

# Sutton School Newsletter

*"Value Learning, Learning Values"*

**Term 4 Week 6**

**Principal: Clare Pritchard**

**Friday 23rd November, 2018**

## Principal's Report

This Thursday the Sutton P&C Association will hold its final meeting for 2018 from 7pm. I would like to sincerely thank the Executive Committee and members for their support, input and involvement into our school throughout the year. We have achieved so much with your help, ideas and energy and I look forward to the great things already planned for the new year.

While I understand that it is not always possible for parents to volunteer their time to attend meetings and so many help in so many other ways, I hope many more parents will join in 2019. The more parental support we have, the better off our school becomes and the more support our P&C has, the more successful their events will be.

### **So what is a P&C Association?**

A Parents and Citizens Association (P&C) is a school-based organisation with membership open to parents, teachers, students and interested citizens.

The P&C is not just a fundraising committee. It is also:

- A forum to bring parents, citizens, students and teaching staff together.
- It gives parents a chance to keep up to date with all school activities and to have a say.
- It is an opportunity to contribute to the School's resources through various fundraising projects and be involved in deciding how the money raised is spent.

The Annual General Meeting is held in Term 2 after the annual school fair where the Executive Committee is elected (President, two Vice Presidents, Secretary and Treasurer) and also the Fundraising Committee and Uniform Shop Committee members are affirmed.

### **So what does The Sutton Public School P&C do?**

Our School's P&C Committee works alongside the school staff to support the education of our children. The P&C plan many events and fundraising activities throughout the year. At our monthly meetings we also hear a report from the Principal; discuss current issues and also plan for future events.

Some community events and fundraisers that the P&C have been involved in include:

- The school fair
- The active fundraiser
- The canteen

Mother's Day and Father's Day stalls for the students to purchase gifts

Other events such as Murrumbateman Field Days, Working Bees, Trivia Nights, Active Fundraisers and the Mango Drive.

As you can see, the P&C is a busy bunch of people who are always appreciative of new faces and new ideas. If you would like more information or would like to volunteer for any future activities or events you are welcome to drop into the meeting this Thursday or make email contact at [suttonpublicschool@pandcaffiliate.org.au](mailto:suttonpublicschool@pandcaffiliate.org.au)

Clare Pritchard  
Principal

## DIARY DATES

**Mon 26th Nov - 7th Dec**  
- Swim School

**Thurs 29th Nov - Parent Consultation**

**Wed 5th Dec - 2019 Captains Special Assembly 9.30am**

**Mon 10th Dec - Year 6 Farewell Disco**

**Thurs 13th Dec - Primary Presentation Night**

**Fri 14th Dec - Infants Presentation & Concert**

**Mon 17th Dec - Infants Disco**

**Wed 19th Dec - Students Last Day Term 4**

## WHAT'S INSIDE

\* **YMCA Vacation Care**

\* **Assembly Awards**

\* **Bush Fire Season**

\* **Parent Consultation**

\* **Wamboin Carols**

\* **Sutton Christmas Party**

\* **Canteen Order Form**

\* **P&C News**

\* **School Fair**



Email: [Sutton-p.school@det.nsw.edu.au](mailto:Sutton-p.school@det.nsw.edu.au)

