Welcome back
Welcome back to Term 2! I hope you made the most of the beautiful weather and enjoyed the time with friends and family. It was great to hear so many recounts of holidays and activities from our students.

This term will be extremely busy for us all so we have included a term calendar with this newsletter to help with your planning. We will be attempting to update this calendar regularly on our website as we all know that at times event dates will need to change due to unforeseen timetable clashes.

This term will be filled with many activities, including the school cross country carnival, NAPLAN testing for Years 3 and 5 students and NAIDOC day celebrations.

Our first Rewards Day will be held in Week 5 – this will see eligible students go tenpin bowling.

We are very mindful that some of these activities will require money and, where possible, the school will be trying to subsidise some of the costs. If you are finding it difficult to make payments by the due dates, or would like some financial assistance, please contact the office so alternative arrangements can be made.

Don’t forget to keep an eye out for ‘blue notes’. These obvious blue notes mean they have to be returned with completed details to the school. They should stand out on the kitchen bench, on the fridge and in school bags. A reminder that all notes and money are to be returned to the front office.

School Excursions
On the subject of money – please keep payments coming in for the planned major excursions. The 5/6 students will head to Borambola this year. The 3/4 excursion is to the Great Aussie Holiday Park. Don’t forget that Eftpos is now available at the front office.

NAPLAN
A reminder that all Year 3 and 5 students will be participating in the NAPLAN assessments in Week 3. It is very important that your child is present on these
dates so both you as parents/carers and the school, can receive information about your child to assist them with their learning.

- Tuesday 12 May-Language Conventions and Writing
- Wednesday 13 May-Reading
- Thursday 14 May-Numeracy

**Little Gems**
This year Albury West Public School will be running our transition class, 'Little Gems', on a Friday during Terms 3 and 4. Enrolments are now open. This wonderful program provides future AWPS students with a positive start to life at ‘big school’. Please encourage anyone who has a 4 year old to enrol their children in this free and fun program!

**New Student Council Representatives Induction**
We would like to say a very big thank you to Kobie Maher, William Eden-Leet, Allirah Whybrow, Jakydyn McKellar, Zharlia Parker and Jordyn Carter for the wonderful role that they played on the SRC during Term 1.

Newly elected members on the SRC for Term 2 include:
3/4GW – Riannan Fitzgerald and Logan Harman
3/4K – Jacob Horn and Chantelle Stevens
5/6B – Searn Maher and Zoe La-Ramee

I know that these students will be fantastic in the leadership roles. Our newly elected members of the SRC will receive their badges at the assembly to be held tomorrow.

**Cross Country**
Blessed with perfect weather and a great track to run along, all students participated in their respective Cross Country Carnivals today.

Our students really enjoy this afternoon focusing on personal performance and achievement and celebrating the success and abilities of others. Thank you to all staff, parents and students for making the afternoon so enjoyable.

The top 7 runners in each age category will now compete in the Zone Cross Country Carnival which will be held on Friday 29th May – good luck runners.

**Hockey Gala Day**
Students in years 5/6 will get to try their hand at hockey tomorrow during Hockey Gala Day. The team will compete against other schools from the Albury area tomorrow in several games of hockey. This is always a great day with strong emphasis being on skill development and enjoyment of the game.

**ANZAC Parade**
Thank you to all the parents who had their children in Spencer Street in full winter uniform ready for the start of the 2015 ANZAC march. The students of AWPS were respectful and responsible as they marched up Dean Street bringing up the rear of the parade. Thank you to John Beattie, Amy Keed and Dharsini Pathmanathan for representing the AWPS staff at the march and for coordinating our students.

On ANZAC Day we remember those who, in time of war, faithfully served their country and who won freedom for us at such a great cost. Our children showed their appreciation of this by marching as a school and did us all proud as they smiled and waved to the onlookers cheering them on.

Our own school acknowledgement of ANZAC Day was held last week and was attended by Warrant Officer George Griffin of the Australian Army. Thank you to John Beattie and members of the SRC for organising and coordinating the moving ceremony.

**Brrrr... It's cold outside!**
Winter is coming! Please remember to send your children to school in warm clothing and make sure that their name is clearly written on jumpers, jackets and any other clothing items. Our classrooms are lovely and warm, so students tend to take off their layers as the day goes on. Our teachers are constantly reminding students to put their jumpers in their bags, or back on to go outside to play. However, we are still finding jumpers and jackets left around the school and our lost property basket is overflowing with clothing items.

