NEWSLETTER

Issue 1. Term 1. 2020

Murray Bridge North School

North Tce, Murray Bridge, SA 5253 T: 8532 3055 F: 8531 0004

W: www.mbnorthps.sa.ed.au

E: dl.0299 admin@schools.sa.edu.au

PRINCIPAL REPORT.

Dear Families.

Another welcome back and a hope and wish that your children have settled into new class and teachers. My congratulations to all the Murray Bridge North staff. The start of the year is always a busy time with sometimes anxious children and on the whole our classes are settling in well- a credit to our hardworking and organised staff.

I continue to be impressed with the competence of our staff and am confident that this is going to be a great year at the North. We start the year with about 600 students in about 30 classes. That's a lot of kids! And yet I am so impressed with their connection to the school, their friendly manners and their willingness to go out of their way to be helpful. Congratulations!

Volunteers

Thank you to the many parents and carers willing to be involved in the school as helpers. Next Wednesday morning in the library at 9am we will run a Volunteers Induction session. Many of you will know about the requirement to complete a criminal history check and participate in the "Responding to Neglect and Abuse" (RAN) training all adults working or helping on Site are required to have. It is inconvenient but it is, of course, important for keeping our children safe. At that session we will get the confidential criminal history checks underway- and don't be put off by that-it's about working with children- and will run the short RAN session. If you miss that session we'll run one later in the term as well.



Upcoming Events

For more events see planner

2nd – 3rd March Year 7 Aquatics

> 31st March School Photos

2nd April Catch up Photo Day

Reading is our **School Priority**

Every child attending North School is expected to read aloud to an adult every day.





Department for Education

Murray Bridge North School

Principal- Monica Williams

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More important information

NDIS providers

This information comes with an apology! We recognise the important and valuable work undertaken by NDIS providers to many children in our school. With increasing numbers of providers it has become a management challenge at the school level tracking who is coming when. For this reason we have called a temporary halt while we review our practices and put in place processes that will help us support the NDIS providers and also make sure we have a sustainable, clear system everyone can understand.

We realise the inconvenience and imposition that this causes families and carers and this is where the apology comes in as children have to go elsewhere in the short term for therapy`. Within two weeks (by 24th of February) we will have our new processes ready. In the meantime we will send home to families using NDIS a proforma to update our information about NDIS providers you are using.

Governing Council

The next Governing council meeting will be held in the staff room on Tuesday 11th February at 6pm, existing Governing Council members and any interested Parents / Caregivers are welcome.

Pedal Prix

Any Children in year 4-7 that are interested in Pedal Prix see Kelsey Milne for a consent form. Return forms to the front office.

Acquaintance Night

Thank you to family members who attended Acquaintance night it was a huge success. Thanks to Malcolm and Betty for volunteering their time to cook the BBQ and the Canteen team for their help.

Lost Property

Please check lost property bins located near the library. Remember to name clothing so it can get returned to the student. The bins will be emptied every Thursday.

James Parkin

Principal

Murray Bridge North School



Notes From North

Head Lice

Please remember to check your child's hair for headlice and treat them before sending them to school.

UNIFORM

Just a reminder of our school uniform policy. All students need to be in school uniform.

School Zones

Reminder It's 25km/h when children are present



Reminders for 2020

If you have a child with a medical plan the school will need it updated for 2020. Attached are the Asthma Plans and Medical Plans to print off for the doctors.

School Card forms will be available in the office. School Card needs to be applied for every year. If you would like to pay by instalments the forms are available at the Front Office.



Asthma care plan for education and care services

CONFIDENTIAL: medication as aut any changes to th	(6	(optional)		
To be completed to medical personne	-	parent/guardian, for supervising staff and emergency	pí	an date
PLEASE PRINT	CLEARLY			/201
				view date
Student's name		Date of birth	/_	/201
Managing an as	thma attack			
		leaf). Please write down anything different this studen	t might need if they have an	asthma attack:
Daily asthma ma	anagement			
This student's usu	ial asthma signs	Frequency and severity	Known triggers for this stud	
Cough		☐ Daily/most days	exercise*, colds/flu, smoke)	— please detail:
Wheeze		Frequently (more than 5 x per year)		
☐ Difficulty brea	athing	 Occasionally (less than 5 x per year) 		
Other (please	e describe)	Other (please describe)		
Does this student	t usually tell an adult if s/he	e is having trouble breathing?	No	
Does this student	t need help to take asthma	medication?	No	
Does this student	t use a mask with a spacer	?	No	
*Does this studer	nt need a blue reliever puff	er medication before exercise? Yes	No	
Medication plan				
		ease detail below and make sure the medication and s		
Name of med	dication and colour	Dose/number of puffs	Ti	me required
Doctor		Parent/Guardian I have read, understood and agreed with this care plan and any	Emergency contact info	rmation
Name of doctor Address		attachments listed. I approve the release of this information to staff and emergency medical personnel. I will notify the staff in writing if there are any changes to these instructions. I understand staff will	Contact name	
		there are any changes to these instructions. I understand start will seek emergency medical help as needed and that I am responsible for payment of any emergency medical costs.	Phone	
	Phone	Signature Date	Mobile	
Signature	Date	Name	Email	
Asth	ma Austra l ia	asthmaaustralia.org.au 1800 A	ASTHMA Helpline (1800	278 46 f 💆 Yould

