Important Anaphylaxis Notice

We have students who are at risk of severe allergic reaction to some food items. This condition is potentially life threatening. Please do not send nut-based products to school with your child’s recess or lunch. Products include peanut butter, Nutella, sesame seed, loose nuts, muesli, nut or chocolate bars.

### Noticeboard

The Weekly Newsletter from Merewether Heights Public School

Phone: 02 4963 3192   Fax: 02 4963 3714

Web: [www.merewethht-p.schools.nsw.edu.au](http://www.merewethht-p.schools.nsw.edu.au)   Email: merewethht-p.school@det.nsw.edu.au

School Security Unit – 1300 880 021

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**Parent Information Sessions**

To help you to get to know your teacher and for you to be informed about what will be happening in each class (including parent/teacher expectations, Student Welfare, homework, etc) we hold Parent Information Sessions.

This year the meetings will be held during the week beginning 16th February.

Here is the timetable for each class:

<table>
<thead>
<tr>
<th>Event</th>
<th>Class</th>
<th>Activity Date</th>
<th>Cost</th>
<th>Note</th>
<th>Due Date</th>
</tr>
</thead>
<tbody>
<tr>
<td>2H Cup Cake Day</td>
<td>K-6</td>
<td>Tuesday, 17 February</td>
<td>50c</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Zone Swimming Carnival</td>
<td></td>
<td>Wednesday, 25 February</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5N Cup Cake Day</td>
<td>K-6</td>
<td>Tuesday, 3 March</td>
<td>50c</td>
<td></td>
<td></td>
</tr>
<tr>
<td>School Cross Country</td>
<td>Yrs 2-6</td>
<td>Friday, 6 March</td>
<td></td>
<td></td>
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<tr>
<td>Selective High School Test</td>
<td></td>
<td>Thursday, 12 March</td>
<td></td>
<td></td>
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<tr>
<td>Band and Choir Camp, Glenrock</td>
<td></td>
<td>Mon, 16/3 – Wed, 18/3</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>3MC Cup Cake Day</td>
<td>K-6</td>
<td>Tuesday, 24 March</td>
<td>50c</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Disco</td>
<td>K-6</td>
<td>Thursday, 26 March</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Easter Hat Parade</td>
<td>K-6</td>
<td>Thursday, 2 April</td>
<td></td>
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</tr>
</tbody>
</table>

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From the Principal...

Dear Parents

How quickly we have settled into our routines for the year. It feels like the school holidays were a distant memory.

**Parent Information Sessions**

To help you to get to know your teacher and for you to be informed about what will be happening in each class (including parent/teacher expectations, Student Welfare, homework, etc) we hold Parent Information Sessions.

This year the meetings will be held during the week beginning 16th February.

Here is the timetable for each class:

**Monday 16th February**

KD & KG: 3.45pm. Meet in KD room before splitting off to individual classes.

3MC, 3N, 4S & 4P: 4.30pm. Meet in Library before splitting off into individual classes.

**Tuesday 17th February**

2H & 2J: 4.00pm. Meet in 2H room before splitting off to individual classes.

K/1E: 3.45pm. Meet in K/1E room.

1K: 3.45pm. Meet in 1K room.


**Wednesday 18th February**

1P: 4.30pm. Meet in 1P room.

5N: 4.30pm. Meet in 5N room.

6W: 4.30pm. Meet in 6W room.

I encourage you all to come along to meet your class teacher.

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**Important Anaphylaxis Notice**

We have students who are at risk of severe allergic reaction to some food items. This condition is potentially life threatening. Please do not send nut-based products to school with your child’s recess or lunch. Products include peanut butter, Nutella, sesame seed, loose nuts, muesli, nut or chocolate bars.
Swimming Carnival
We all enjoyed a fabulous day at the swimming carnival yesterday. I am always so impressed by the level of competition and the participation by the students. The winning house will be announced tomorrow after the ‘Frogs Carnival’ points are added and included in the final score. Records were broken: Thomas S – 12yrs 50 Freestyle (31.82 sec), Senior 50m Butterfly (35 sec). Lara F – Senior 50m Backstroke (41.54 sec), Senior 50m Breaststroke (44.19 sec), Senior 50m Butterfly (39.95 sec). I would also like to make a special mention of Tye W who came to within 13 100ths of a second in breaking the oldest standing record in the 9 yrs 50m Freestyle.

