



IMPORTANT DATES 2022

TERM 3

- Sept 1 Fathers Day Stall
- Sept 5 Parent Tell Them From Me Survey Opens
- Sept 6 Zone Spelling Bee
- Sept 9 Green Mufti—Getting Along
- Sept 14 MHS Year 6 Sports Gala Day
- Sept 19 Final Date for Payment Stage 3 Excursion to Sydney Zoo
- Sept 20 Kinder.2023 Orientation Yarn-up tour 3.30 pm to 5 pm
- Sept 21/22 - Yr 5/6 Sydney Zoo overnight Excursion
- Sept 23 Last Day of Term 3
- Oct 10 First Day of term 4

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

Kinder Enrolments for 2023 are now open. Our transition program starts soon.



TERM 3 - Week 7 September 1, 2022

Stage 3 Sydney Zoo Snooze We have been lucky enough to secure an overnight excursion for Stage 3. Years 5 and 6 classes will be attending a 2-day, overnight excursion to Sydney from Wednesday September 21 – Thursday September 22, 2022. Final numbers need to be submitted by Tuesday next week. Notes have been sent out and are available on the school website. The school has financial commitments regarding the excursion and therefore, it is most important all monies are paid by the due date. The **final date for full payment is Monday September 19, 2022.**

Book Character Parade Last Friday's Book Character Parade was an amazing day and luckily the weather held out. Thank you to staff, parents, carers and students for their efforts on the day. The costumes from Preschool all the way to Year 6 made for a fun, colourful day (I even noticed a parent in costume).



Learning@Morisset and Education Week Awards Again the support from parents, carers and families was fantastic. The focus was Road Safety and personally I got to see some great Road Safety games being created in 4G. While there were a number of award winners from each class I would like to highlight our WSLA Award winners. Ruby M - Excellence in Student Achievement, Miss McNaught—Excellence in Teaching Achievement, Miss Bennett—Excellence in Non-Teaching Achievement and Lesley Talbut—Excellence in School Community Achievement.

TTFM Parent Survey helps to clarify and strengthen the important relationship between parents and our school. Insights into parent and staff communication, activities and practices at home, and parental opinions build an accurate and timely picture that can inform our planning. The survey is anonymous, voluntary, and easy-to-use. The TTFM Parent Survey for 2022 opens on Monday September 5 and can be accessed via the link below:

<http://tellthemfromme.com/mpsc>

Mr Groves

Relieving Principal

Community Announcements

R U OK? DAY—COMMUNITY WELLNESS WALK

Southlake Neighbourhood Centre is hosting a Community Wellness Walk and BBQ for R U OK Day 2022 on Thurs. Sept 8 12 noon-1 pm. This open community event aims to raise mental health awareness in our local area and encourages us all to take a long lunch break, enjoy a leisurely walk in the sunshine and connect with the wider community.

We will be meeting at Morisset Train Station at 12 noon and walk down the main street of Morisset to the Multi-Purpose Centre where The Rotary Club of Morisset will be hosting a sausage sizzle. There will also be an Art Therapy display hosted by Health Path to Wellness and some self-care activities and stalls setup on the day too.

RSVPs are encouraged for catering purposes and any wet weather arrangements than may be required.

We hope to see you all there!



LIVING WELL PHOTOGRAPHY COMPETITION

2022



First Prize \$300
Second Prize \$200
Third Prize \$100

THEME: BUILDING RESILIENCE

Our lives after the COVID-19 pandemic have changed in so many ways. Social distancing, health screening, mask wearing, hand hygiene and isolation have become the new norm. We are seeking photographs that portray your resilience post pandemic. Show us the things that keep you strong, safe and positive. Share with us the moments that gives you hope and happiness with each new day. Tell us about you and your strengths. Along with your photograph we want you to tell us, in a maximum 100 words, the thoughts and feelings behind your photograph.

