



Kookaburra Gazette

Principal's Message

Public Speaking Zone Finals

I had the pleasure of attending the stage 2 and stage 3 Zone Public Speaking Finals at Caringbah Public School on Monday 10th Sept. Both speakers, Amelia and Blake spoke superbly in their stage finals.

Mrs Shields had the pleasure of watching Harlen and Hunter compete in the Early Stage 1 and Stage 1 divisions.

I congratulate all our speakers on their fantastic efforts.

Stage 3 Excursion to Chinese Gardens

On Tuesday 11th September, our Stage 3 students travelled into the city to participate in a Ranger Jamie excursion based on "*a diverse and connected world*". Please see the attached photos in this newsletter.

Special Swim Scheme

Swimming lessons began this week and it is wonderful seeing so many families participate in this swimming scheme. Lessons will continue until Friday week 10. Thank you to Miss Tuite, Mrs Greer and Miss Cureton for your organisation of the Special Swim Scheme.



IMPORTANT DATES

19 September - Parent
information Evening

27 September - Leader In Me
Assembly

Interrelate



A reminder that notes for Interrelate parent / student evening are due back to school by next Wednesday 26th September. We must have a minimum of 10 families confirmed for the evening to proceed.

Genuine Farmer's Market

Thank you to all of our families that came up to support our first farmers market last Sunday the 16th. Our next market is scheduled for the 21st of October and we hope that the market continues to grow and gain support over the coming months. Our goal is to establish fortnightly markets that will have a regular supply of fresh produce.

Remember, from little things big things grow and from every market held, Miranda Public School is proudly supporting our farmers by donating half with money that is raised.

A Christmas twilight Market has also been booked for Friday 30th November. For information about having a stall in these markets please contact Melissa:

Genuine Farmers Markets Ph. 0431 247 457

Talk like a Pirate Day

Congratulations to our Stage 3 team, who organised the Disco and activities for *Talk Like a Pirate Day* as a year 6 Fundraiser.

A fantastic time was had by all.

Harmony Russian School of Sydney

We would like to welcome Harmony Russian Community School to Miranda Public School.

Russian Community language classes will begin after school on Friday afternoons from 4:30 beginning Term 4.

If you are interested in more information, please refer to the flyer in this newsletter.



Labelled clothing and lunch boxes

A reminder, as we start to move over to summer uniform, to please make sure that all clothing and hats are clearly labelled with your child's name.

We have numerous items in lost clothing each week and it is impossible to return items to students that are unlabelled.

The lost property baskets are cleared out each week. Unlabelled clothing is washed and donated to the uniform shop.

Unclaimed and unlabelled Lunch boxes and drink bottles are discarded due to health and hygiene regulations.

Torch Team Fashion Parade

A reminder that our Torch Team fashion parade will be held on Friday 28th September.