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## ASSEMBLY AWARDS

### Term 4 Week 6



#### KB – Bilbies

**Jasmin B** - Taking her time to write neatly and make good attempts at sounding out.

**Deng A** - Using teacher feedback to improve his writing.

#### KG – Geckos

**Sophie K** - For using tricky words in her writing to make it more descriptive.

**Oliver L** - For always following our class rules and showing our school values.

#### 1/2C – Crocodiles

**Selena T** - Effective writing of a narrative.

**Comet R** - For great commitment and focus in literacy and numeracy.

#### 1/2D - Dolphins

**Charlotte K** - Participation and hard work in maths.

**Sebastian K** - For being enthusiastic and persisting with challenging maths.

#### 1/2L – Alpacas

**Darcy B** - For improvement in handwriting. Your writing can be read easily by others.

**Andre B** - For improvement in mathematics. Keep up the great work!

#### 3/4D - Brushtail Possums

**Conor B** - For applying great effort and working more positively in class.

**Olivia R** - For applying a 'growth mindset' to her narrative writing.

#### 3/4F – Fairy Penguins

**Tom G** - For displaying the Sutton Public School value of courage.

**Dean K** - For showing friendship in the classroom and on the playground.

#### 3/4R – Redbacks

**Tayla P** - Doing a great job with her Tidbinbilla recount.

**Amelia B** - Putting a lot of effort into her story writing.

#### 5/6C - Cassowaries

**Nathan T** - Personal best always.

**Emily K** - Working hard in maths rotations.

#### 5/6D - Dingoes

**Sam A** - For persistence when completing the titanic maths work.

**Toby W** - For completing all of his titanic research.

#### 5/6M - Magpies

**Nick K** - For an excellent work ethic at basketball training.

**Brock M** - For great sportsmanship in class games.

## Chicken Pox



We would like to inform you of a number of diagnosed cases of Chicken Pox in the school. Chicken Pox starts with a slight fever and runny nose, and then develops as a rash of raised pink or red spots that blister and scab. If you notice any of these symptoms on your child over the next couple of weeks, please seek medical advice and keep them home for 5 days after the rash first appears and the blisters have all scabbed over. The time from exposure to Chicken Pox to symptoms can be 2 to 3 weeks.

School exclusion time is 5 days from the onset of the rash and the blisters have dried.

## YMCA VACATION CARE HOLIDAY PROGRAM

### AT SUTTON PS

**7th—25th JANUARY  
2019**

Bookings are now open providing opportunities for students to take part in the full program or single days.

Anyone aged between 4-12 can come which means even our kindergarten children starting school in 2019 are able to make new friends and join in the fun.

An exciting program of activities and excursions means there will be something for everyone!

For more information call the YMCA on 6242 4040

## Parent Consultation– Looking ahead to 2019

On Thursday 29th November, parents are invited to attend a meeting to discuss plans for class structure, school organisation and key focus areas for 2019. The meeting will be held in the Year 5/6 classroom and begin at 5:45pm.

Please confirm your attendance by Monday 26th November through the school email, phone call or by responding via Skoolbag.



## BUSHFIRE SEASON 2018/ 2019

An extremely dry winter prompted authorities in New South Wales to bring forward the start of the bushfire season for much of the state this year. As worsening drought conditions across NSW continue, and a long stretch of below average rainfall, the state's rural fire service is encouraging us all to review our fire safety plans and be prepared.

The School Safety Website provides parents and community with up to date information on all adverse weather conditions and school closures across the state. This includes a dedicated bush fire search mechanism to identify whether a school is in a bush fire prone area and/or included on the department's Bush Fire Register.

Our own school policy contains background information, contact details and response procedures. It can be located on our school website following the link below.

<https://sutton-p.schools.nsw.gov.au/about-our-school/rules-and-policies.html>

Fires Near Me is the official New South Wales Rural Fire Service (NSW RFS) app for emergency warnings and incident information. This app provides information on incidents across NSW attended by the NSW RFS and other agencies. You can download it from the iTunes Store or Google Play .

## WAMBOIN COMMUNITY CAROLS NIGHT

It might not feel it yet but the end of year is approaching faster than we might believe and so too is the annual Wamboin Community Carols Night! Put on by the Wamboin Community Association this is a wonderful way to celebrate the end of the year with a community get together. This is a non-denominational event and the emphasis is on the community enjoying themselves particularly the younger residents. Admission to the event is a gift under the Christmas tree for the Salvation Army people to take to some less fortunate.



The night features carol singing, the telling of the Christmas story (in its rather unique style), a BBQ (gold coin donation which also goes to the Salvo's), and of course the arrival of Santa to distribute gift bags to the children. The date for this extravaganza is 7th December 2018 at 7:00 pm sharp at the Community Hall in Bingley Way. So please come along and enjoy yourselves. Parents of children wishing to perform in the Christmas Play are invited (PLEASE) to ring Jenny Richards on 6238 1329 as soon as possible to organize parts.