A feature of our carnival are the parents races! This year Mrs C won the 50m dash in 33.22 seconds and Mr M won the men’s event in 28.72 seconds!

Congratulations everyone and a special thanks to the parents who helped as time keepers, etc, and to Mrs L for her organisation of the carnival.

Kinder Times
Just a reminder that the kindergarten students will finish each day at 3.00pm till Friday 27th February. From Monday 2nd March they will finish at the same time as the rest of the school which is 3.25pm.


Enjoy your week.

Steve E
Principal
FROM THE SCHOOL OFFICE

The school office is manned from 8.45 am to 3.30 pm Monday to Friday. It would be appreciated if phone calls/visits/enquiries etc. could be made during these hours. Due to the necessity for the office staff to undertake end of day procedures, it would also be appreciated if all payments could be made to the school office prior to 3.00 pm each day. The office staff is available to assist students, parents and staff with all enquiries, information, concerns etc., and would thank you for your assistance in these matters.

PAYMENTS TO THE OFFICE

As well as cash and cheque, the office is able to accept payments by Eftpos and credit card, being either Visa or MasterCard only. Please note we cannot accept American Express, AMEX or Diners Club cards.

Eftpos, credit card, cash and cheque can pay for items such as excursions, performances, sport events, text books, voluntary school contributions, book club, camps, etc. Please note we cannot accept Eftpos or Credit Card to make prepayments towards events.

Payments for clothing pool, band, dance groups, art class etc. cannot be processed by the school office, and should still be given to the coordinator for these groups.

We have included in this Noticeboard some credit note payment slips. If you make a payment using a credit card slip, would you please ensure that the entire form is completed and signed. Please also ensure that all numbers are clearly written.

All credit card slips containing personal information will be strictly confidential and will be kept in a secure location.

Due to an increasing number of parents using our Eftpos/Visa credit card facilities, the school office does not keep a cash float and does not have a lot of cash on hand during the day. Therefore, we are not always able to provide change to parents or students, particularly in the morning. It would be appreciated when making a payment in cash that the correct money is provided.

We would ask parents to please put students’ names on envelopes sent to the school office with payments. If you require a receipt for a payment on that day, please have the payment to the school office before lunch. Receipts are sent back to classrooms for class teachers to send home with students.

It is important to read the school’s weekly newsletter, “Noticeboard”. Information relevant to various activities within the school and also out of school is detailed in Noticeboard. Closing dates/times for various things such as Book Club and P&C fundraisers are published in Noticeboard. To avoid disappointment, we would ask that parents take notice of these deadlines.

We would also ask you to note that cheques for P&C events/fundraisers need to be made payable to Merewether Heights Public School P&C, and are not to be included with any student payment to the school office for performances or excursions.
FINANCIAL PAYMENTS

Throughout the school year students participate in various excursions/performances etc. which require a payment to be made. If at any time payments for excursions/performances, textbooks, voluntary school contributions, etc. causes concern or financial difficulties, please do not hesitate to contact the Principal. Contacts made to the Principal will be kept strictly confidential.

ANAPHYLAXIS

We currently have students at our school who are at risk of anaphylaxis (ie suffers from a severe allergic reaction) due to nut allergies, eggs, seafood, dairy products or bee stings.

All our children are special and have particular needs. These students’ needs are potentially life threatening. We ask for your help to keep them all safe by not sending nut-based products to school with your child’s recess or lunch. These products include peanut butter, nutella, sesame seeds, loose nuts, muesli, nut or chocolate bars or any products containing nuts. Products that are labeled “may contain traces of nuts” do not generally present a threat.

