin cancer

Minimise your time outside from 11am – 3pm (DST) from October through to March.



Health
Nepean Blue Mountains
Local Health District

To help keep your kids safe, check your schools SunSmart status by heading to www.sunsmartnsw.com.au