# Final P&C Meeting 2018

Thursday 29th November

7:00pm in the Year 5/6 Classrooms

See you there!



## Sutton Christmas Party!

**Saturday 1<sup>st</sup> Dec**

**4-7pm on the Oval**

**Live music, Face painting, Jumping castle, Barbecue, Raffle, Kids craft, Father Christmas and much more...**

Sutton and District Community Association Inc

Thanks to the following businesses:

Mc Grath

Sutton Store

Sutton Automotive and Engineering

Contentious Character

The Baker

Country Bumpkins

Beauty Escape

And more to come.....

## How Much Screen Time?

Summer holidays are approaching and more relaxed routines and leisure time will be enjoyed by all. No doubt many children will be looking for time on their devices. During Week 4, students, staff and attending parents participated in a cybersafe workshop. During discussion, the question was raised regarding how much screen time should we allow our children to have. The link below leads to an informative article on the link between screentime and cognition which may be of interest.

<https://www.thelancet.com/journals/lanchi/article/PIIS2352->

## SCHOOL FAIR 2019

**Saturday April 6th**

**FAIR PLANNING IS UNDERWAY!!!**

We are currently looking for:

A **GRAPHIC DESIGNER** who can help with branding our Fair in exchange for advertising

before, during and after the event.

**SPONSORSHIP.** If you are a school family with a business or know of any business that would like to support our Fair, please contact us to chat about sponsorship levels.

If you can help with either or these requests, or anything else Fair related, please contact Linda on 0410 294 420.

## Not Attending SPS in 2019?

If your child/children will **NOT** be attending Sutton Public School in 2019, can you please advise the school in writing before the end of Term.

We thank you for your support in this matter.

## Voluntary School Contributions



Voluntary family contributions have been set for this year at *\$100 for one child and \$130 for multiple children* attending the school. School contributions are voluntary - not compulsory. Payment is a matter for decision by parents and the school will ensure the confidentiality of all matters dealing with the collection of contributions. If you would like further information, or would like to discuss this, please do not hesitate to contact the Principal. We are most grateful for your support.

Payments can be made online. In "Payment Options" please select "Voluntary School Contributions". Cash payments and EFTPOS can be made at the school office.

# P&C NEWS

## NEXT MEETING – LAST FOR 2018

Week 7, Term 4  
THURSDAY 29<sup>th</sup> NOVEMBER  
7PM

MRS DEACON'S ROOM  
All Welcome

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## VOLUNTEERS NEEDED

The **Sutton Christmas Party** will be held on Saturday 1<sup>st</sup> December between 4pm and 7pm.

We are looking for volunteers to run a craft activity during the party. Activity of your choice and all materials will be provided from P&C funds.

Please contact Linda if you're interested.

## CANTEEN NEWS

For the past few months some P&C parents have been working hard at upgrading some of the canteen facilities.

A new oven, cook top, rangehood and fridge have all been purchased and should be ready for use by Term 1 next year.

In further canteen news, a group of volunteers is currently planning and writing a grant request that if won, will allow us to extensively refurbish the canteen. Keep an eye out next term for more news on this.

## HELP WANTED

The P&C is looking for a parent who is a **GRAPHIC DESIGNER** to help us with some branding for our organisation.

If you have these skills and can donate some time, please contact Johanna Bradley or Linda Uzubalis.

If you would like to **volunteer** or discuss any of the P&C fundraising or events, please contact Linda Uzubalis on 0410 294 420 or [suttonpublicschool-fun@pandcaffiliate.org.au](mailto:suttonpublicschool-fun@pandcaffiliate.org.au)



For any other P&C needs, please feel free to contact our President, Johanna Bradley at [suttonpublicschool-pres@pandcaffiliate.org.au](mailto:suttonpublicschool-pres@pandcaffiliate.org.au)



# 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.

<b>Bronchitis</b>	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.
<b>Chickenpox</b> (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.
<b>Conjunctivitis</b>	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.
<b>Diarrhoea</b> (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.
<b>Fever</b>	A temperature of 38.5°C or more in older infants and children.	 ... until temperature is normal.
<b>Gastroenteritis</b>	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.
<b>German measles</b> (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.
<b>Glandular Fever</b> (Mononucleosis, EBV infection)	Symptoms include fever, headache, sore throat, tiredness, swollen nodes.	 ... unless they're feeling unwell.
<b>Hand, Foot and Mouth Disease</b> (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.
<b>Hayfever</b> (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.
<b>Head lice or nits*</b> (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.