These students have management plans in place while they are at school. All staff know these students and have participated in a training session run by an Anaphylaxis Educator to ensure they can act quickly in an emergency.

LOST PROPERTY

To avoid children’s belongings being lost, would you please label everything that your child brings to school. This includes lunch boxes, hats, all clothing, books, pencil cases, etc. This will enable any items found to be quickly returned to students. A cupboard containing lost property is located in the foyer on the western side of the staffroom.

BOOK CLUB

Book Club was sent home last week. If you wish to order items from Book Club for your child please return the order and payment to the school before Friday, 13 February.

2H CUP CAKE DAY

2H will hold its Cup Cake Day on Tuesday, 17 February 2015. Donations of cakes, slices and other goodies can be left at 2H’s classroom. (No toffees or nuts please as we have students with peanut allergies.)

Don’t forget – Cup cakes are now 50 cents each for a delicious treat. Helpers on the day would be most welcome and should come to the canteen at 10.30 am.
NOTICEBOARD BY EMAIL

Would you like to receive the weekly newsletter by email? We have the option for parents to receive the newsletter each week direct by email. This will ensure that parents receive the newsletter and have the added benefit of reducing the amount of paper used in its production. We will not be providing a paper copy of the newsletter to families who have one emailed to them. For those families without internet access, a hard copy of the newsletter will be provided for you. If you would like to receive the weekly newsletter by email, would you either:

➢ Email the school and type “newsletter” in the subject line. We will then assume that you would like the newsletter emailed direct to you and we will also then have the email address to forward it to. All email address will be BCC when Noticeboard is sent, so you can be assured that we will not be sharing your email address with others. If your email address should change, it will be your responsibility to notify the school office.
➢ Complete the tear off slip located in this newsletter. Please ensure that your email address is complete.

ALL FAMILIES WHO RECEIVED THEIR NOTICEBOARD BY EMAIL LAST YEAR WILL CONTINUE TO DO SO FROM NEXT WEEK AND DO NOT HAVE TO SUBMIT A NEW FORM. ALL NEW FAMILIES WHO RETURN THE FORM WILL RECEIVE THEIR NOTICEBOARD BY EMAIL FROM THE FOLLOWING TUESDAY.

MOSQUITOES

At the moment mosquitoes are quite prevalent within our school grounds. It is recommended that students apply insect repellent prior to coming to school.

PARENTS PLEASE NOTE: ANNUAL STUDENT & FAMILY DETAILS UPDATE OF INFORMATION

Next week, on 17 February, as part of our annual update of information for students and families, the school office will be sending home to parents a form containing personal information. This information includes address details, parent contact details, emergency contact details, doctors contact details and medical information relating to your child. These forms will be forwarded home with students. We will be asking parents to please alter any information on the form that needs to be changed, sign and date the form, and return to the school office as soon as possible. Even if there are no alterations to be made, we are asking parents to sign and date the form, and return to the school office as soon as possible.

If you do not want this information to be sent home with your child, please contact the school office to make alternate arrangements.

Should your child have a medical condition which is not listed on the form, please contact the school office as soon as possible to provide details. It is essential that all medical conditions are noted to overcome the need to for you to provide this information on every permission note throughout the year.

Please note: It is a parent’s responsibility to notify the school of any changes in their child’s medical condition.
CROSS COUNTRY

The school Cross Country Carnival will be held on Friday, 6 March at school. Children from Year 2 – 6 will be participating in this event. Students will require sports uniforms, hats, blockout and drink bottles.

A M
Co-ordinator

FRIDAY SPORT

The Primary Staff is very excited about some changes we have made to our Friday Sports program.

Firstly, due to the heat during Term 1 we are staying at school for sport. The primary students have been grouped into 14 mixed teams. Each of the teams has selected a captain and vice-captain. These positions will be changed each term.