SLHD Staff Award \$100
Technical Award \$100

FREE ENTRY

INFORMATION & REGISTRATION

<https://www.slhd.nsw.gov.au/MentalHealth/photocompetition.html>



SUBMISSION BY
30.09.2022

"You're Kidding Me Program"

Hello everyone,

I am so pleased to be sharing with you all, Council's latest You're Kidding Me Program. This program is focused around Parenting Post COVID and we are offering access to free workshops on:

- Speech and language development
- Speech screening assessments for 3-5 year olds
- Managing and supporting anxiety in children post COVID
- Navigating boundaries and big emotions

These workshops provide parents with practical strategies that they can apply to support their child's development, and are offered in a kind and supportive manner. These workshops have also been hugely beneficial for staff also, so please feel free to share with your teams.

At present only the September program is finalised, however the program for October and November will be added in the coming days. I will also send through a PDF flyer in the coming days.

Here is the link for the entire program, I hope you and your families can join us!
<https://www.eventbrite.com/cc/youre-kidding-me-parenting-post-covid-1089609>

Warm Regards

Jess

Jessica Salvador
Community Planner Children and Families



T +61 2 4921 0011 M +61 447 167 395

E jsalvador@lakemac.nsw.gov.au

lakemac.com.au



Spring School Holiday activities at PCYC

Morisset: 26th Sep - 7th Oct

COST: \$45 full day \$30 half

AGES: 5 years - 12 years

TIME: 8.30am - 3.30pm

BOOK NOW



ADDITIONAL INFO: Bookings essential, spots limited.
Please bring: water, snacks, lunch. Enclosed shoes must be worn

Mon 26th	Morning Session: Tie-Dye Craft & Group Games Afternoon Session: Laser Tag
Tues 27th	Morning Session: Slime Making & Group Games Afternoon Session: Laser Tag
Wed 28th	Morning Session: Spray Painting Designs & Group Games Afternoon Session: Olympics & Obstacles
Thur 29th	Morning Session: Science Experiments & Group Games Afternoon Session: Multi-Sports
Fri 30th	Morning Session: Gymnastics, Ninja Warriors & Creative Craft Afternoon Session: Gymnastics, Ninja Warriors & Creative Craft
Mon 3rd	CLUB CLOSED - PUBLIC HOLIDAY
Tues 4th	Morning Session: Cupcake Decorating & Group Games Afternoon Session: Basketball Skills & Games
Wed 5th	Morning Session: Tie-Dye Workshop & Group Games Afternoon Session: Multi-Sports
Thur 6th	Morning Session: Ball Skills & Group Games Afternoon Session: Creative Canvases
Fri 7th	Morning Session: BYO Scooter Day & Group Games Afternoon Session: Nerf Wars & Creative Craft

CONTACT US:

Phone: 0249 734 766 - Email: morisset@pcycnsw.org.au - Website: www.pcycnsw.org.au/morisset

Nutrition Snippet

BALSAMIC BAKED VEG



Serves: 4

Ingredients:

2 carrots, peeled, cut into chunks
1 medium sweet potato, peeled, cut into chunks
½ butternut pumpkin, peeled, cut into chunks
4 medium potatoes, cut into chunks
4 cloves garlic, peeled
1/4 cup water
3 tbsp olive oil
2 tbsp balsamic vinegar
½ tsp honey
1 cup baby spinach

Method:

Preheat oven to 150°C / 130°C fan forced.

Place all of the vegetables (except the baby spinach) in a roasting pan along with the garlic.

Combine the water, olive oil, balsamic vinegar and honey in a jug and drizzle over all of the vegetables.

Bake for 45 minutes or soft and until golden. Toss through the baby spinach leaves.

Tip:

Mix through a tin of drained chickpeas for added protein.

