Term 1 Week 3
Tuesday 9th February 2016

Thank You from Mr Thomson

Many parents would be aware that I had an unexpected and serious health issue towards the end of last year which took me away from my duties here at school. I would like to express my sincere gratitude for the many well-wishes and support given from members of the school staff and the wider Milton community during this time. As someone who is blessed with (generally) very good health, I now truly appreciate how encouraging it is, when you are unwell, to receive support from friends. I have now been given the ‘all clear’ from my doctor to return to school and I must say I am very pleased to be back. In my absence Mr Bass and Mrs Dale took-on additional duties and responsibilities and I would like to thank them for doing so at such a busy time and with little notice.

Class Councillors

Congratulations to the following students who have been elected class councillors by their class mates. This year will see the continuation of the Student Representative Council. The class councillors play an important role in this council and we look forward to working with them. They will receive their badges at Monday 15th February assembly.

<table>
<thead>
<tr>
<th>Class</th>
<th>Students</th>
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</thead>
<tbody>
<tr>
<td>3C</td>
<td>Annabelle Healy, Jesse Grady</td>
</tr>
<tr>
<td>3T</td>
<td>Cooper Rankin, Charlotte Campbell</td>
</tr>
<tr>
<td>3H</td>
<td>Thomas Hatcher-Nee, Ella Dowling-Church</td>
</tr>
<tr>
<td>3/4J</td>
<td>Brooke Mayor, Lilli Macey</td>
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<tr>
<td>4A</td>
<td>Cody Martin, Claire Ridley</td>
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<td>4C</td>
<td>Hayden Hunt, Charlie Stanton</td>
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<tr>
<td>4W</td>
<td>Byron Powell, Isaac King</td>
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<tr>
<td>5M</td>
<td>Sara Pollock, Holly Forbes</td>
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<tr>
<td>5H</td>
<td>Annika Smith, Ruby Taffs</td>
</tr>
<tr>
<td>5/6R</td>
<td>Kyle Steadman, Phoebe Drury</td>
</tr>
<tr>
<td>6B</td>
<td>Darcy Kneeshaw, Tom Eastway</td>
</tr>
<tr>
<td>6D</td>
<td>Lochi Wall, Sam Harding</td>
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<tr>
<td>6T</td>
<td>Kate Chappell, Drew Morton</td>
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Shoalhaven Eisteddfod

Milton Public School has a long and proud tradition when it comes to participating in the annual Shoalhaven Eisteddfod in Nowra. Once again we are encouraging students to enter either Individual Verse Speaking or Duologue (a poem recited by two students). There will be a meeting later in the week where entry forms and more information will be available. Anticipated dates at this stage are Wednesday the 15th of June to Saturday the 18th of June.

Tonight’s P&C Meeting
Will be held in the Staffroom
At 7:00pm
All welcome!

WHAT’S HAPPENING THIS WEEK

WEDNESDAY
- Life Education 3H, 2M & 6T
- Sushi Wednesday - available from today

THURSDAY
- Life Education 3T, 1R & 5H

FRIDAY

MONDAY
- K-6 Assembly
- Life Education 6B, KK & KO
- Swimming Sessions 6B, 6T, 6D, 5/6R & 6TS

TUESDAY
- Student Banking (Bendigo Bank)
- Life Education 3C, K-6MC & KC
- Swimming Sessions 5H & 5M

COMING EVENTS

District Swimming Carnival
Tuesday 23rd February

Kindergarten Vision & Hearing Screening
Tuesday 1st March

Milton Show
Friday 4th March

School Photos
Wednesday 16th March
Life Education

Happy Harold and the Life Education van are here! Milton Public School students commenced visits to Harold’s van yesterday and this will continue for the next 11 days. Life Education has been supporting students with Drug and Health Education programs since 1979. These lessons have been successfully integrated into our Health and Personal Development programs for each grade and we are committed to continuing to work with this organisation for 2016. All students are required to attend the van and complete follow up lessons in class. The cost of the program is $8.00, thanks to a subsidy. Permission notes have been sent home with students and we would appreciate your payment as soon as possible, prior to your child attending.

School Photographs

Class and individual photos for students at Milton Public School will be taken on Wednesday 16th March 2016. Order envelopes will be sent home with students soon.

Updating Emergency Information

It is important that the school is notified when emergency contact information changes. If you have recently let your landline phone number go or have updated to a new mobile phone we need to know. In the case of an emergency, if parents cannot be contacted it is advisable to have another local adult who can be contacted. Please call in to the office and let the office staff know of your new or updated emergency contact details.

