PRINCIPAL’S MESSAGE

Firstly, can I thank all of the parents and family friends, who came to our Education Week picnic lunch / Open Day last Wednesday. It was lovely to see so many of you here and I know the children get a real kick out of showing their parents all of their wonderful work.

Well done to Mr Smith, who ran a successful 3-6 Athletics Carnival last Thursday. We had beautiful weather which gave the children a terrific chance to perform their best in a variety of events and activities. At the 3-6 carnival it was great to see the students beating personal bests and being happy for their friends as they crossed the finish line. Our attention now turns to the District Athletics Carnival to be held on Thursday, 22 and Friday, 23 August.

Glen Leaf
Principal

P – 2 ATHLETICS CARNIVAL 2014

The P – 2 Athletics Carnival will be held at school on Friday, 15 August, 2014. Students will participate in races and novelty events. Our activities will begin at 11.30am and will be finished by 1.15pm.

Students will need to wear their sports uniform, a hat and appropriate footwear. If you are able to help on the day please let Mrs Reilly know. We do hope you will be able to come along and share this special day with us.

BOOK WEEK - 17 August to 24 August

The theme for this year is Connecting to Reading. As part of our celebrations for Book Week, we will be having a Book Character Parade Disco run by the SRC and there will be some things happening in the Library too.

A further note outlining this information will be sent home shortly. We do hope you will be able to come and join us in celebrating Book Week this year.

PRESCHOOL NEWS

The children have been discussing the problems with the dirt patch in the preschool playground. So it was decided that we needed to act to create a more functional and fun place to play. The mention of adding water to the space to create a mud pit immediately met with excited agreement by the preschool children. In order to facilitate this we need a stockpile of gumboots to have permanently on hand. If there are any old gumboots lying around at home please send them along to school, so they can get a new lease on life in the preschool mud pit!

The Role of the Learning Support Team (LST)

Students at St Marys Public School achieve maximum learning outcomes when they are able to work in a caring, secure and supportive environment. The whole school community works together to provide quality educational programs and to meet the personal, social and learning needs of all students.

St Marys Public School’s LST is a group that meets regularly to discuss specific strategies to assist students requiring additional support in areas of learning and behaviour. The learning support team coordinates the development, implementation, monitoring and evaluation of learning support plans.

Process of Referral to the Learning Support Team

Students identified with school based issues that require additional support at school may be
identified by teachers and/or parents. Through teacher and parent consultation these students may be referred to the school’s LST. The LST then discusses the most appropriate form of support and intervention for the student and communicates this outcome to parents/carers.

In some cases a referral to the LST may result in an ongoing referral to the school counsellor. In these cases, written permission will then be sought from parents/carers for this intervention to occur. All referrals to the school counsellor are prioritised by the LST according to level of need at school. Following an assessment by the school counsellor, parents will be invited to discuss the outcome of their child’s assessment with the counsellor and be provided, in most cases, with a written report.

Should there be a counsellor recommendation for further intervention through an outside professional (eg paediatrician) then this report may be used to provide information to inform additional outside assessment. The school counsellor, with parent/carer permission will liaise with outside agencies, as required, in order to work together to maximise educational outcomes.

For many reasons the school counsellor is unable to respond to requests for assessment from outside agencies, in particular when the student has not been the subject of a referral to the school’s LST. Parents may feel free to discuss any issue affecting their child with the classroom teacher in order to determine whether a referral to the LST may be appropriate. The LST will then discuss what intervention or assessment is required. Parents are welcome to independently contact the school counsellor to obtain information regarding appropriate contact agencies for home based issues.

Requests for Information from outside agencies

Should parents have a concern regarding their child then they may choose to seek intervention through an outside professional independent of a school referral to the LST.

In some cases outside professionals will provide parents with questionnaires to hand to the class teacher, or may request other forms of information from the school. Due to issues of privacy and confidentiality regarding the release of information, in addition to considerations around teacher workload, parents are kindly requested to ensure that the following protocols are observed.

- The outside professional is requested to forward a letter addressed to the principal outlining what information is required and who is required to complete the information. When particular forms are required to be completed it is requested that these are included with the letter of request
- The parent/legal carer must provide written permission for the release of information with the letter of request
- A return name and address of the outside professional is required for confidential return of information through the principal

Please note: Letters for outside agencies which outline the above protocols together with the permission to release information forms are available from the front office.

Please note also, that all information provided through the school to outside professionals will be in writing.

School response to requests from outside agencies.

When written requests for information are received, the teacher who has been requested to provide the information will be contacted through the principal and learning support team. Although every effort will be made to assist, completion of information will be prioritised according to student need and teacher workload. Information will then be returned directly to the outside agency/professional.