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Nutrition Snippet

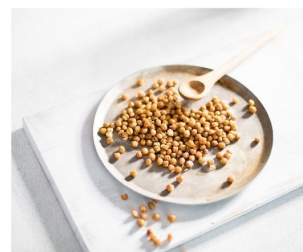
LOVELY LEGUMES

Legumes (chickpeas, beans and lentils) are a nutrient powerhouse that you can easily sneak into your family's diet.



Give these recipes a go:

- [Mushroom, spinach and lentil lasagne](#)
- [Mexican meatballs](#)
- [Crispy roasted chickpeas](#)



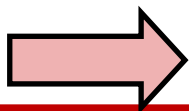
For these recipes and more visit:

healthylunchbox.com.au



Cancer Council
Healthy Lunch Box

Please place Names in all clothing, particularly hats and on all articles belonging to your child.



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



P&C NEWS - TERM 3 WEEK 7

**NEXT P&C MEETING IS MONDAY
5TH SEPTEMBER AT 1PM VIA ZOOM**

FATHER'S DAY STALL - THURSDAY 1ST SEPTEMBER



- Tickets are \$6 each for Dad, Grandfather and Carers
- Orders close Wednesday 31st August
- Orders are now open via School 24 under Events
- Cash orders are available via the form going home shortly
- The P&C will be providing gift bags for students to personalise at school and take their gifts home in

CANTEEN NEWS - SCHOOL 24 LUNCH SPECIAL



- Our Chicken Tender Wraps special is now available for Wednesday & Friday Lunch Orders
- Available to order whilst stocks last

MPS UNIFORM SHOP OPENING HOURS & ORDERS



Opening Hours have changed to 12.30pm to 1.15pm each. Friday with online & form orders are available for collection after 1.30pm each Friday or can be sent home with students

PLATES AND CALENDAR FUNDRAISER



Our Plates and Calendar Fundraiser is back again this year. More information to come next newsletter however keep your eyes peeled for notes going home regarding templates, costs etc.

This fundraiser allows families to create their own artwork and have it placed on calendars, plates and clocks.

MPS P&C ANNUAL CHRISTMAS RAFFLE 2022



We are in the process of organising our Christmas Raffle Fundraiser for this year and have begun securing donations for our prizes. If you or a business you know within our local community are interested in supporting our fundraiser with a donation, please contact the P&C at mpspc@yahoo.com. All donations are welcome and greatly appreciated

. Amanda Finucane - P&C President - 0414 270 885

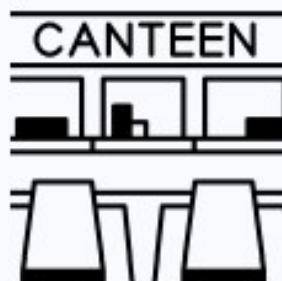
Find Morisset PS P&C on Facebook  &  like our page to keep up to date with events and fundraisers at the school. Links to fundraiser forms will also be found there.



CANTEEN VOLUNTEER FORM

WEDNESDAY - BREAKFAST / LUNCH

FRIDAY - BREAKFAST / LUNCH / RECESS



WEDNESDAYS - BREAKFAST AND LUNCH

8AM TO 8.15AM START - 12.30PM FINISH

VOLUNTEER DUTIES INCLUDE

- Basic food preparation
- Packing Lunch Orders for collection by students
- Breakfast Service & Lunch Service
- General clean up and prep of frozen items
- Counting Days Takings



FRIDAY - BREAKFAST AND LUNCH

8AM TO 8.15AM START - 12.30PM FINISH

VOLUNTEER DUTIES INCLUDE

- Basic food preparation
- Packing Lunch Orders for collection by students
- Breakfast Service & Lunch Service
- General clean up



FRIDAY - RECESS

1.40PM START - 2.45PM FINISH

VOLUNTEER DUTIES INCLUDE

- Recess Service
- General Clean Up and prep of frozen items
- Counting day's takings

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 SPECIAL EVENTS











OTHER (PLEASE STATE)

