School Sport

State Athletics

This week our school will be represented by 4 students who will compete at the State Athletics Centre at the Sydney Olympic Park. This is the track that was used as the warm up track for the Sydney Olympics in 2000.

Our school relay team will compete. We wish them all the best - Lachlan, Madeline, Samuel and Damian. Individually Samuel will compete in the 13 years 100m race. Good luck Sam.

Learn to Swim

It has been amazing to see the development of all students in their swimming classes. The students will be going swimming tomorrow (Wednesday) and from next week they will be going on Tuesdays – 2 visits.

School Excursions

Bathurst Regional Art Gallery

Next week all students will be attending the Bathurst Regional Art Gallery to view the works of Aboriginal artist:

This excursion will be after Music and before our swimming lesson. An updated permission note is attached to this newsletter.

Gala Day

The student in the Primary Class will be attending the Raglan Sports field on Friday 9th November 2012. They will participate in a number of ball sports, captain ball / tunnel ball and a sports presentation. A note has gone home today with the newsletter.

Power Station Visit

The students in the Primary class will be visiting one of the power stations to support their learning in Science and Technology. More details to follow.

P and C News

Open Garden Scheme Catering

The next P and C fundraising activity will be catering next at the Bathurst Open Garden Scheme on Saturday 26th and Sunday 27th October 2012. This will occur at the property of Lesley and Quinten Bland on Kirkconnell Road. Our P and C Fundraising Coordinator, Sue Ellen Mays will be coordinating this event.

At the end of this newsletter is a return advice if you are able to assist. The will be a need for donations of sandwiches items, cakes and slices.

Meadow Flat Public School Car Boot Sale

The P and C will be having a car boot sale on Sunday 2nd December 2012. Start collecting your items for sale and book a spot. This will be coordinated by Cathy Kuberre and Abbey Barrett.

They will be collecting donations of soft drinks and poppers. More details to follow.

There will be a parent meeting to organise this on Thursday 1st November 2012 at 1pm if you are keen to assist with this.

Canteen

This month is Fruit and Vegetable Month in the Canteen. Students are encouraged to order the special items being made fresh is the canteen each Monday and Friday. There are x2 special promotions to encourage the students to order from the canteen. Each rewards the students for making healthy eating decisions.

Sydney Markets and Healthy Kids Competition:

• Students purchase an item from the Veggie Menu in October and November
• They receive a sticker to place on their entry form
• When x4 stickers have been received the form is place in the entry box
• These entry forms are sent to Sydney.

**Meadow Flat Public School Canteen Competition:**

• Students purchase an item from the Veggie Menu in October and November
• K-2 students earn a sticker for participating in Crunch ‘n’ Sip
• Trivia questions are worth x2 stickers
• On Monday, Wednesday and Friday students need to prove that they have eaten a fruit and veggie item brought from home to earn a sticker
• X10 stickers will earn an encouragement prize
• Prizes at the end for a boy and a girl from each class with the most stickers

**Road Safety Survey**


**School Photos**

The school photo envelopes were sent home last week. Only a small number of envelopes were sent to the school for the family pictures. If you would like one sent home can you please notify the school office. All students will have their pictures taken even if they have not paid or ordered any. These will occur on Monday 5th November 2012 at 9am.

**Kelso High Challenge**

This Friday students from Years 4 and 5 will be challenged to solve a problem by some staff from Kelso High. This will occur at the school at 9.30am.

**Health Alert**

Attached to this newsletter is some advice from the Department of Health in regards to measles. Please inform the school if your child catches this disease.

**Swimming for survival**


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**Starting Kindy**


**Moving into high school**


**Selective schools**


**Portland Spring Fair**

The Spring Fair will be held on Saturday 27 October 2012 from 10am onwards at the Portland Showground (Kremer Park) with entry on Laurie Street.

There will be many events happening throughout the day for children and their families – displays, music, children activities, face painting.

The “Max Scott Memorial Wheelbarrow Race” will take place in the afternoon with time trials from 1.30 and the BIG RACE at 3.00 pm. A team of 4 can be entered for a $50 fee for the team. This is a fun
event with a First prize of $1,000 as well as a Second and Third Prize awarded.

Please contact Beverly on 0263 555 023 if any further information is required.

**Dates**

**Term 4 2012**

**October**

Wednesday 17th – Swimming and library van
Thursday 18th – Kinder 2013 9.00 to 12.00 noon
Tuesday 23rd - Swimming
Thursday 25th – Kinder 2013 Transition 9.00 to 1.00pm
Tuesday 30th – Swimming

**November**

Thursday 1st – Kinder 2013 Transition Full Day and Parent Meeting (1.30)
Monday 5th – School photos
Friday 9th – Small Schools Gala Day – Yrs 3 to 6
Monday 19th – P and C meeting
Wednesday 28th – Library van (returns only)
Friday 30th – End of Year Concert 6pm

**December**

Sunday 2nd – Car boot sale
Sunday 2nd – Sunny Corner Sunday
Thursday 13th – End of Year Picnic Day
Wednesday 19th – Last Day for students
Thursday 20th – Staff Development Day
Friday 21st – Staff Development Day

