



IMPORTANT DATES 2022

Term 2 - Week 3

May 13	National Walk Safely to School Day
May 16-19	BOOKFAIR
May 19	Learning @ Morisset PS SMART Spelling
May 20	ORANGE - Organisation mufti-day
May 20	Zone Cross Country @ Avondale College
May 20	Last Day to submit Stewart House Envelopes
May 25	6pm P&C meeting ZOOM

Newsletters are distributed via the School App and Website. Paper copies can be requested by phoning the school or emailing.

P&C News is added to the Newsletter each fortnight.

Information, Updates and Events
School Stream App,
Facebook,
and the School Website.

Contact the school via the school email address or by phoning 49 731435 or 49731533

Email:
morisset-p.school@det.nsw.edu.au

Website:
www.morisset-p.schools.nsw.edu.au

TERM 2 Week 3 May 11, 2022

Westlakes Zone Cross Country Qualification Event

A note has been sent home regarding our school cross country being weather dependent and will occur on the earliest suitable day. ONLY students ages 8+ (in 2022) who nominate for the event will compete.

- 8/9 and 10 years will complete the 2000m course.
- 11 and 12/13 years will complete the 3000m course.

Successful students will represent Morisset PS at the Zone Cross Country on Friday May 20 at Avondale University. Parents will need to transport their child to and from the Zone Cross Country.

NAPLAN

Students in Years 3 and 5 have commenced their NAPLAN testing this week.

Learning at Morisset/ Book Fair – Thursday May 19, 2022

Due to easing COVID restrictions we are proceeding with Learning at Morisset. Parents and Carers are invited to come along and visit classrooms to participate in and observe SMART Spelling and craft activities. We will be acknowledging our mothers in the class craft activities followed by morning tea and an opportunity to purchase books from the Book Fair in the Library.

Please meet in the Library for a 9am start with Mrs Warham.

COVID safe requirements


- all visitors will be required to check-in using the QR code or sign a register
- close contacts will need to have a negative RAT, wear a mask and inform the school that they are a close contact

For further information - <https://education.nsw.gov.au/covid-19/advice-for-families>

RAT Kits - additional RAT kits were sent home with students on Monday - if you require more kits for the 5 day students as close contacts testing, please contact the school.

Mrs Warham
Principal

Billu says:



Choose one -

- ✓ Respond to the SMS
- ✓ Email the school
- ✓ Phone the school
- ✓ School App absent form
- ✓ Write a note

Morisset Public School

Billu says:



Morrisset Public School

**We are
working
together to
improve
learning
outcomes for
our children.**

Attendance in Winter

Every winter, freezing temperatures, cold winds and bad weather can present challenges for getting your child to school. Colds, fevers and earaches that often come with the winter months also add to those challenges.

Absences, even if they are excused, can add up to days of lost learning time for your child.

Here are some ideas to help overcome weather-related barriers

Have a back-up plan for bad weather days

- If your child walks or rides to school, check with other families who drive to see if you can car pool
- Leave early on bad weather days to allow more time in traffic and parking close to school
- Form a 'walking bus' with other families to take turns to get children safely to school

Keep your child healthy

- Dress your child warmly. Add layers under their uniform for extra warmth like a t-shirt, singlet or extra jumper; wear a school uniform vest
- Eat breakfast. Kids need fuel to keep warm and to concentrate in class. Free Breakfast Club operates Mondays and Wednesdays from the canteen and the canteen has a breakfast menu on Wednesday and Friday
- Stress handwashing especially in winter months. Something as simple as handwashing can decrease illness and increase attendance at school
- Keep your child home if they are genuinely sick

If you have any questions regarding attendance, please email the school with Attendance in the subject line - morrisset-p.school@det.nsw.edu.au

LOST PROPERTY

As the weather is getting cooler and students are wearing jumpers and jackets to school, they tend to shed their clothing if they are playing and they get warm. This usually results in the item being left behind on the oval or near where they were playing.

It would be very helpful if you could check all your child's items to see if they have their name clearly marked on them, so they can be returned to them on the same day.

Things that turn up in lost property include: "Hats", "Jumpers", "Lunchboxes", "Drink Bottles", "Pencil Cases" etc. Please label all of these things clearly.

We have more chance of reuniting the students with their belongings if some form of identification can be provided when items are found.