Students will continue to be given ‘Best and Fairest’ points during play. These points are tallied throughout the year. The Senior and Junior boy and girl with the most points at the end of Term 4 is the recipient of the Best and Fairest trophy at our school Presentation Day.

To enhance our program teams will be given points for a win plus bonus points. These will be tallied and a scoreboard will be put up in the primary COLA. Junior sports this term will be basketball, cricket, bocce and ultimate frisbee. Senior sports this term will be ultimate frisbee, modified hockey and beach volleyball.

Each team have selected their own names for their teams and designed a flag.

Next Friday is the first of our special challenge days: Crazy sock Friday! Only for Friday 13th February!

Amanda M

FRIDAY RUN GROUP

For students in Years 3 – 6 who are interested in training for the school Cross Country Carnival, our Running Club will be commencing on Friday, 13 February. Interested students need to collect a permission note to attend from Ms M.
From the Parents...

CAKEEN ROSTER

Wednesday 11/2/15 Lauren D, Katie S
Thursday 12/2/15 Reanna S, Tracee S
Friday 13/2/15 Megan S, Maggie M
Monday 16/2/15 Peta B, Meg S
TUESDAY 17/2/15 CANTEEN CLOSED

Wednesday 18/2/15 Peggy Le R, Volunteer Needed
Thursday 19/2/15 Nicole B, Cathy M
Friday 20/2/15 Kristen G, Jane M, Alison D
Monday 23/2/15 Kylie P, Alison L
TUESDAY 24/2/15 CANTEEN CLOSED

COULD ALL VOLUNTEERS PLEASE PAY THEIR $2.00 FEE TO COVER INSURANCE FEES NEXT TIME YOU ARE WORKING IN THE CANTEEN. Thanks.

CAKEEN ROSTER VACANCIES 2015 TERM 1

Below is a list of days where help is needed in the Canteen. If you are able to help out on any of these days please contact Kim in the Canteen. Any help you can give would be appreciated.

Thanks.

Week 4:
Wednesday 18/2/15 9.30 am – 2.15 pm

Week 7:
Monday 9/3/15 9.30 am – 2.15 pm

Week 8:
Monday 16/3/15 9.30 am – 2.15 pm

Week 9:
Monday 23/3/15 9.30 am – 2.15 pm
Monday 23/3/15 9.30 am – 2.15 pm

Week 10:
Monday 30/3/15 9.30 am – 2.15 pm
Wednesday 1/4/15 9.30 am – 2.15 pm
Thursday 2/4/14 9.30 am – 2.15 pm
Thursday 2/4/14 9.30 am – 2.15 pm

CAKEEN SUSHI DAY

The Canteen is holding a Sushi Day on Friday, 20 February. Please fill in your order at the end of this newsletter and drop it in to school before Wednesday, 18 February.
CLOTHING POOL

The clothing pool is opened every Tuesday from 9am - 9.30am. The clothing pool does not carry a float so correct money is appreciated. Cash or cheque is accepted. Cheques should be made payable to MHPS P & C. Sorry we do not have EFTPOS facilities.

The roster for the clothing pool is as follows:

<table>
<thead>
<tr>
<th>Date</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>17 Feb</td>
<td>Julie</td>
</tr>
<tr>
<td>24 Feb</td>
<td>Caseylee</td>
</tr>
<tr>
<td>3 March</td>
<td>Kris</td>
</tr>
<tr>
<td>10 March</td>
<td>Sharron</td>
</tr>
<tr>
<td>17 March</td>
<td>Caseylee</td>
</tr>
<tr>
<td>24 March</td>
<td>Michelle</td>
</tr>
<tr>
<td>31 March</td>
<td>Toni</td>
</tr>
</tbody>
</table>

P & C EVENTS FOR 2015

Each class is allocated a P & C school event per year. Please find below the events for each class. Dates and more information on the events will be given at the class information sessions.

A co-ordinator from every class is needed who will oversee the event and volunteers. The school discos are given two classes and the co-ordinators work together to organise.