A reminder that in winter time we ask that students wear a grey or gold jumper to school. These jumpers should not have hoods attached – hoodies are not school uniform. I thank you for your continued support in this matter.

**SRC Sausage Rolls**
With the canteen closure on Monday’s and the colder weather approaching the SRC are selling pre-ordered sausage rolls on a Monday for lunch time. Sausage rolls will be sold for $2.00 and can be ordered from the front office on a Monday morning.

**Sharon Julien**
Principal

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**SCHOOL ASSEMBLY AWARDS**

Congratulations to the following award winners:-

**Student of the Week**
Angus Bell

**Gotcha Awards**
Rhiannon Smith

**Merit Certificates**

<table>
<thead>
<tr>
<th>Class</th>
<th>Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>K/1B</td>
<td>Keaton Beechey</td>
</tr>
<tr>
<td>K/1C</td>
<td>Zeik McKellar</td>
</tr>
<tr>
<td>2M</td>
<td>Justice Ross</td>
</tr>
<tr>
<td>3/4GW</td>
<td>Tahleah Carter</td>
</tr>
<tr>
<td>3/4K</td>
<td>Lachlan Lambert</td>
</tr>
<tr>
<td>5/6B</td>
<td>Vincent Banks</td>
</tr>
</tbody>
</table>

**Citizen Awards**

<table>
<thead>
<tr>
<th>Class</th>
<th>Student</th>
</tr>
</thead>
<tbody>
<tr>
<td>K/1B</td>
<td>Hayley Clark</td>
</tr>
<tr>
<td>K/1C</td>
<td></td>
</tr>
<tr>
<td>2M</td>
<td>Charlotte Horn</td>
</tr>
<tr>
<td>3/4GW</td>
<td>Riannan Fitzgerald</td>
</tr>
<tr>
<td>3/4K</td>
<td>Chantelle Stevens</td>
</tr>
<tr>
<td>5/6B</td>
<td>Evy Brew</td>
</tr>
</tbody>
</table>

**Tidy Bee**
K/1C

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**How to Learn Awards**

**Canteen News**

The Wednesday Warmers for the next two weeks are:-

**May 6** – Pasta Bolognaise & Juice box $4.00

**May 13** – Sausage sizzle & Quench - $3.00

**Fundraising Report**

**NAIL CAN HILL STALL – Sunday 3rd May**
The Nail Can Hill Run is this Sunday at Bonnie Doon Park. We have a BBQ and bake sale which is our major fundraiser for the year. We need at least 25 families to help for 1 hour on the day. So far we have not had a lot of families offer to help.

Please send in your blue notes or let the office or Facebook page know if you can help. It is very easy and a lot of fun. Children are welcome on the day – they love to help on the stall or play at the playground. Please drop off cake donations on Sunday – any time after 7.30.

**MOTHER’S DAY STALL – Thursday 7th May**
Each year we have a Mother’s Day stall so the students can buy a special gift. We sell gifts like mugs, candles, scarves, ornaments and jewellery for between $1 and $5. We ask that you send in some donations that would be suitable to sell. We also need around nine helpers to assist with the wrapping and selling of the gifts. The stall will be held at 9:15 on Thursday, May 7th and should only take an hour of your time. Please let the office know if you can help.

*Thanks for your support*

We are on Facebook. Like us to make sure you are up to date with all the school activities.
[https://www.facebook.com/AlburyWestPublicSchoolPandC](https://www.facebook.com/AlburyWestPublicSchoolPandC)
TIPS FOR PARENTS

Spellcheck

Is your child learning to spell? Struggling with the weekly spelling lists? Here are a few strategies that will help:


Homework planner

Kids and families run more smoothly when there’s a plan - so print out our 2015 homework and study calendar, which includes key dates and school holidays.


MOTHERS DAY FAMILY NIGHT

Thursday 7th May
6:00pm - 8:00pm - Albury

Come along for a fun filled evening of entertainment at our FREE Mothers Day Family Night. The children will be entertained by our jumping castle, animal nursery, face painters, balloon sculpture as well as making a gift for mum.

Dinner and drinks are provided.
Bookings are essential and can be made by ringing: 02 6042 3400.

Nutrition Snippet

The simplest way...

Six steps to packing a healthy lunch.

Follow these tips to make lunch-packing a cinch!

Breads/ cereals: wholemeal or wholegrain bread, wraps and pita.
For a treat, pack pikelets, rice cakes or homemade muffins and slices.