Thank you—School Office

STEWART HOUSE Donation Drive 2022



This year, entries in the Stewart House drive will be eligible to win a \$4,000 GIFT VOUCHER. We have sent home the "Stewart House" envelopes today and would appreciate the support and return of the details, together with your donation, as soon as possible, so we can forward your entries into the competition.

Families & Supporters

Follow these 3 easy steps

- STEP 1... Take home the envelope and fill in their name, address, telephone number and school.
- STEP 2... Insert a donation of at least \$2 into the envelope and seal it.
- STEP 3... Return the envelope to your school / office.

LAST CHANCE TO RETURN YOUR STEWART HOUSE ENVELOPE!! HURRY!!

(we have spares in the office)

We are fundraising with
 **Entertainment**

MORISSET PUBLIC SCHOOL— receives
20% of each membership received.

Order now to enjoy in the holidays

[https://www.entertainment.com.au/
orderbooks/34r476](https://www.entertainment.com.au/orderbooks/34r476)



P&C News T2 Wk3 2022



MEETING & FUNDRAISING UPDATES:

Our next P&C meeting will be held via Zoom on **Wednesday 25th March at 6pm**. Please email mppc@yahoo.com if you would like to attend. We hope by moving the meeting after hours this will enable more of our school community to join us. To become a financial member, you can pay \$2 prior to the next meeting which will also give you the option to vote on matters at the meeting.

We need **EXTRA VOLUNTEERS URGENTLY to help with canteen and events for our students** even if it is just adhoc or once a month. Please contact Amanda Finucane on 0414 270 885.



Monday 6th June – Volunteers needed between 8am – 12pm

- PRE-ORDERS FOR LUNCH & BBQ are now available online via the School 24 app under Events
- Orders close Friday 3rd May at 5pm
- We will not be accepting cash pre-orders for this event
- Parents are welcome to pre-order by creating yourself under Student as EFTPOS will not be available on the day



Mothers Day Stall

Our Mother's Day Stall was a wonderful success and I hope you all enjoyed your gifts. A shout out and thank you to our wonderful volunteers who made the morning possible – Kate, Ann, Di, Amy, Bron, Aleesha, Laura and Moana.

CANTEEN NEWS:

Canteen re-opens for Term 2 on Friday 6th May for Breakfast, Lunch and Recess. **We still do not have enough volunteers to re-open Wednesday at this time.** We currently need two more volunteers at least one Wednesday per month to look at doing the two days Lunch and Breakfast service.

UNIFORM SHOP:

Uniform Shop Opening Hours are 8.45am – 9.30am on Friday mornings. You can order via School 24, or forms are available in the office and online [here](#)

Online and form orders will be available for collection, on receipt of full payment, from the office on Friday mornings after 10am each week.

Amanda Finucane, President of Morisset PS P&C

Find Morisset PS P&C on Facebook  and  our page to keep up to date with events and fundraisers at the school. Links to fundraiser forms will also be found there.

CANTEEN VOLUNTEER TIMES:

WEDNESDAYS – Canteen is open only for **morning and lunch**, no recess.

At least one volunteer should be at school at **8am** to get the ovens going and open up; but all volunteers should be there by **8:30am** preferably, to take orders, serve breakfasts and start lunch preparation, which will continue until the lunch baskets are all completed by 10:50am. Lunch bell is at **11am** and counter service will start shortly after that.

Lunch finishes at **11:50am**; service should stop 5 minutes prior to that (with no large ice creams being sold for the last 10 minutes), and the shutters brought down – then there will be some preparation of frozen stock, such as yoghurt bites and mini juicy cups, followed by clean up, including the floor. Money also needs to be counted and bagged. Mostly, everything should be done by 12:30pm.

TL:DR – maximum volunteer time required: 8am – 12:30pm

FRIDAY morning and lunch is much the same as on Wednesday, except that the clean-up is much less and the money doesn't get counted at this stage, so people should be able to get away by 12:20pm.

TL:DR – maximum volunteer time required: 8am – 12:20pm

FRIDAY RECESS – the recess bell goes at **1:50pm**, and ends at 2:15pm – so someone needs to come in at **1:30pm** to open up and start getting everything ready to go. Again, service should stop 5 minutes prior to the bell and the shutters brought down. Clean up, frozen stock preparation and money counting will take place at this point and should all be done by 2:45pm, but by then it's nearly end of school anyway.