KD: Kindy Orientation: Uniform fashion parade and help set up morning tea for parents. Date: September
KG: Kindy Orientation: Set up Clothing pool stall and help sell items. Date: September
K/1 E: term 1 disco sausage sizzle. Date: Thursday 26 March 2015
1P: term 1 disco sausage sizzle. Date: Thursday 26 March 2015
1K: term 1 disco sausage sizzle. Date: Thursday 26 March 2015
2H: term 2 disco. Date: Thursday 26 March 2015
2J: term 2 disco. Date: Thursday 26 March 2015
3N: Easter Hat Parade morning tea - selling of hot cross buns and raffle tickets on the day. Date: 2nd April 2015
3MC: Easter Hat parade raffle - wrapping donated Easter eggs into prizes and organising booklets of tickets to go out to parents. Selling tickets on the day. Date: Mid March/ 2nd April, 2015
4S: term 3 disco. Date: Thursday, 17 September 2015
4P: term 3 disco. Date: Thursday, 17 September 2015
5N: school concert - food sales
5/6G: Education Week/Book Week/ Grandparents day - Selling morning tea items donated by parents
6W: Education week/ Book Week/ Grandparents day - Selling morning tea items donated by parents

These events cannot proceed without the generosity of the parents that volunteer their time to help out. The P & C appreciate this and thank you.

MHPS P & C
From the Community...

**Hip Hop classes:** Jade Kennedy of Breakin Hip Hop conducts hip hop classes at our school for our students. The classes have previously been held on Thursday mornings. For 2015 the classes have been moved to Wednesday mornings. **Classes will be held in the school hall from 8.00 to 9.00 am each Wednesday morning.** For more information or to make a booking for the classes please contact Jade on 0402669026.

**South Newcastle Junior Rugby League:** Registrations are now open for all new and returning players. In 2015, registrations will be 100% completed on-line. Registration links can be found on the South’s Facebook page or website. On-line registration assistance days will be held at South Newcastle Leagues Club (Llewellyn Street, Merewether), Sunday, 8 February 2015 (2pm – 4pm) and Thursday, 13 February 2015 from 6pm – 8pm for those who may not have access to “on-line”.

On Sunday, 22 February 2015, a final registration day is planned from 2pm – 4pm
Mini League age groups from under 6’s to Under 8’s,
Mod League age groups from Under 9’s to Under 12’s
International from U13’s to U18’s
Enquiries: Please contact Scott Hallett at scotthlitt@yahoo.com.au or Graeme Fitzgerald on 0407 093 662.

**Merewether Physical Culture Club:** ‘Physie’ is an inexpensive, healthy dance and exercise sport for girls of all ages from 3 to 73. Physie is all about fun, fitness and friendship. There are optional competitions for individuals and club teams, as well as performance opportunities for all. Lessons are held in the Merewether Community Centre, Caldwell Street, Merewether from 4.00 – 6.00 pm. Please call Jean 49437460 for further enquiries.

**Young People’s Theatre Newcastle Inc** present “Beauty and the Beast” at The Young People’s Theatre, cnr Lindsay and Lawson Streets, Hamilton from 6 April – 23 May 2015. Tickets are $17.50 each ($20 for opening night, Wednesday, 8 April). Discounts available for group bookings. YPT box Office House: Saturday 9 am – 1 pm. Phone: 49615345. Fax: 49610340. Email: ypt@ypt.org.au

**Karen Oshea**, vocal teacher, is now available on Tuesday and Wednesday afternoons. Lessons cost $33 per lesson, including GST, payable by the term. For further information please see Mrs D

**Port Hunter Basketball** is holding its registration day on Friday, 13 February 2015, 4.30 – 7.00 pm at the Newcastle Basketball Stadium. Port Hunter Basketball is also holding a FREE Pre Season Skills afternoon on Tuesday, 17 February 2015, 4.30 – 5.30 pm at the Newcastle Basketball Stadium. All ages are welcome! Bring a friend! If you have a basketball bring it along and don’t forget your water bottle. Please contact Nicole 0431486080 with any enquiries regarding registrations of the pre season skills afternoon.
Bella Albums Available

For those who missed out on purchasing a Bella album at their recent shows, the good news is the girls have managed to get a number of units from the record company.