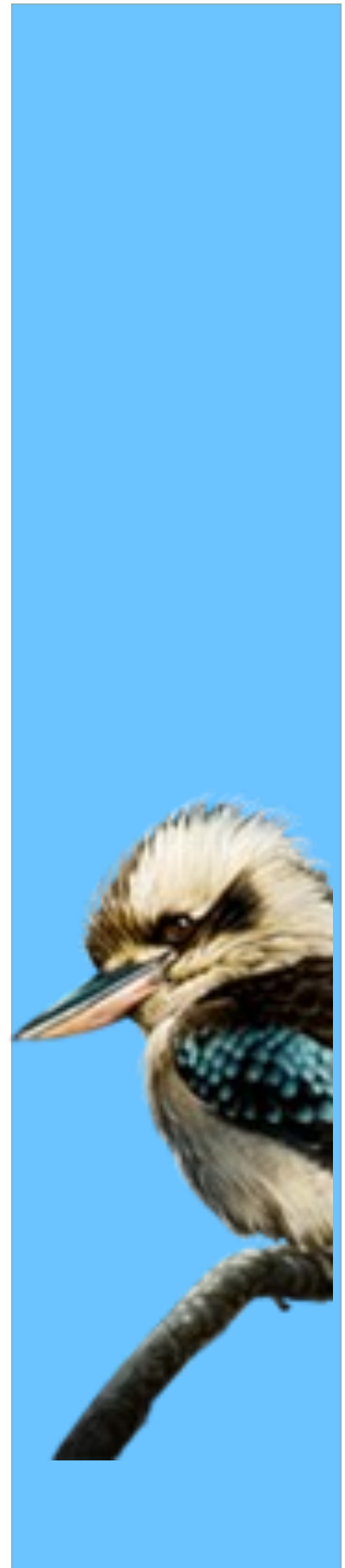
School Holiday Break

As this will be the final newsletter this term, I would like to congratulate all of our hard working staff for the many exciting programs, lessons, performances and sporting activities which they have coordinated this term. Many staff have given up their time during lunch or before and after school to ensure such events are made possible.

I wish all of our families at Miranda Public School a safe and enjoyable September holiday break and remind you that there is **no** pupil free day Term 4 and students and staff return back to school on Monday 15th October.

Relieving Principal

Narelle Chaplin



WANTED

The Torch Team require any unwanted/unused clothes and accessories for an upcoming fundraising event.

If you have any clothes or accessories that are still in good condition - please place them in a plastic bag and bring them in to Mrs Isaacs.

Clothes will be sorted and will be available for purchase following a fashion parade at the end of the term. This will raise money for the Torch Team.

All unsold items will then be donated to charity.

Uniform Shop

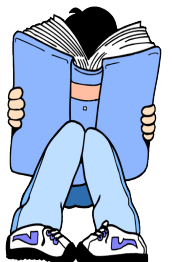
The Uniform shop is open every Wednesday during school terms from 9am-11am. Alternatively orders may be placed and collected from the office. Donations of MPS only uniforms are very much appreciated. These can be donated or sold on your behalf. The uniforms should be in reasonable, wearable condition and freshly laundered. We cannot accept underwear, socks, shoes or items without the school logo where applicable.

Thankyou for your support

Heather and Faye

SCHOOL SUPPORT PROGRAMS: HELP NEEDED!

We are in need of a parent or community helper to support our school reading support programs. If you know of someone who can support students with our reading program on Tuesdays (9:10-11:10am) please see Mrs Metros.





spelling bee



Communicable Diseases Factsheet

Hand, foot and mouth disease

Hand, foot and mouth disease is a very common viral disease of childhood which is easily passed from person to person. It usually causes a mild illness but rarely causes serious illness. It is not related to the foot and mouth disease that affects animals. Good hygiene helps prevent infection.

Last updated: 10 August 2016

What is hand, foot and mouth disease?

Hand, foot and mouth disease is generally a mild illness caused by enteroviruses, including coxsackieviruses. It is usually not a serious illness and is not related to the foot and mouth disease that affects animals. It mainly occurs in children under 10 years of age but can also occur in older children and adults.

What are the symptoms?

- Hand, foot and mouth disease starts with blisters that begin as small red dots which later become ulcers. Blisters appear inside the cheeks, gums, and on the sides of the tongue, as well as on the palms of the hands and soles of the feet. In infants, blisters can sometimes be seen in the nappy area. Blisters usually last for 7 to 10 days
- Children can sometimes have a low fever, sore throat, tiredness, feel off colour and may be off their food for a day or two
- Very rarely, enteroviruses can cause other illnesses that affect the heart, brain, lining of the brain (meningitis), lungs, or eyes.

How is it spread?

- Hand, foot and mouth disease is usually spread by person-to-person contact. The virus is spread from the faeces of an infected person to the mouth of the next person by contaminated hands. It is also spread by secretions from the mouth or respiratory system, and by direct contact with the fluid from blisters
- It usually takes between three and five days after contact with an infected person before blisters appear. The virus can remain in faeces for several weeks.

Who is at risk?

- The viruses that cause hand, foot and mouth disease are common and particularly affect children.
- Many adults, including pregnant women, are often exposed to them without symptoms. There is no clear evidence of risk to unborn babies from hand, foot and mouth disease. However, infected mothers can pass the infection onto newborn babies who rarely can have severe disease.
- Outbreaks may occur in childcare settings.

How is it prevented?