<b>Hepatitis A</b>	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.
<b>Hepatitis B</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>
<b>Impetigo</b> (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.
<b>Influenza</b>	Sudden onset fever, runny nose, sore throat, cough, muscle aches and headaches.	 ... until well.
<b>Measles</b>	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.
<b>Meningococcal Disease</b>	Sudden onset of fever and a combination of headache, neck, stiffness, nausea, vomiting, drowsiness or rash.	<b>Seek medical attention immediately.</b> Patient will need hospital treatment. Close contacts receive antibiotics.
<b>Molluscum Contagiosum</b>	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.	
<b>Mumps</b>	Fever, swollen and tender glands around the jaw.	 ... for 9 days after onset of swelling.
<b>Ringworm*</b> (tinea corporis)	Small scaly patch on the skin surrounded by a pink ring.	 ... for 24 hours after fungal treatment has begun.
<b>Runny nose or common cold</b>		 ... unless there are other symptoms such as fever, sore throat, cough, rash or headache. Check with school.
<b>Scabies*</b>	Itchy skin, worse at night. Worse around wrists, armpits, buttocks, groin and between fingers and toes.	 ... until 24 hours after treatment has begun.
<b>Shigella</b>	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.
<b>Slapped Cheek Syndrome</b> (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.
<b>Whooping Cough</b> (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.
<b>Worms</b> (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**



# The Real Food Canteen

## Week 7 Term 4 Friday 30<sup>th</sup> November 2018

If you would like to volunteer to join our team in the canteen on Fridays 9.30-12.30 please contact Ros on 0418416726 or email [roscoreyk@bigpond.com](mailto:roscoreyk@bigpond.com)

<b>Wk7</b>	<b>Fri 30 November</b>	Shona Alexander	Bek	Lacey	Sarah A	<b>Meatballs &amp; Salad</b>
<b>Wk8</b>	<b>Fri 7 December</b>	Ros	Vicky	Belinda R	Lorissa	<b>Hot Dogs</b>
<b>Wk9</b>	<b>Fri 14 December</b>	No Canteen	No Canteen	No Canteen	No Canteen	<b>Presentation Day</b>
<b>Wk10</b>	<b>Fri 21 December</b>	No Canteen	No Canteen	No Canteen	No Canteen	<b>No School</b>

Place your orders and money in the box in the School Office by **3.30pm Wednesday- no orders on Thursday or Friday please**

**PLEASE write your child's name and class on a zip lock bag (if you use) and we will return to your child to reuse**

The Real Food Canteen		The Real Food Canteen		The Real Food Canteen																																																							
<b>Child's Name</b> _____  <b>Year Group/ Class name</b> _____  <b>Teachers Name</b> _____  <i>Please note specific dietary requirements and any other messages for our volunteers:</i>		<b>Child's Name</b> _____  <b>Year Group/ Class name</b> _____  <b>Teachers Name</b> _____  <i>Please note specific dietary requirements and any other messages for our volunteers:</i>		<b>Child's Name</b> _____  <b>Year Group/ Class name</b> _____  <b>Teachers Name</b> _____  <i>Please note specific dietary requirements and any other messages for our volunteers:</i>																																																							
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Snacks and treats can be purchased during lunch		Snacks and treats can be purchased during lunch		Snacks and treats can be purchased during lunch																																																							

**We offer fresh pieces of fruit and vegetables for free!!**

**Snacks and treats available to buy at the window:**

<b>\$1.50 / each</b>	<b>\$1.00 /each</b>	<b>50c /each</b>
Bulla Frozen yogurt	Smooze Fruit Ice (Frozen)	Jelly
	Annie's Natural Fruit Leather	Popcorn
	Chocolate and yoghurt coated rice cakes	Plain chips
	Freeze dried fruit various flavours	Pretzels