Scripture 2016

Scripture classes will commence next week. We thank all our scripture leaders for volunteering their time to provide this service for children. Students will be attending the same classes as last year unless a written request to change is received from a parent. We will do our best where possible to accommodate these requests. To assist with the smooth running of classes and minimise disruptions, we ask that your children remain in the same group wherever possible for the year.

Milton Show

The annual Milton Show takes place Friday 4th March and Saturday the 5th March. Classes will be creating posters and the theme this year is transport Past and Present. This week all K-2 parents will receive a note for permission for children to attend with a parent or friend. On Friday 4th March K-2 parents may collect their child from the classroom between 11:40-12:00pm. Students 3-6 are also encouraged to attend and must be signed out from their classrooms. All students are invited to represent Milton Public School in the Grand Parade. Students are to assemble at 12:45pm under the big trees near the pet ring. Students will need to be in full school uniform, with an excursion tag collected from class teachers and then they will gain free entry to the show.

Snakes

A reminder that we live in a beautiful rural area and share our environment with many native creatures, including snakes. All staff at school remain vigilant and will act accordingly if or when a snake is spotted in the school grounds to ensure students remain safe. Please note that a snake has been spotted in the front grounds of the school, and also in the bottom carpark area. Both snakes quickly moved away but please keep a lookout when visiting the school.

Evacuation Drill

Parents please note that the school will be holding an evacuation drill later this week. We like to rehearse and evaluate our evacuation procedures a couple times each year to ensure we all have a thorough understanding of what we need to do in the case of an emergency evacuation or lockdown. Parents of our younger students may want to prepare their child by reassuring them at home ahead of the drill.

Parent News eVersion - Have You Responded??

Kindergarten parents and others - How would you like to receive your weekly parent news? We would much prefer to send the newsletter direct to your nominated email address/es. Please complete the slip at the end of the newsletter to indicate your preference. If the school does not get a response, parents can access the newsletter via the schools website www.milton-p.schools.nsw.edu.au

Milton Swimming 2016

Carnival Report

Unfortunately the weather was not so great on Friday but on Monday we had another great carnival at Milton pool. The weather was beautiful, lots of competitors and terrific support from parents, teachers and students. What a great school community. Bass were crowned the winning house of the day. Well done to Bass!! The age champions will be announced at a Monday morning assembly once trophies have arrived. Thank you very much to all parents who volunteered or supported, all staff who worked tirelessly, the students who competed and performed magnificently and the pool staff who not only were swamped by the starving hordes but had the venue looking brilliant.

We have 28 students going to Narooma pool on Tuesday 23rd February for the district championship. If successful, students will go on to race at Dapto for the South coast regional carnival. Thanks again to all who helped this to be such a wonderful success. A huge thank you to Miss Howes who organised this successful carnival and who will manage our District Team.

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<tr>
<th>CANTEEN ROSTER</th>
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<tr>
<td>Wednesday 10/2</td>
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<td>Thursday 11/2</td>
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<td>Friday 12/2</td>
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<tr>
<td>Monday 15/2</td>
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<tr>
<td>Tuesday 16/2</td>
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<tr>
<td>Wednesday 17/2</td>
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This week’s special at the canteen

New “Watermelon Fizz” .80c

Available lunchtime only
Chickenpox
There has been a report of Chicken Pox by a student from MPS, please find attached NSW Health Fact Sheet.

Communicable Diseases Factsheet

Chickenpox and Shingles

Last updated: 22 April 2014

What is chickenpox?
- Chickenpox is a viral illness caused by the herpes zoster virus (also known as the Varicella-Zoster virus)
- In children it usually causes a relatively mild illness.
- Chickenpox in adults and immunosuppressed people can be severe.
- Infection in pregnancy can cause foetal malformations, skin scarring, and other problems in the baby.
- Before routine vaccination began in November 2005, chickenpox was a very common illness. The incidence of chickenpox appears to have decreased as more people receive the vaccine.