- Good hygiene is the best protection. Wash hands with soap and water after going to the toilet, before eating, after wiping noses, and after changing nappies or soiled clothing
- Avoid sharing cups, eating utensils, items of personal hygiene (for example: towels, washers and toothbrushes), and clothing (especially shoes and socks)
- Thoroughly wash any soiled clothing and any surfaces that may have been contaminated.
- Teach children about cough and sneeze etiquette.



- Cover coughs and sneezes with a tissue. Coughing into an elbow is better than coughing into your hands.
- Dispose of used tissues in the bin straight away.
- Wash your hands afterwards with soap and water.

How is it diagnosed?

- Your doctor can diagnose hand, foot and mouth disease based on the symptoms. Laboratory tests are not usually necessary.

How is it treated?

- Usually no treatment is needed. Paracetamol will relieve fever and discomfort. Do not give children aspirin.
- Allow blisters to dry out naturally. The blisters should not be deliberately burst because the fluid within them is infectious.
- Make sure young children are drinking enough as painful mouth sores can make some children reluctant to swallow liquids.

What are the signs of a serious infection?

Signs that an infant or older child might have a more serious form of hand, foot and mouth disease include any of the following:

- Persistent fever (38°C or above for 72 hours or more)
- Abnormal movements / jerking movements
- Rapid breathing
- Excessive tiredness, drowsiness
- Excessive irritability
- Difficulty walking.

If any of these signs are present then the child should be seen by a doctor urgently even if they have been checked earlier in the illness.

How long should children stay away from childcare and school?

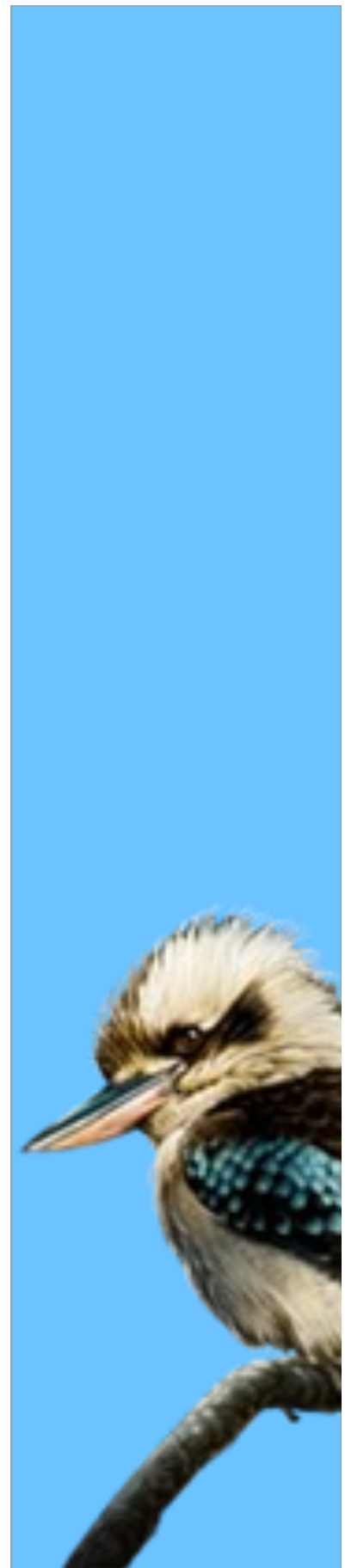
Children with hand, foot and mouth disease should be excluded from school or childcare facilities until their blisters have dried-up, and any rash (if present) has gone and any fever has settled.

What is the public health response?

Hand, foot and mouth disease is not a notifiable disease under the Public Health Act. However, to help prevent spread parents should report the illness to the director of the childcare centre or the school principal.

Further information

For further information please call your local public health unit on 1300 066 055.





China Town





THANK YOU WENDY NORTON!



On behalf of Miranda PS we would like to acknowledge Wendy Norton (Levi and Trinity's mum) for all the time and effort she has put into designing and editing images for our 'Respect the Sea and Be Plastic Free' initiative.

The staff appreciate all your support and we can wait to see the completed reusable bags next term.