TL:DR – maximum volunteer time required: 1:30pm – 2:45pm

CANTEEN VOLUNTEER FORM for 2022:

Name..... Contact phone

Availability: Wednesday Friday morning Friday afternoon

(Please circle all
that apply)

How often would you be able to help out?

Every fortnight

Once a month

Once a term

Other (please state)

.....

You are required to be double vaccinated against COVID 19, and to have a Working With Children Check (volunteer), which is free to obtain from Service NSW.

*Please return this form to the Office, who will pass it on to the P&C Canteen team,
or call Ann Beirne on **0488 136464***

THANK YOU! 😊

COMMUNITY EVENTS

HIGH POTENTIAL GIFTED EDUCATION PARENT INFORMATION SESSION

"Parenting a hungry brain: Strategies to help your bright child reach their potential"

Cooranbong Public School
Wednesday 18th May 5.30- 6.30pm
Please RSVP to your school by Thursday 12th May

We will unpack:

- Neurodiversity
- Asynchrony
- Perfectionism
- Underachievement
- Support Strategies and much more!

*Presentation by Ms Kim Bullock
Educator and High Intellectual Potential Consultant
& Mrs Skye Lyden
Assistant Principal Curriculum and Instruction*

Triple P

Positive Parenting Program

For parents of children aged 2-12

FREE

@
Belmont Neighbourhood Centre



To Register
Contact:
CALM
Child, Youth & Family Support
Ph: 4950-3888

4 consecutive Wednesdays
from 10am-12pm

**June 1st,
8th, 15th &
22nd**

Child care not available

Carers for school aged children are urgently needed.

Become a foster carer with Wesley Dalmar and make a difference.

Wesley Dalmar provides respite, temporary, adoption and permanent placements for children from birth to 18 years of age. Aftercare support is available for young people transitioning into adulthood.

**Call 1300 325 627
Support, training and allowance provided.**

wesleymission.org.au

PCYC Morisset

GYMNASTICS



SIGN UP TO OUR NEW GYMNASTICS PROGRAM

EVERY SATURDAY DURING SCHOOL TERM
9AM - 10AM: KINDYGYM - 18MONTHS - 4 YEARS
10AM - 11AM: RECREATIONAL 5 - 8 YEARS
11AM - 12PM: RECREATIONAL 9 - 12 YEARS

\$145 FOR A 10 WEEK TERM
ALL GYMNASTS MUST BE AFFILIATED
WITH GYMNASTICS NSW
\$55 - KINDYGYM
\$65 - RECREATIONAL
PCYC MEMBERSHIP:
\$15 FOR 12 MONTHS

SCAN THIS
QR CODE
FOR MORE
INFO



LIFE CHANGING





Run, Jump, Throw, Walk or Roll
TO BE YOUR BEST

Register your interest to join Little Athletics this Summer!

The season commences from August 2022. Register your interest now at www.lansw.com.au and we will be in touch with more information.

\$100 Active Kids Vouchers accepted.



Little Athletics is a Foundation sport for 3-17 year olds focusing on learning and developing fundamental skills of running, jumping, throwing and walking.

LOCAL CLUBS: **SOUTHLAKES ATHLETICS CENTRE—Minnie Street, Dora Creek**
WESTLAKES —Wangi Oval, Wangi Wangi



Do you know how much fruit and veg you should be eating for good health?

This easy guide shows you how much you and your family should aim for each day.

	 Fruit serves	 Vegetable serves
Adults and school aged kids	2	5
Pre-schoolers	1	2-3

What is a serve of veg ?

1 serve of veg is 75g. But I hear you saying what does that even mean? A serve of veg is roughly ½ a cup of cooked veg or 1 cup of salad. Take a look below to see what one serve of your favourite veg looks like on a plate.

What is a serve of fruit ?

1 serve of fruit is 150g which is roughly 1 medium piece of fruit, 2 small pieces or 1 cup of chopped fruit.

Here is what 1 serve of your favourite fruit looks like.

1 serve of Veg is 75g or



½ cup cooked peas



8 carrot sticks

1 serve of Fruit is 150g or



1 medium pear



1 small bunch grapes



1 cup fruit salad



1 cup raw mushrooms



½ cup chickpeas



6 cherry tomatoes



1 wedge watermelon



2 apricots



6 large strawberries



4 florets broccoli



1 bok choy



½ cup cooked beans



½ cup corn kernels



½ medium potato



1 cup salad



1 medium banana



1½ tablespoons sultanas or 2 dried apricots



1 cup tinned peaches