**A WORKING WITH CHILDREN CHECK MAY BE REQUIRED
(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!

COVID-19: IDENTIFYING THE SYMPTOMS

SYMPTOMS	COVID-19	COLD	FLU	ALLERGIES*
	Symptoms range from mild to severe	Gradual onset of symptoms	Abrupt onset of symptoms	May be abrupt or gradual onset of symptoms
Fever 	Common	Rare	Common	No
Cough 	Common	Common	Common	Common (asthma)
Sore Throat 	Sometimes	Common	Sometimes	Sometimes (Itchy throat and palate)
Shortness of Breath 	Sometimes	No	No	Common (asthma)
Fatigue 	Sometimes	Sometimes	Common	Sometimes
Aches & Pains 	Sometimes	No	Common	No
Headaches 	Sometimes	Common	Common	Sometimes
Runny or Stuffy Nose 	Sometimes	Common	Sometimes	Common
Diarrhoea 	Rare	No	Sometimes, especially for children	No
Sneezing 	No	Common	No	Common

Adapted from material produced by WHO, Centers for Disease Control and Prevention and the American Academy of Allergy, Asthma and Immunology. *Respiratory allergies include allergic rhinitis (hay fever), and allergic asthma. Other common symptoms of hay fever include itchy nose and itchy, watery eyes.

It is very difficult to distinguish between the symptoms of COVID-19, influenza and a cold. If you have any infectious or respiratory symptoms (such as a sore throat, headache, fever, shortness of breath, muscle aches, cough or runny nose) don't go to work. You need to self-isolate and to be assessed by a medical professional. You may need testing for COVID-19. You must not return to work until cleared by a medical professional. You need to ensure that the people you care for are protected and safe. People who have respiratory allergy symptoms such as allergic rhinitis (hay fever) and allergic asthma should stay home and get tested for COVID-19 at the onset of their symptoms and if they experience symptoms that are unexpected, seem different or worse than usual, or do not respond to their usual medication.

For more information about **Coronavirus(COVID-19)** visit health.gov.au

Free family fun at the Parliament of NSW

Friday 7 October 10am to 3pm

FREE ENTRY



Cartooning workshop

Draw people and objects with the award-winning illustrator and cartoonist Eric Lobbecke. Every half hour from 11:00am, finishing at 2:00pm

Vote for me!

Learn how to vote with the NSW Electoral Commission. Every half hour from 10:00am

Mock Committee Hearing

Have your say as a participant in our committee hearings. Every half hour from 10:00am

AUSLAN interpreters available

\$4 Democracy Sausage

The Public Café open



BOOKINGS ESSENTIAL

P: (02) 9230 2047
E: communityengagement@parliament.nsw.gov.au

WHERE

6 Macquarie Street, Sydney - opposite Martin Place

MORE INFORMATION

www.parliament.nsw.gov.au/events

MUURRUNG MURAI
GOOD SPIRIT

LEARN AWABAKAL / GATHUNG LANGUAGE

THROUGH
SONG, DANCE, PUPPETRY, AND
STRINGY BARK ROPE MAKING

Where: 1/6 Leo Lewis Close, Toronto NSW

When: 4.00pm - 24 Aug, 21 Sept, 19 Oct, 16 Nov

Who can come along: All children & young people aged 8-18 in the Hunter Region

Cost: \$0 free

Register: youthsupport@calm.org.au | 4950 3888 | 0473 222 268

Join Uncle Amos Simon from Muurrung Murai for a post NAIDOC celebration with a series of fun sessions, learning about First Nations culture through local song, dance, puppets, and stringybark rope-making.

Nutrition Snippet

EAT MORE FRUIT & VEG.



3 easy ways to get your family eating more fruit and veg

- 1) Start with breakfast and spread fruit and veg throughout the day
- 2) Make snacks based on fruit and veg
- 3) Pack fruit and veg in the lunch box

Check out our blog for more tips at healthylunchbox.com.au/blog/adding-fruit-and-vegetables/