PSR&TE D&S CO





MIRANDA PUBLIC SCHOOL

3 Sylva Avenue MIRANDA 2228

Telephone: 9524 4631 FAX: 9540 4793

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

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

12 September 2018

Interrelate

Dear Parents and Carers,

Interrelate will be hosting a family evening program at Miranda Public School on **Wednesday 17th October 2018**. The two sessions they will be running are:

1. "Where did I come from?" at 6:00pm – aimed at Year 3-6 families
2. "Preparing for Puberty" at 7:15pm – aimed at Year 5-6 families

The cost is \$30 per family to attend one session or \$35 per family to attend both sessions.

Please return the below permission slip, with payment to the office by **Wednesday 26 September**.

Please note that all children must be accompanied by a parent or carer.

If you have any questions, please refer to your child's teacher.

Stage 3 Teachers

Narelle Chaplin
Relieving Principal

Interrelate Permission Slip

My child _____ and an additional _____ family members, will be attending the following Interrelate sessions:

- o "Where did I come from?" - \$30
- o "Preparing for Puberty" - \$30
- o Both "Where did I come from?" and "Preparing for Puberty" - \$35

I have enclosed payment of \$_____ for _____ sessions

I have paid online via POP. My receipt number is _____

Signed: _____

Date: _____



When kids ask "the" questions... Interrelate has the answers!

Interrelate is a specialist organisation with over 90 years' experience teaching sexuality and relationship education in NSW schools. Interrelate educators are highly trained and skillful presenters.

The topic of sexuality is handled with sensitivity, openness and humour. The program offers an interactive approach to learning, with a variety of audio-visual materials, discussions and games.

Session 1: Where did I come from?

1-hour session: Years 3-6

Session 2: Preparing for puberty

1-hour session: Years 5-6

Years 3-4 can attend at parent's discretion

Date: Wednesday, 17th October 2018

Specialty books are available for purchase on the night.

Keep a look out for flyers (coming home with your child before the program) outlining session content.

 **interrelate**[®]
relationship experts since 1926





ENROL NOW for Kindergarten 2019

Miranda Public School is now welcoming
enrolments for Kindergarten 2019.

Please contact our school office for more details
or for an enrolment form.

We are offering the following sessions as part of our Kinder 2019 program:

**'Ready For School'
Parent Information Evening**
Wednesday 13th June 2018
6:30 – 7:30 pm
RSVP by Wednesday 6th June 2018

**Open Day For Kindergarten 2019
Children and Parents**
Tuesday 26th June 2018
9:30 – 11:00 am
RSVP by Tuesday 12th June 2018

Anyone is welcome to attend these sessions;
you do not need to have yet submitted an
enrolment form. Please contact us by phone or
email to notify us of your attendance.

Parent Information Evening
Wednesday 19th September 2018
6:30 – 7:30 pm

**Orientation Sessions for
Kindergarten 2019
Children and Parents**
Tuesdays
23rd October, 30th October
& 6th November 2018
10:00 – 11:00 am

Parents and children, who submit an
enrolment form to our school, will receive an
invitation, in late August, to attend these
sessions.



Phone: 9524 4631 **Email:** miranda-p.school@det.nsw.edu.au **Website:** www.miranda-p.schools.nsw.edu.au



SPRING SCHOOL HOLIDAYS

**SATURDAY 29 SEPTEMBER
TO SUNDAY 14 OCTOBER**

Spring has sprung, the weather is warming up and
school holidays are just a cartwheel away.

We've got oodles of Council-run FUN for the kids
these spring school holidays and you'll find all
activities in one place. From bush walks to basketball,
drama to dancing, painting to picnics, stories to
swimming and everything in between.

