



St Margaret Mary's School

A Dynamic Community of Learners in Action

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Newsletter No 35 Wednesday, 4th November, 2015

Diary Dates

Thursday, 5th November

- Kindy 2016 Orientation Morning 8:40am—10:40am
- Kindy 2016 Parent Numeracy Meeting 9am in the hall.

Friday, 6th November

- P&F Bingo Night Fundraiser
Doors open at 6:00pm for a 6:30pm start in the hall.

Monday, 9th November

- 8:40am Assembly and Prayer Service.

Wednesday, 11th November

- 8:15am Student Prayer in the LARC. Parents Students and Teachers welcome to attend.

School Fees

2015 School fees are now over due unless you have an arrangement with the school.

If you have any queries regarding fees please contact Mrs Pagano at the school office.

World Youth Day Raffle Tickets

Just a reminder all sold and unsold raffle tickets need to be returned to the school office by Friday, 30th November.

Year Five Prayer

Year Five Prayer Service will be held on Thursday 12th November at 2:15pm in the Year Five Learning Space.

Tuckshop

Thursday, November 5th

Friday, November 6th

Monday, November 9th

Tuesday, November 10th

Wednesday, November 11th

Roster

M.Aoun.

Administration

Parent Literacy Meeting

Just a reminder that the parent Literacy Evening will take place in the hall on Wednesday 11th November from 6:00pm—7:00pm, and a repeat on Tuesday, 17th November from 9am—10am

At these meetings we will be discussing how books are levelled and explore some strategies for writing.

Influenza

A number of schools in the area have reported cases of Influenza B. Following is information from NSW Health Department.

What is Influenza?

Influenza, or flu, is a highly contagious respiratory illness caused by influenza viruses. There are three main types of influenza virus that cause infection in humans—types A, B and C—and many sub-types or strains. Influenza can occur throughout the year but influenza activity usually peaks in winter.

What are the symptoms?

People with influenza typically experience some or all of the following symptoms:

- Fever and chills
- Cough, sore throat and runny or stuffy nose
- Muscle aches, joint pains, headaches and fatigue (feeling very tired)
- Nausea, vomiting and diarrhoea (more common in children than adults).

Some symptoms may last for more than a week. Some people may also experience very mild symptoms, particularly if they have some immunity from a previous infection or vaccination.

Seek immediate medical advice if the illness quickly becomes worse or if any of the following occurs:

- Shortness of breath or rapid breathing
- Chest pain
- Confusion or sudden dizziness
- Persistent vomiting.

How is it spread?

Influenza viruses are mainly spread by droplets made when an infected person coughs or sneezes. Influenza can also be spread through touching surfaces where infected droplets have landed.

People with influenza can be infectious from the day before their symptoms start. Adults are most infectious in the first 3-5 days of the illness, while children remain infectious for 7-10 days, and people with weakened immune systems may be infectious for longer.

How is it treated?

- The symptoms of influenza are usually managed by bed rest and taking simple analgesics for muscle aches and pains.
- Children under 16 years of age must not be given aspirin-containing medications while ill with influenza. This is due to the increased risk of children developing Reye syndrome, a form of encephalitis and liver degeneration.
- Specific influenza antiviral medicines can reduce the severity and the duration of influenza but need to be taken within 48 hours of the first symptoms. These medicines need to be prescribed by a doctor, and are usually considered for people at higher risk of complications from influenza infection.

How is it prevented?

Take action to stop the spread of influenza by remembering to:

- Cover your face when you cough or sneeze and throw used tissues in a rubbish bin.
- Wash your hands thoroughly and often. Wash hands for at least 10 seconds, especially after coughing, sneezing or blowing your nose, or use an alcohol-based hand rub.
- Stay at home until you're well. Wait at least 24 hours after your fever resolves so you that you are unlikely to infect other people. Keep sick children away from school and other activities.
- Call ahead to see a doctor. If you think you may have influenza and you need to see a doctor, call first so the clinic can take precautions to reduce the risk to other people.