Fruit: Serve in fun ways; try fruit kebabs or fruit in jelly, and cut whole fruit into small pieces.

Veggies: Pack carrot or celery sticks with hummus.

Reduced-fat dairy: A slice of cheese, yoghurt or custards are all great lunch box items.

Lean protein: cooked chicken, tuna, egg or roast meat.
Legumes like red kidney beans and chickpeas are a good source of protein, and a great source of fibre too!

Water or milk: Water or reduced-fat milk are the best drink choices for the lunch box.

For more information visit www.eattitobeatit.com.au or join us at facebook.com/eattitobeatit

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QUICK CHICKEN PIZZA RECIPE

Serves: 2 | Preparation time: 10 minutes | Cooking time: 10 minutes

Ingredients

- 1 thin 23cm pizza base (dinner plate size)
- 2 tbsp salt-reduced tomato paste
- 1 tsp (15g) baby spinach leaves
- ½ large red onion, peeled, finely sliced and separated
- ½ cup cooked or BBQ chicken breast, thinly sliced
- 1 cup (25g) grated reduced-fat mozzarella cheese
- ½ cup grated reduced-fat mozzarella cheese
- Basil leaves, to serve

Method

Preheat oven to 220°C (200°C fan-forced). Spread tomato paste evenly over pizza base. Top with spinach leaves, sliced onion, chicken, capsicum strips and cherry tomatoes. Sprinkle with cheese and place on a baking tray, pizza stone or wire rack. Bake for 5 minutes until cheese is melted then cover with foil to prevent burning. Bake for a further 5 minutes until base is crisp. Sprinkle with roughly torn basil leaves on top to serve.

Hint: Use mini bases, pita or wholegrain English muffins for individual pizzas.

Variation: For a Mediterranean chicken pizza, add drained feta-free sundried tomatoes, fat-free marinated artichokes and eggplant.

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Generally if your child feels unwell, keep them home from school and consult your doctor. This chart and the information it contains is not intended to take the place of a consultation with your doctor.