Requests for assessment by the school counsellor:

All work is prioritised by the LST and subject to a referral to the team. The school counsellor is not therefore in a position to respond to requests for assessments from outside the school. Parents may however, discuss concerns with the class teacher and request a referral to the LST.
STUDENT NEWS
STUDENT NEWS

[Images of students participating in various activities such as running, jumping, and throwing frisbees.]
COMMUNITY NEWS

ILLNESS

Over the last few weeks we have had both students and staff unwell and presenting with flu like symptoms. While we strongly encourage children to attend school, if they are not well they should stay home to limit infection of other students and seek medical attention.

There has also been a couple of hand, foot and mouth disease (HFMD) cases reported. It is usually not a serious illness and occurs mainly in children under 10 years of age, but can also occur in older children and adults. HFMD usually begins with a mild fever, runny nose followed by a sore throat and the appearance of blister-like rash in the mouth and on the hands and feet which gradually become ulcerated. The infectious period remains while there is fluid in the blisters.

There is currently no vaccine available for this infection. The following action is recommended:

- Children should be excluded from child care, schools or other group settings until the blisters have dried;
- Regular hand washing with soap or using hand sanitiser before preparing food, after changing nappies and going to the toilet.
- Clean the surface areas of changing mats (after changing nappies) with detergent and water, wipe dry and wipe over the area with bleach.

There is no specific treatment. Children may be given paracetamol to relieve fever and discomfort. Blisters need to dry out naturally. The blisters should not be deliberately burst because the fluid within them is infectious. If headaches are severe, fever persists or you have any concerns you should consult your doctor.

STAGE 1 CAKE STALL

Our next cake stall will be held on Wednesday, 13 August, and we would like students in 1/2C, 1/2L and 1/2R to kindly donate cakes or slices please.

P&G NEWS

UNIFORM SHOP/CLOTHING POOL

Uniform shop open times are now:

- Monday afternoons 2.30pm to 3.15pm
- Thursday afternoons 2.30pm to 3.15pm

Appointments can be made through the canteen for other times.

CANTEEN

Our canteen is operated by our P&C and is open on Monday, Thursday and Friday. Students must place orders before 9.00am. The NSW Healthy School Canteen Strategy is promoted by our school and a variety of nutritious food is available on canteen days. Students need to order any items they require for recess and lunch. They may purchase additional items for the first half of lunch only.

If your child has any allergies to any foods can you please let the canteen know.

NEW:
- Popcorn $2
- Chicken Roll with salad $3. This can be made into a meal deal with a drink for $4.

FATHER’S DAY STALL

The P&C plays a vital role in our school, by raising funds and purchasing much needed equipment for the benefit of all children in our school.

This year the Father’s Day Stall will be held on Thursday, 4 September and the Father’s Day Raffle will be drawn on Friday, 5 September.

Father’s Day Raffle

Fantastic Prizes

Drawn Friday, 5 September
Term 3

Week 5 - Assembly

Tuesday, 12 August
ICAS Maths

Wednesday, 13 August
Public Speaking Years 3 & 5
Stage 1 Cake Stall

Friday, 15 August
P-2 Athletics Carnival
Preschool, K to 2 students

Week 6 - No Assembly

Tuesday, 19 August
Spelling Bee Finals

Thursday, 21 August
P - 6 SRC Book Character Disco
District Athletics

Friday, 15 August
District Athletics

Week 7 - Assembly

Tuesday, 26 August
Junior Rugby League

Wednesday, 27 August
Public Speaking Years 4 & 6

Week 8 - No Assembly

Wednesday, 3 September
P&C Meeting

Thursday, 4 September
Father's Day Stall

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**Nutrition Snippet**

The simplest way

to include all 5 food groups in a Lunch Box

A well packed lunch box will provide your kids with the energy they need to learn and play. Remember to include lunch box items from the 5 food groups:

- **Breads and cereals**: Try wholemeal bread, wraps and pita. Or try pikelets, rice cakes or homemade muffins and slices.
- **Fruit**: Should be a lunch box staple as its high in fibre, vitamins and minerals. Serve fruit in fun ways: try fruit kebabs or fruit in jelly.
- **Vegetables**: Pack carrot and celery sticks with hummus or salami, or a cold zucchini slice.
- **Low Fat Dairy**: Cheese slices, yoghurts and custards are all great lunch box items.
- **Lean Protein**: Include a variety of sandwich fillings: cooked chicken, tuna, egg or roast meat. Legumes like red kidney beans and chickpeas are a good source of protein and fibre.

For more information visit [www.eatittobeatit.com.au](http://www.eatittobeatit.com.au) or join us at facebook.com/eatittobeatit

**NSW Health**

Nepean Blue Mountains Local Health District

**Health**

Nepean Blue Mountains Local Health District

**Eat It To Beat It**

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