Teaching and Learning

Year Four Assembly



On the 30th of October, it was our year Four Assembly. We began with a prayer about the good Samaritan. We explained the life cycle of a plant and shared photos about our excursion to The Rocks and our literacy projects.

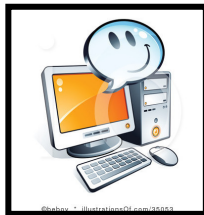


Drama Literacy with Nancy Kubti



Instagram and Kik

We have recently been made aware of the fact that a number of our students are using apps called Instagram and Kik. These apps allow children to access wireless networks to communicate with other individuals. The downside of these apps are that the children are sometimes unaware of the correct identity, age or individual they are communicating with. This leads to a number of issues including identity theft and unwelcomed conversations, even from individuals the students know. These apps also have the ability to download photos leading to the potential misuse and abuse by other parties.



In a changing world information technology plays a large role in the social aspect of our children's lives. It is important that we are continually aware of its use by our family and friends. Unwelcomed interaction from outsiders via social media is a major issue in the world of mobile devices. At St Margaret Mary's we take children's safety, including cybersafety, very seriously. The new versions of Instagram and Kik on iTunes is rated for 13 years and over.

It is important to note, no devices at school have access to these apps and we would recommend the removal of a student's access to these apps from iPads, iPods, iPhones and other devices that your child has access to.

I know we have the community's support with this approach and if you have any questions please feel free to contact the school.



School Visitors

On the 2nd of November, 2015, a Principal and five teachers from Our Lady of Mount Carmel Primary School South Australia visited us. The purpose of their visit to our school was to observe all the amazing work we have been doing and how our classrooms are setup. It was interesting to find out that the staff of Our Lady of Mount Carmel only visited our school on their trip to Sydney. An interesting fact we found out was that in South Australia, high school begins in Year Eight. Another difference is that pre-school is called Kindergarten and Kindergarten is called Reception. They were very impressed by how polite and happy the students at our school were.

By Mikayla, Rebecca, Dennis and Richard (Media Team)



Partnership

School Choir

Congratulations to all the students who had their Confirmation last Wednesday. Thank you to the school choir and teachers for their amazing singing, it really made the occasion a celebration.



New Signs

New signs are now in the church carpark clearly reserving two (2) parking spots for the after school care vans. Please keep these spots free between 2pm – 3:30pm to ensure the council vehicles can park closest to the gate and children can be safely escorted to the van for after school care. Thank you.



UNIFORM SHOP

The uniform shop will be open for the last time this year on Monday 7th December. Please leave any uniform donations at the office.

Thank you for all your support this year.

Christmas Gift Boxes

This year, for the 1st time, the Parents & Friends Committee wanted to try making special gift boxes to be sent to children around the world who were not as privileged as our own and share the Christmas spirit.



While we didn't have time to roll out this idea for the whole school this year, the school staff and members of the P & F were generous enough to make more than 30 boxes for Samaritan's Purse.

Thank you all very much for your kind, generous gifts. We look forward to doing it again next year.

P&F Bingo Night



Don't forget our first ever Bingo Night this Friday, 6th November. Doors open at 6:00pm for a 6:30pm start. Books cost \$5.00 per book and include 20 games of bingo. There are lots of great prizes to win on the night. There will be water and chips sold on the night, and you are more than welcome to bring your own food/snacks and drinks. We will also have a raffle. Tickets will be sold on the night. So come along and join in the fun. You can pre-purchase tickets by completing the form below or you can purchase on the night at the door.

Just a reminder that books cannot be split between family members.

✂ _____

Bingo Night

I/We will be attending the

Parents Name: _____

Eldest Child's Name: _____

Class: _____

Number of books: _____

Number of people attending: _____

Total Amount enclosed: _____