<table>
<thead>
<tr>
<th>Condition</th>
<th>Description</th>
<th>Until</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Bronchitis</strong></td>
<td>Symptoms are coughing, a runny nose, sore throat and mild fever. The cough is often dry at first, becoming moist after a couple of days. There may be a slight wheeze and shortness of breath. A higher fever (typically above 39°C) may indicate pneumonia.</td>
<td>... until they are feeling better. Antibiotics may be needed.</td>
</tr>
<tr>
<td><strong>Chickenpox (Varicella)</strong></td>
<td>Slight fever, runny nose, and a rash that begins as raised pink spots that blister and scab.</td>
<td>... for 5 days from the onset of the rash and the blisters have dried.</td>
</tr>
<tr>
<td><strong>Conjunctivitis</strong></td>
<td>The eye feels ‘scratchy’, is red and may water. Lids may stick together on waking.</td>
<td>... while there is discharge from the eye unless a doctor has diagnosed a non-infectious cause.</td>
</tr>
<tr>
<td><strong>Diarrhoea (no organism identified)</strong></td>
<td>Two or more consecutive bowel motions that are looser and more frequent than normal and possibly stomach cramps.</td>
<td>... for at least 24 hours after diarrhoea stops.</td>
</tr>
<tr>
<td><strong>Fever</strong></td>
<td>A temperature of 38.5°C or more in older infants and children.</td>
<td>... until temperature is normal.</td>
</tr>
<tr>
<td><strong>Gastroenteritis</strong></td>
<td>A combination of frequent loose or watery stools (diarrhoea), vomiting, fever, stomach cramps, headaches.</td>
<td>... for at least 24 hours after diarrhoea and/or vomiting stops.</td>
</tr>
<tr>
<td><strong>German measles (Rubella)</strong></td>
<td>Often mild or no symptoms: mild fever, runny nose, swollen nodes, pink blotchy rash that lasts a short time.</td>
<td>... for at least 4 days after the rash appears.</td>
</tr>
<tr>
<td><strong>Glandular Fever (Mononucleosis, EBV infection)</strong></td>
<td>Symptoms include fever, headache, sore throat, tiredness, swollen nodes.</td>
<td>... unless they’re feeling unwell.</td>
</tr>
<tr>
<td><strong>Hand, Foot and Mouth Disease (HFMD)</strong></td>
<td>Generally a mild illness caused by a virus, perhaps with a fever, blisters around the mouth, on the hands and feet, and perhaps the nappy area in babies.</td>
<td>... until all blisters have dried.</td>
</tr>
<tr>
<td><strong>Hayfever (Allergic rhinitis) caused by allergy to pollen (from grasses, flowers and trees), dust mites, animal fur or hair, mould spores, cigarette smoke</strong></td>
<td>Sneezing, a blocked or runny nose (rhinitis), itchy eyes, nose and throat, headaches.</td>
<td>... unless they feel unwell or are taking a medication which makes them sleepy.</td>
</tr>
<tr>
<td><em><em>Head lice or nits</em> (Pediculosis)</em>*</td>
<td>Itchy scalp, white specks stuck near the base of the hairs; lice may be found on the scalp.</td>
<td>... while continuing to treat head lice each night. Tell the school.</td>
</tr>
<tr>
<td>Disease</td>
<td>Symptoms</td>
<td>Precautions</td>
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<td>-------------------------------</td>
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</tr>
<tr>
<td><strong>Hepatitis A</strong></td>
<td>Often none in young children; sudden onset of fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine, pale stools.</td>
<td>Contact your doctor before returning to school.</td>
</tr>
</tbody>
</table>
| **Hepatitis B**               | Often no symptoms in young children. When they do occur, they can include fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine. | ... if they have symptoms. Contact your doctor before returning to school.  
... if they have a chronic infection (not the first outbreak) and no symptoms. |
| **Impetigo** (School sores)   | Small red spots change into blisters that fill up with pus and become crusted; usually on the face, hands or scalp. | Sores should be covered with watertight dressings.  
... until antibiotic treatment starts. |
| **Influenza**                 | Sudden onset fever, runny nose, sore throat, cough, muscle aches and headaches. | ... until well.                                                                                                                               |
| **Measles**                   | Fever, tiredness, runny nose, cough and sore red eyes for a few days followed by a red blotchy rash that starts on the face and spreads down the body and lasts 4 to 7 days. | ... for at least 4 days after the rash appears.                                                                                               |
| **Meningococcal Disease**     | Sudden onset of fever and a combination of headache, neck, stiffness, nausea, vomiting, drowsiness or rash. | Seek medical attention immediately.  
Patient will need hospital treatment.  
Close contacts receive antibiotics. |
| **Molluscum Contagiosum**     | Multiple small lumps (2–5mm) on the skin that are smooth, firm and round, with dimples in the middle. In children, occur mostly on the face, trunk, upper arms and legs. Symptoms can last 6 months to 2 years. |                                                                                                                                            |
| **Mumps**                     | Fever, swollen and tender glands around the jaw. | ... for 9 days after onset of swelling.                                                                                                      |
| **Ringworm* (tinea corporis)**| Small scaly patch on the skin surrounded by a pink ring. | ... for 24 hours after fungal treatment has begun.                                                                                           |
| **Runny nose or common cold** | Itchy skin, worse at night. Worse around wrists, armpits, buttocks, groin and between fingers and toes. | ... unless there are other symptoms such as fever, sore throat, cough, rash or headache. Check with school.  
... until 24 hours after treatment has begun. |
| **Scabies**                   | Itchy skin, worse at night. Worse around wrists, armpits, buttocks, groin and between fingers and toes. | ... until 24 hours after treatment has begun.                                                                                               |
| **Shigella**                  | Diarrhoea (which may contain blood, mucus and pus), fever, stomach cramps, nausea and vomiting. | ... until there has not been a loose bowel motion for 24 hours. Antibiotics may be needed.                                                  |
| **Slapped Cheek Syndrome**    | Mild fever, red cheeks, itchy lace-like rash, and possibly cough, sore throat or runny nose. | ... as it is most infectious before the rash appears.                                                                                         |
| **Whooping Cough** (Pertussis)**| Starts with a running nose, followed by persistent cough that comes in bouts. Bouts maybe followed by vomiting and a whooping sound as the child gasps for air. | ... until the first 5 days of an antibiotic course has been completed. Unimmunised siblings may need to stay home too until treated with an antibiotic.  
... and tell the school as other parents will need to know to check their kids. |
| **Worms** (Threadworms, pinworms) | The main sign of threadworms is an itchy bottom. Sometimes children feel ‘out of sorts’ and do not want to eat much. They may also have trouble sleeping, due to itching at night. |                                                                                                                                            |

*It is important that the rest of the family is checked for head lice, scabies and ringworm