**2013**

**January**

Tuesday 29th – Staff Development Day

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Open Garden Scheme

Name ____________________________

Telephone ____________________________

I will be able to help on Saturday (please tick)

- 8.30 to 10.30 _____________
- 10.30 to 12.30 _____________
- 12.30 to 2.30 _____________
- 2.30 to 4.30 _____________

I will be able to help on Sunday (please tick)

- 8.30 to 10.30 _____________
- 10.30 to 12.30 _____________
- 12.30 to 2.30 _____________
- 2.30 to 4.30 _____________

Cakes ________  Slices ________
Savory muffins ________ Biscuits ________
Carrots ________  Lettuce ________
Tomatoes ________ Sugar ________
Quiche ________ Margarine ________
Cucumber ________
Other ____________________________

________________________________________

________________________________________

________________________________________
Dear resident/business owner

Re: Great Western Highway upgrade at Kelso

Roads and Maritime Services (RMS) is continuing investigations for the proposed upgrade the Great Western Highway at Kelso. The NSW Government is funding planning for this upgrade.

RMS is carrying out geotechnical investigations from 15 to 24 October 2012 along the roadside and within the road reserve between Stockland Drive and Ashworth Drive. The geotechnical investigations involve drilling bore holes and excavating test pits.

Traffic management procedures will be in place which may cause some traffic delays.

- Daytime work will be carried out between 7am and 5pm weekdays and traffic reduced to 40 km/h around the work site.
- Night work will be carried out from 15 to 19 October from 8pm to 6am. Traffic will be reduced to one lane with a 40 km/h speed limit.

Traffic controllers will be in place to help keep traffic delays to a minimum.

RMS thanks motorists for the patience during this work. Motorists are requested to obey all signs at the site, including reduced speed limit signs.

If you would like more information about the project or you have any questions, please call the RMS communications representative, Kerry Morrison, on the toll free number 1800 633 332.

Yours faithfully

Dion Killiby
Project Manager, Westem
If your child is going to be absent from school please call staff in the school office to let them know as soon as possible.

Please send this completed note to school on the first day back after your child’s absence.

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Portland Spring Fair

Saturday 12th October

Kremer Park
(Portland Show Ground)

Starts at 10 am

Bowenfels Hub Fun Day
EVERYONE WELCOME

FREE EVENT

174 Landa Street, Bowenfels

Time: 10:30 am - 1:00 pm

Thursday 18th October, 2012

All welcome to come along and enjoy the free activities.

* MOOTANG TARIMI BUS for any Aboriginal person who would like a free health check and general health information for everyone.
* LUCKY DOOR PRIZES include family passes to Jenolan Caves and McDonald's vouchers.
* MOBILE FARM YARD Come and meet some baby farm animals.
* FREE SAUSAGE SIZZLE,
* FACE PAINTING, JUMPING CASTLE & ICE-CREAM.

Communities for Kids

Line

Circle
School Canteen – Special items
Friday 19th October 2012
- Chicken Schnitzel and veges $2.50
- Fruit Salad and Pavlova $2.00

Monday 22nd October 2012
- Beef lasagna and salad $2.50
- Apple crumble $2.00
Information for school communities about measles

Sydney is currently experiencing an outbreak of measles which began in April 2012 and is centred in the South Western Sydney and Western Sydney regions. Many of the cases have been high school students, with a smaller number in primary school. There is potential for the measles outbreak to spread further given young people have large social networks both within and outside of school.

NSW Health advises that measles is a serious viral illness that mainly affects unvaccinated children, teenagers, young adults, and babies too young to be vaccinated. Measles is highly infectious and can easily spread through the air.

Immunisation is effective in preventing the disease. In Australia, infants and young children are vaccinated with measles-mumps-rubella vaccine at 12 months and 4 years of age. People who are at risk of measles include:
- Infants <12 months who are too young to have been routinely vaccinated
- Older children who have not received 2 doses of measles-containing vaccine
- Adults born during or after 1966 who have not received 2 doses of measles-containing vaccine and haven’t had measles infection in the past.

Immunising older siblings and non-immune adults will help prevent the spread of infection to infants who are too young to be vaccinated and who are at risk of severe disease.

The first sign of measles is a high fever which usually begins about 10 to 12 days after exposure to a person with measles (range 7-18 days). A runny nose, cough, red and watery eyes (conjunctivitis), and small white spots inside the cheeks can develop in the initial stage. The rash appears around 14 days after exposure, usually starting on the face and upper neck and spreading over the body, hands and feet. The rash lasts for 4-7 days.

**IMPORTANT INFORMATION:**

People with measles are usually infectious from just before the symptoms begin until four days after the rash appears. If you have had contact with someone who has had measles and develop a fever, runny nose, cough, red and watery eyes, it may be measles and seek medical advice.

If you suspect measles, see your doctor, clinic or hospital. It is important to ring before your consultation so you can be seen as soon as possible and arrangements can be made to avoid contact with other patients in the waiting room who may be susceptible to measles.

A person with measles should remain at home until four days after the rash appears to reduce the possibility of spreading it to other people.

Further information about measles can be found on the NSW Ministry of Health website at: