Term 2
Week 6

This week’s assembly will be hosted by 4/5RP

Year 3 – 6 Cross Country

The weather was kind to us last Friday and allowed the 3 – 6 cross country to go ahead as planned. Congratulations to all the students who participated and to those going to the Zone Carnival to represent the school. Thank you to Mrs Roberts-Prisk for organising the carnival and to the staff who assisted. I would also like to thank the parents who attended to support the event. I was impressed by the effort from competitors, even those who found the event challenging. Well done!

K- 2 Cross Country

This Friday will be the K – 2 cross country at 1.50 pm. Hopefully it will be a fine afternoon for running. Parents are welcome to attend to cheer on the runners.

P & C and School Council Meeting

There will be a School Council Meeting tomorrow afternoon at 5.00pm in the staff room. The P & C Meeting will commence at 7.00pm.

Collecting students after School

All K – 2 teachers will walk students to the grass area in front of the school and parents can collect students from there. Parents should not wait at the bottom of stairs or near the staff car park as it is stopping classes from exiting the building. Thank you for your cooperation.

Smoking

Parents and staff are still concerned with smoking near the entry and exits to the school. As previously advised the Smoke Free Environment Act 2000 prohibits smoking within 4 metres of a school entrance. On the spot fines of $300 may apply to those who do not comply. Children, parents and staff should be able to enter and exit the school in a smoke free environment. For more information see the fact sheet http://www.health.nsw.gov.au/tobacco/Documents/public-buildings-factsheet.pdf

Asthma

The school requires an asthma plan for all students with asthma. Please contact the office as soon as possible if your child has asthma and no plan. The responsibility for the management of a student’s asthma is shared between parents and the school and students themselves.

Parents need to:

Inform the school that their child has asthma and give a written Asthma Action Plan

Provide sufficient information and equipment to school staff to allow them to support the child at school

Advise if there has been a change in the child’s health, or in their medical management or Asthma Action Plan

Ensure the child has their reliever medication with them each day at school, along with a spacer if it is used. The medication must not have expired and should contain plenty of doses, and be labelled clearly with the child’s name

Ensure that your child is able to self-administer their medication when required

Aim for good asthma management at home by taking the child to the doctor for regular reviews, and following medical advice on taking medication

Canberra Excursion

A reminder for stage 3 students going to Canberra that payment in full is required by Monday 23rd March. This is the date that the school needs to send the final balance of payment for travel and accommodation.

Waratah Community of Schools

Student Leaders Network 2015

On Wednesday 11th March our school leaders, Hannah Capper and Josh Hillyard attended the Waratah Community of Schools Student Leader Day at Callaghan College Waratah Campus. Hannah and Josh combined with leaders from other primary school and the Year 10 Leadership Team for a variety of activities focusing on team building, leadership, and communication and presentation skills. It was a very positive day of reflection, skill building and networking for our leaders.
K-2 Cross Country is on Friday 20th March 2015

The event will begin at 1:50 pm and finish by 2:55pm. It will be held in the school playground under the middle COLA and involve students running/jogging/walking a number of laps.

Students will earn points for their houses with every lap of the course they complete.

On Friday, students need to wear their school uniform however if they have a t-shirt in the colour of their house they may wear that in place of our white polo shirt. Students will also need suitable shoes for running, their wide brimmed hat and sunscreen. It may be a good idea to pack an extra bottle of water.

Parents and Caregivers: bring a chair and come along to support your child at this enjoyable event.

Year 2 students in 2/3D and 2/3P will participate in this event.

3 – 6 Cross Country

Last Friday the students in Years 3 – 6 participated in our annual Cross Country carnival. Held in our school grounds, students aged, 8, 9 and 10 completed laps that covered a distance of 2000m and the 11, 12 and 13 ran 3000m.

Students received a point for their house for each lap they completed. At tomorrow’s assembly the House champions for 2015 will be announced.

Congratulations to those students who finished first, second or third in their age group as they have now qualified for the Zone Cross Country carnival. This will be held on Friday 27th March at Stevenson Park. Notes for this carnival will be given out this week.

Important Dates

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>18th March</td>
<td>School Council Meeting</td>
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<td></td>
<td>P&amp;C Meeting</td>
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<tr>
<td>20th March</td>
<td>Years K – 2 Cross Country</td>
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<tr>
<td>23rd March</td>
<td>Final payment due Canberra Excursion</td>
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<tr>
<td>26th March</td>
<td>Harmony Day</td>
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<tr>
<td>31st March</td>
<td>Stage 3 Canberra Excursion</td>
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Quality Kids

<table>
<thead>
<tr>
<th>Class</th>
<th>Name</th>
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</thead>
<tbody>
<tr>
<td>KA</td>
<td>Kiara Muxlow</td>
</tr>
<tr>
<td>KJ</td>
<td>Wade Clarke</td>
</tr>
<tr>
<td>KW</td>
<td>Jayden Raju</td>
</tr>
<tr>
<td>1B</td>
<td>Allie Dickinson</td>
</tr>
<tr>
<td>1C</td>
<td>Coran Young</td>
</tr>
<tr>
<td>2G</td>
<td>Jasmine Wu</td>
</tr>
<tr>
<td>2R</td>
<td>Rylan Sewell</td>
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Library News

Premier’s Reading Challenge 2015

Just another reminder that the PRC has started. The website is: [https://products.schools.nsw.edu.au/prc/home.html](https://products.schools.nsw.edu.au/prc/home.html).

Click on Logon and enter your school username (eg. sally.smith) and your school password and click submit. Most students will know this information. If your child is in Kinder or is unsure of their details, please return the form below to the library and I will supply these for you.

Happy reading
Louise Troup
Teacher Librarian

2015 Premier’s Reading Challenge Logon Details:

Student name: ____________________________

Class: _________________________________

Mrs Troup to fill in & return:

Logon: _________________________________
Password: _____________________________

P&C News

Easter Raffle

Thank you to everyone who has donated to the Easter raffle prizes and returned their booklets and money. We are hoping to increase the number of prizes over the next week. Please leave all donations at the school office.

Election Day BBQ – 28 March 2015

The P&C are short on volunteers for the election day BBQ. If you or a family member are able to dedicate as little as 30 minutes on the Saturday please email maywestpc@live.com.au, phone/text Kellie on 0428 042 134 or complete the form at the office.

P&C Meeting

The P&C are meeting at 7pm tomorrow night in the staff room. All welcome.

New Treasurer

Our treasurer has recently stepped down from their position. We are seeking a new Treasurer to join our dedicated and friendly P&C Association. If you are interested in finding out more about this position please email maywestpc@live.com.au or call Lauren on 0408 069 583 for more information.
Canteen News

Wednesday 18th March  
Kristy, Jess, Nat

Thursday 19th March  
Nat A, Mandie, Sarah

Friday 20th March  
Gayle, Badie

Monday 23rd March  
Gayle, Badie

Tuesday 24th March  
Jane

Fruit & Veg Box

Don’t forget to return your order forms to the canteen with either cash or through internet banking. Fruit boxes will be delivered to the hall on Thursday 26th March courtesy of Talk Fresh. Suppliers to the MWDS canteen.

Hot Cross Bun Day

Easter is getting closer so look in your child’s school bag early next week for their Hot Cross Bun order form. Each combo comes with a mini hot cross bun, small solid Easter egg and a flavour milk of their choice.

Community Notices

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MYUNA BAY SPORT & RECREATION CENTRE

April Holiday Programs 2015

PHONE enquiries / bookings : 131302

<table>
<thead>
<tr>
<th>Program</th>
<th>Dates</th>
<th>Ages</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adventurer Camp</td>
<td>13 – 17th April 2015</td>
<td>7 – 12 years</td>
<td>$336.00 / person</td>
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</table>

The program includes: all meals, accommodation and activities.

Activities could include any or all of the following: low & high ropes challenge course, rock climbing, abseiling, archery, giant swing, canoeing, kayaking, flying fox and much more.

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Fruit & Vegetable Box Fundraiser

MWDS is holding its first Fruit and Veg Box Fundraiser.

A $35 boxed of mixed fruit and vegetable will put $7.50 back into the school to buy educational equipment for the students to use at school.

Boxes contain:
8 – 10 different vegies and
5– 7 fruit varieties

*Box content will vary

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Name: __________________________________ Mobile: __________________________

Student Name: __________________________ Class: ________________

I would like to order ________ mixed boxes $35 each. Total: ________

P&C Internet Banking Details: BSB: 032 505 Acc No. 251 370

Payment by: [ ] Cash [ ] Internet Banking

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Learning For Life

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NSW GOVERNMENT

Education & Communities

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safeTALK
Suicide Prevention Awareness Program

LivingWorks safeTALK is a half-day presentation to increase suicide awareness. This program alerts community members to signs that a person may be considering suicide. It acknowledges that while most people at risk of suicide signal their distress and invite help, these intervention opportunities are often overlooked.

safeTALK participants learn to recognise when someone may have thoughts of suicide and to respond in ways that link them with further suicide intervention help. Suicide alert help in a suicide safer community. It is intended that safeTALK participants will be better prepared to:

- Recognise that invitations to help are often overlooked
- Move beyond common tendencies to dismiss and avoid conversations around suicide
- Notice and respond to situations in which thoughts of suicide may be present
- Apply basic TALK steps (Tell, Ask, Listen, and KeepSafe)
- Connect the person with thoughts of suicide to suicide first aid help and further community resources

Suicide alert community members are better prepared to become a vital link in connecting people at risk with further help.
safeTALK is designed to complement the LivingWorks ASIST workshop (Applied Suicide Intervention Skills Training). The programs share the same beliefs about suicide and preventing suicide. However, each presentation has a specific role.

Australian Government
Department of Health
Lifeline Newcastle & Hunter acknowledges funding through the National Suicide Prevention Strategy

safeTALK for
SEASONS FOR GROWTH

Cost: dates and venues:
1 April 1.00-4.30
Toohy Room, Catholic Diocese
841 Hunter St, Newcastle West
24 April 9.00-12.30
Woodberry Family Centre
11-13 Lawson Ave, Woodberry
5 May 1.00-4.30
St Mary’s High School Library
Pacific Highway, Gateshead
21 May 1.00-4.30
Edgeworth Heights Primary School
Library, Crest Avenue, Edgeworth
12 June 9.00-12.30
Singleton Heights Public School
Dorsemere Drive, Singleton

Cost: Gold coin donation appreciated

Registration:
Companions must register at www.goodgrief.org.au
All other participants please phone 49791355 or email jenny.harris@mn.catholic.org.au

Lifeline
Newcastle & Hunter

Lifeline Newcastle & Hunter is a not-for-profit organisation that promotes, preserves and protects life.
The mission of our training division is to build community capacity and skills for life through a range of specialised training programs to meet the needs of individuals and groups.

For further information contact Dr June Anderson
Phone 02 4940 2000
Email june@lifelinehunter.org.au
www.lifelinehunter.org.au

Winner of Suicide Prevention Australia’s 2012 LIFE Award for Service Delivery
In recognition of Lifeline Newcastle & Hunter’s quality of service, innovation in delivery of service and outstanding results produced.

Education & Communities
NSW Government
Positive Parenting

This is a three-hour interactive seminar on positive communication and parenting techniques.

Parents will learn:
- how to acknowledge each child as an individual
- about the power of focusing on what children are doing well
- to help their children have better relationships with themselves and others

Friday, 20 March 2015
10:00am – 1:00pm

Cost: $25 (Concession $15)

Venue: Interrelate Newcastle
495, Hunter Street NSW 2300

Bookings essential - Phone 4016 0566
Cross Country 3 – 6