What are the symptoms?
- Chickenpox (varicella) begins with a sudden onset of slight fever, runny nose, feeling generally unwell and a skin rash.
- The rash usually begins as small lumps that turn into blisters and then scabs.
- The rash appears over three to four days. At any one time, the lesions of the rash vary in stages of development.
- Symptoms usually occur two weeks after exposure to the virus.
- Most people recover without complications, but sometimes the infection can lead to serious complications, such as pneumonia and inflammation of the brain. Rarely, the infection can be fatal.
- Persons who are previously vaccinated can still get chickenpox. If chickenpox occurs in a vaccinated person it is usually mild and less contagious than in an unvaccinated person.

How is it spread?
- Early in the illness, the virus is spread by coughing.
- Later in the illness, the virus is spread by direct contact with the fluid in the blisters.
- The infection is highly contagious to people who have never had chickenpox or who have not been vaccinated.
- People are infectious from one or two days before the rash appears (that is, during the runny nose phase) and up to five days after (when the blisters have formed crusts or scabs)
- Chickenpox infection triggers an immune response and people rarely get chickenpox twice.

Who is at risk?
- Anyone who has not had chickenpox or been vaccinated in the past can get chickenpox.
Every time you eat anything, anywhere, do you wonder if the food is safe?

For people with severe food allergy, each bite is a calculated risk. A wrong decision can be life-threatening.

Our school encourages parents to not send nuts or nut products to school. Your assistance and understanding is very much appreciated.

If your child shows signs of, or has been diagnosed as having an allergic reaction in any form, please, as a matter of urgency, advise the school.

- Fact: 10 Australians die each year due to allergic reactions.
- Fact: 1 in 20 children has food allergy.
- Fact: Food allergies are real and involve the body’s immune system.
- Fact: Almost 400,000 Australians have some type of food allergy. While the exact number is not known, an increasing number of Australians have an allergy that is life-threatening.

Mild to Moderate Allergic Reaction
- Swelling of lips, face, eyes
- Hives or welts
- Tingling mouth
- Abdominal pain, vomiting (these are signs of a severe allergic reaction to insects)

Action:
- Stay with person and call for help
- Give medications if prescribed
- Locate EpiPen
- For insect allergy, flick out sting if visible. Do not remove ticks

Anaphylaxis (severe allergic reaction)
- Difficult/noisy breathing
- Swelling of tongue
- Swelling/tightness in throat
- Difficulty talking and/or hoarse voice
- Wheeze or persistent cough
- Persistent dizziness or collapse
- Pale and floppy (young children)

Action:
- Lay person flat, do not stand or walk. If breathing is difficult allow to sit
- Give EpiPen
- Phone ambulance 000
- Contact family
- Further adrenaline doses may be given if no response after 5 minutes

What is Anaphylaxis?
Anaphylaxis is the most severe form of allergic reaction and is potentially life-threatening. It must be treated as a medical emergency, requiring immediate treatment and urgent medical attention.

How can you help improve the quality of life of those with life-threatening allergies?
- Our school encourages parents to speak with their children about anaphylaxis and the danger of sharing food.
- Teaching your child about the signs of allergic or anaphylactic reactions and the importance of letting an adult know if they recognise these signs in a fellow student would assist in the school’s management and care for students at risk.
COMMUNITY NEWS
The following articles have been submitted for inclusion in our parent newsletter and are not part of Milton Public School curriculum.

Aussie Hoops Starts Today
Come and join us on Thursday afternoons and learn to play basketball with Milton-Ulladulla Basketball Association at the showground, Croobyar Road, Milton. We run the national learn to play basketball program “Aussie Hoops”. Signup is easy at www.aussiehoops.com.au. Simply go to the website and put in our postcode “2538” and select the program based on what grade your child is in. There are three groups:
Kindergarten – Year 2, 4:00-4:30
Year 3-4, 4:30-5:30
Year 5-6, 5:30-7:00
Payment covers the period of one school term. You can signup either as: Returning, $48 for the 8 week program only or new, $74 for the 8 week program and includes an “Aussie Hoops Participant Pack”. The Aussie Hoops Participant Pack contains an Aussie Hoops backpack, reversible singlet and basketball. This is not compulsory but does offer great value for these items at only $26.

SUSHI WEDNESDAY
SUSHI $3.50
Carrot/cucumber/mayo
Teriyaki chicken/cucumber
Crumbed chicken/mayo
Tuna/cucumber/carrot/mayo

Thank you to these local businesses for supporting our Parent News

Parent Newsletter eVersion
Youngest child in the family : .........................................................Class : ..........................
I would prefer my newsletter to be sent to the following email address/es .................................................................
I would prefer a printed copy

Parent signature ........................................................................

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