SUTHERLAND SHIRE LIBRARIES | BUSHCARE
| SUTHERLAND SHIRE LEISURE CENTRES |
HAZELHURST ARTS CENTRE | VACATION CARE
| SUTHERLAND ENTERTAINMENT CENTRE

sutherlandshire.nsw.gov.au/schoolholidays

SUTHERLANDSHIRE



**FREE Kids
Build Area**

SydLUG presents a LEGO fan event

**\$5 per person
\$15 per family**

Sutherland Shire Brick Fair

SUNDAY 28TH OCTOBER,
10am – 4pm
@ Miranda Public School
Tickets at the door

**BBQ, coffee &
cakes for sale**

**LEGO sets &
parts for sale**

KineticMartialArts

Established 2004

Develop the right attitude for home & school

Confidence | Discipline | Focus

We specialise in teaching kids how to:

- Be confident
- Stand up for themselves and show self control
- Achieve goals

Arrange your free trial class:

1300 MY DOJO

(1300 69 3656)

www.KineticMartialArts.com.au





**Это прекрасная возможность
сохранить
у ваших детей русский язык!**



**M I R A N D A
P U B L I C
S C H O O L**

**Speaking a language is about connection, not perfection.
Harmony Russian School of Sydney
creates the appropriate conditions for teaching
your child Russian:
a friendly, relaxed atmosphere, creativity, and fun.**

When: 4:30- 6:30 Friday, Term 4.

**Contact: info@sydneyrussianschool.com.au
0434437795**





SCHOOL HOLIDAY ACTIVITIES & PROGRAMS

GYMNASTICS



**FOR
FUN**

YMCA Caringbah
5 Jacaranda Road, Caringbah
☎ 9524 1800 📧 ymcansw.org.au/caringbah



YMCA NSW EMPOWERMENT / HEALTHY LIVING / SOCIAL IMPACT

YOUR DESTINATION FOR SCHOOL HOLIDAY FUN

ACTION BREAK HOLIDAY

All Things Gymnastics	Wed 3 October	9AM - 3PM	\$50 \$40 early bird offer before 17 September
Crazy for Craft with Gymnastics	Thurs 4 October	9AM - 3PM	\$50 \$40 early bird offer before 17 September
Ymazing Challenge Day	Tues 9 October	9AM - 3PM	\$50 \$40 early bird offer before 17 September
Gymnastics, Movie & Games Day	Thurs 11 October	9AM - 3PM	\$50 \$40 early bird offer before 17 September

All Things Gymnastics:

Come along to this day which is packed with gymnastics, acrobatics & lots of obstacle courses. Kids will be exhausted for you upon pick up!

Crazy for Craft with Gymnastics:

It's a day to burn your energy with gymnastics and get creative & messy with craft.

Ymazing Challenge Day:

Lots of team building challenges & obstacle courses to get you thinking, moving & working together.

Gymnastics, Movie & Games Day:

A big morning of games & gymnastics, with pizza for lunch, then time to wind down in the afternoon with the movie 'Up'.

Changes may occur to advertised programming. Please refer to website for the most up-to-date information.

BOOK TODAY!

WANT MORE ACTION?

Check out our Gymnastics
+ Learn to Swim Programs!

ymcansw.org.au/gymnastics
ymcansw.org.au/aquatics





Relating as Stepfamilies

This three-session program assists couples to manage the demands of life as a stepfamily.

It will assist parents to:

- examine the challenges and positives of stepfamilies
- examine personal beliefs and the effects of holding onto these
- highlight the losses stepfamilies have suffered
- recognise the importance of developing stepfamily rituals
- compare different communication styles

Tuesdays, 6:30pm – 9:30pm

16 October | 23 October | 30 October

Cost: \$75 per couple

Venue: Interrelate Caringbah

Address: 383-385 Port Hacking Rd South, Caringbah

Bookings Essential – Phone 8522 4408

 **interrelate**[®]
relationship experts since 1926



*Apraxia World: An interactive technology-based tool for remote speech
therapy of childhood speech sound disorders (a 12-week trial)*

Can a TABLET Application help children with speech sound
disorders engage in therapy?

We are looking into the development of a tablet-based system for the treatment of childhood speech sound disorders. This system has interactive speech games and could help children engage in speech therapy that is higher intensity and more fun.

We are looking for children who...

- Have a speech sound disorder (i.e. do others find your child hard to understand?)
- Are 6-12 years of age
- Understand what is said to them
- Have normal hearing
- Speak Australian English
- Have at least one parent who speaks English as a first language
- Have no other developmental diagnoses

*If your child
meets these
criteria and
you would like
to be involved,
contact us.*

What does the study involve?

- You and your child visiting us at the Speech clinic in Lidcombe, or us visiting you at your home, for a one-off speech assessment
- Your child using a tablet to do home-practice for two 4-week blocks over 10 weeks (we provide the tablet)
- Once weekly check-ins via Skype or phone with a speech pathologist from our team
- You and your child completing a survey after the trial
- A home internet connection

Contact

*Professor Kirrie Ballard
Speech Pathologist*

kirrie.ballard@sydney.edu.au

0431 416 936

This study has been approved by the University of Sydney Human Research Ethics Committee
Apraxia World: An interactive technology-based tool for remote speech therapy of childhood apraxia of speech
STUDY 3: FAMILY; Version 3; 4 May 2018





RESERVE BANK OF AUSTRALIA MUSEUM

SCHOOL HOLIDAY ACTIVITIES

SPRING 2018



- Get an interactive presentation on the new \$50 banknote and discover banknote security features.
- Explore the Museum with a treasure map and learn about the history of Australia.

Tuesday, 2 October, 11.00 am – 12.30 pm
Thursday, 4 October, 11.00 am – 12.30 pm
Tuesday, 9 October, 11.00 am – 12.30 pm
Thursday, 11 October, 11.00 am – 12.30 pm

A current banknote so that you and your children can follow along with the interactive presentation.

Email: museum@rba.gov.au
Phone: (02) 9551 9743

Ground Floor, 65 Martin Place
Sydney NSW 2000

www.museum.rba.gov.au/events



AUTISM SUPPORT IN SUTHERLAND

The Autism Community Network provides free support during school terms for families living with autism conditions.

If you would like to meet other carers who understand you or find social opportunities for your ASD child and their siblings, please contact us or come along to our free support groups.

CARINGBAH SUPPORT GROUP

When: Third Tuesday 7.30 to 9.30 pm

Venue: Tradies Club Caringbah

An opportunity to meet other carers who understand you. We share experiences and new information.

MENAI KIDS CLUB

When: First and third Wednesdays 4.00 to 5.30 pm

Venue: Fun4Kids Unit 4, 778-786 Old Illawara Rd Menai

For autistic kids 3 to 13.

ILLAWONG YOUTH CLUB

When: 2nd and 4th Friday 4.30 to 6.00 pm

Venue: Illawong Community Centre - 273 Fowler Rd

This is a social group for teens between 13 and 18 years old who have high functioning autism

MIRANDA KIDS SOCIAL

When: 1st and 3rd Monday each month
4 to 5.30 pm

Venue: Miranda Westfield on the mezzanine level above Playtime and Skyzone

Weeks one to three will be one of the following: Rock climbing at Skyzone; Activities at Playtime; Trampolining at Skyzone

For more information:

www.autismcommunity.org.au

info@autismcommunity.org.au | 9543 9036





Lara May-Whitcombe

T (03) 9384 2204

M 0497 065 621

E theshire@kellysports.com.au

HOLIDAY PROGRAM

GYMEA BAY

SPRING SPORTS HOLIDAY PROGRAM

Sports orientated holiday program designed for children to emphasise fun, enjoyment and maximum participation.

WHERE

Gymea Bay Public School

205A Gymea Bay Rd, Gymea Bay NSW 2227
(sign in at the school hall)

WHO

Ages 5 - 12 years

(4yr old siblings accepted)

WHEN

2nd, 3rd, 4th, 9th, 10th, 11th October 2018

Opening Hours 8:00am - 5:00pm, Program in session 9.00am - 4.00pm

INFO

Get your kids active this Spring with Kelly Sports!

Running six days in the October holidays, there are activities for everyone. With games, activities, challenges, tournaments, and structured free play, your kids will get the most out of their holidays with our specialised sports and play program! All days have a range of sports and activities for all ages and abilities.

The highlights of each day are as follows:

Tuesday 2nd October: FOOTY FINALS FEVER | \$50 + \$9 Incursion

Wednesday 3rd October: DODGEBALL TOURNAMENT | \$50

Thursday 4th October: ATHLETICS CARNIVAL | \$50

Tuesday 9th October: FLIPS TRICKS GYMNASTICS | \$50 + \$9 Incursion

Wednesday 10th October: CRAZY CRICKET COMPETITION | \$50

Thursday 11th October: STRATEGY GAME CHALLENGES | \$50

SALES

EARLY BIRD SPECIAL: (CODE: 04YDIRUF)

Book in before Monday 10th September and receive our early bird special of 10% total booking price!