“Gravity” by Bella (sony/BMG) is available now for $25.00. If you would like to place your order with Mrs D, your album will be personally autographed by Lyn, Kate and Karen.

Please complete the following form with $25.00 and return to Mrs Dunn.

Name: ........................................................................................................ Child’s Name: ................................................................. Class: ........

Name/s to dedicate on album: ..................................................................................................................................................

Our advertisers support our school but please be aware that advertisements appearing in Noticeboard are not an endorsement by the school.
Our advertisers support our school but please be aware that advertisements appearing in Noticeboard are not an endorsement by the school.
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Susie will show you ways to clear a path to fulfilment.

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If you’re sick of struggling with separation or divorce issues and want to get your life back on track, it’s time to talk to the Divorce Mentor. Susie Russell, the Divorce Mentor is qualified, practical, caring and fun. She will provide you with the tools to navigate your own path and reclaim your identity. Armed with new insights, you will achieve clarity and a sense of freedom, sooner.

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susie@divorcementor.com.au

visit my website: www.divorcementor.com.au

Want to know more? Give me a call.
CREDIT CARD PAYMENT
Merewether Heights Public School
The School will accept VISA and MasterCard payments Only

Student Name: ____________________________________ Class: __________

Amount: _______________ For: __________________________________________

☐ MasterCard

☐ VISA

Cardholders Name: ________________________________ Phone: ______________

Card Number: __________ __________ __________ __________

CCV Number: __________ Expiry Date: __________/__________

Signature of Cardholder: ___________________________ Date: ______________

Return Slips for Parents...

Our advertisers support our school but please be aware that advertisements appearing in Noticeboard are not an endorsement by the school.
SCRIPTURE/ETHICS/MEDITATION

It is a Department of Education & Training requirement that schools are to provide a half hour SRE lesson each week, providing religious instruction.

All children will be participating in SRE lessons. Please make your selection and return to the school office by Monday, 9 February 2015.

NB: For returning students the school will use the preferences from 2014.

SCRIPTURE/ETHICS/MEDITATION
Please return to the school office by Monday, 9 February 2015

Name: ................................................................................................................ Class: .........................

Please tick one of the options listed below:

☐ Scripture
☐ Ethics
☐ Meditation
☐ Values Booklet

NOTICEBOARD BY EMAIL

I wish to receive the Noticeboard via Email. I understand that I will no longer receive a hard copy.

Name of eldest child and class (please print clearly)

Name: ................................................................................................................ Class: .........................

Email address ................................................................................................................ (please print clearly)

Parent Signature: ...................................................................................................... Telephone No ...........................................
### SUSHI DAY - FRIDAY, 20 February 2015

(lunch only)

All rolls are made fresh on the day. Each roll comes with a soy sauce (soy does contain gluten).

Orders and money must be in no later than **Wednesday, 18 February**.

**Meal Deal:** one roll, drink and chips $6 or sushi can be ordered individually for $3.50 each.

**Name:** ................................................................. **Class:** ........

**Roll Varieties – $3.50 each**
- Teriyaki Chicken: ........
- Poached Chicken & Avocado: ........
- Poached Chicken Lettuce & Mayo: ........
- Smoked Salmon & Lettuce: ........
- Tuna, Lettuce & Mayo: ........
- Prawn California: ........
- Vegetarian Roll
  – carrot, lettuce, avocado, cucumber: ........

**Drinks - $1.50**
- Milk ....... Flavour............................................
- Juice ...... Flavour............................................
- OKF ....... Flavour............................................

**Chips - $1**
- Plain ..... 
- Honey Soy ......
- Grainwaves
  – sour cream and chives ......

**Meal Deal choice of one roll, drink and chips $6**