SOCIAL MEDIA SPECIAL: Follow @kellysportsnsw and write a review to receive 50% off one day for one child. One use p/family, please contact to have credit allocated to your account once confirmed.

SIX DAY SPECIAL: If you are booking six days for your child, contact Lara for 20% off your total booking.

(Please note \$9 incursion price is separate to any special)

BRING

Don't forget to bring the following on the day:

- hat • jumper • clothes and shoes appropriate for sports
- drink bottle (access to bubblers for drinks/refills)
- recess, lunch and snacks

Sunscreen will be provided. Please pack your own sunscreen if your child has special requirements.

HOW TO BOOK

1. Head to kellysports.com.au
2. Search 2227 to find the Gymea Bay event
3. Select 'Book Now!' and follow the prompts



BIKE ^{TO} THE BEACH

NEW
STARTING
POINT

Sunday 23 September 2018

Bring the family down for a great 5km cycle ride - from this year's **new starting point Shorebird Reserve** (corner Alexander Ave and Smith St) at Taren Point and ending at Wanda Beach.

- ☑ Supervised course along offroad paths: easy for all ages.
- ☑ You must bring your own bike.
- ☑ Bikes must be in good roadworthy condition (including bell).
- ☑ All riders **MUST WEAR** a helmet.
- ☑ Free registration 10am-12pm (at Shorebird Reserve).
- ☑ Course open 10am-1pm.
- ☑ Activities completed at 2pm.

Free bike safety checks at the start, courtesy Endeavour Cycles.

For registration form, route map and more information:

sutherlandshire.nsw.gov.au/Bike2Beach

At Lucas Reserve, enjoy hot dogs, face painting, inflatable obstacle course, giant slide, meet Sharks players, giveaways and games!

Enquiries: Mark Stuart
02 9710 0341
mstuart@ssc.nsw.gov.au

Wet weather: check online, or call
9521 5690 or 9545 2345 after 9am Sat.



Presented by Sutherland Shire Council as part of NSW Bike Week.



SUTHERLANDSHIRE



Sutherland Entertainment Centre's ULTIMATE KIDS DANCE PARTY

HOSTED BY DJ JAZZY

THURSDAY 11 OCTOBER, 6PM

Sutherland Shire's own DJ Jazzy is next level when it comes to Family Entertainment focussed on providing entertainment specifically targeted to young people from kindergarten to pre-teens.

Bring the kids, bring the whole family, and dance with DJ Jazzy, the new face and sound of music and one of the stars of Channel Seven's new show "All Together Now" where she has joined the team alongside Ronan Keating as a judge.

Don't miss out on this one.

BOOK EARLY



Miranda Public School

3 Sylva Avenue
Miranda, 2228

Phone: 02 9524 4631

Fax: 02 9540 4793

E-mail: miranda-
p.school@det.nsw.edu.au

Website: miranda-p.schools.nsw.gov.au



CLAIM YOUR GOVERNMENT ACTIVE KIDS \$100 VOUCHER

**FREE
TEAM
SHIRTS**

Indoor

JUNIOR SOCCER

Join the largest indoor junior competition in the Shire!



**NEW SEASON
STARTS LATE AUGUST**

**PLAYED WEEKDAY AFTERNOONS
AND SATURDAY MORNINGS**



FOR BOYS AND GIRLS

AGES 5-18

HUGE U/6 AND U/7'S COMP

TEAMS AND INDIVIDUALS

6-7 A SIDE

TEEN COMP ON HUGE TRIPLE COURT

SIMPLY CONTACT US TO GET STARTED OR TO FIND OUT MORE!



Sportsworld Indoor

☎ 9525 5499 | 📍 8/2-4 Kumulla Road, Miranda 2228

✉ miranda@sportsworldindoor.com.au | 🌐 www.sportsworldindoor.com.au