Photo of student



Anaphylaxis



Name:		For use with EpiPen® adrenaline autoinjectors
Date of birth:		MILD TO MODERATE ALLERGIC REACTION
		 Swelling of lips, face, eyes Hives or welts Tingling mouth Abdominal pain, vomiting (these are signs of anaphylaxis for insect allergy)
Photo		ACTION FOR MILD TO MODERATE ALLERGIC REACTION
		 For insect allergy, flick out sting if visible. Do not remove ticks. Stay with person and call for help. Locate EpiPen® or EpiPen® Jr adrenaline autoinjector. Give other medications (if prescribed) Phone family/emergency contact.
Confirmed allerg	gens:	Mild to medarate all and
		Mild to moderate allergic reactions may not always occur before anaphylaxis
Family/emergen	cy contact name(s):	Watch for ANY ONE of the following signs of anaphylaxis
		ANAPHYLAXIS (SEVERE ALLERGIC REACTION)
Work Ph:		 Difficult/noisy breathing Swelling of tongue Swelling/tightness in throat Difficulty talking and/or hoarse voice Wheeze or persistent cough Persistent dizziness or collapse Pale and floppy (young children)
Date:		ACTION FOR ANAPHYLAXIS
Date of next review: How to give EpiPen® Form fist around EpiPen® and PULL OFF BLUE SAFETY RELEASE. PLACE ORANGE END against outer mid-thigh (with or without clothing). PUSH DOWN HARD until a click is heard or felt and hold in place for 10 second hold in place for 10 second.		 Lay person flat. Do not allow them to stand or walk. If breathing is difficult allow them to sit. Give EpiPen® or EpiPen® Jr adrenaline autoinjector. Phone ambulance*: 000 (AU) or 111 (NZ). Phone family/emergency contact. Further adrenaline doses may be given if no response after 5 minutes, if another adrenaline autoinjector is available. If in doubt, give adrenaline autoinjector Commence CPR at any time if person is unresponsive and not breathing normally. EpiPen® is generally prescribed for adults and children over 5 years. EpiPen® Jr is generally prescribed for children aged 1.5 years. *Medical observation in hospital for at least 4 hours is recommended after anaphylaxis.
Instructions are al www.allergy.org.au	REMOVE EpiPen®. Massage injection site for 10 seconds.	IF UNCERTAIN WHETHER IT IS ANAPHYLAXIS OR ASTHMA • Give adrenaline autoinjector FIRST, then asthma reliever. • If someone with known food or insect allergy suddenly develops severe asthma like symptoms, give adrenaline autoinjector FIRST, then asthma reliever. Asthma: Y □ N □ Medication:

3 ASCIA 2015. This plan was developed as a medical document that can only be completed and signed by the patient's treating medical doctor and cannot be altered without their permission.



ACTION PLAN FOR Allergic Reactions



Vame:	
Date of birth:	MILD TO MODERATE ALLERGIC REACTION
Photo	 Swelling of lips, face, eyes Hives or welts Tingling mouth Abdominal pain, vomiting (these are signs of anaphylaxis for insect allergy)
	ACTION FOR MILD TO MODERATE ALLERGIC REACTION
	 For insect allergy, flick out sting if visible. Do not remove ticks. Stay with person and call for help. Give other medications (if prescribed)
Confirmed allergens:	Phone family/emergency contact.
Family/emergency contact name(s):	Mild to moderate allergic reactions may not always occur before anaphylaxis
	Watch for <u>ANY ONE</u> of the following signs of anaphylaxis
Work Ph:	ANAPHYLAXIS (SEVERE ALLERGIC REACTION)
Home Ph:	ANAPITICANIS (SEVERE RELEROIC REACTION)
Mobile Ph: Plan prepared by: Dr: hereby authorise medications specified on this plan to be administered according to the plan. Signed:	 Difficult/noisy breathing Swelling of tongue Swelling/tightness in throat Difficulty talking and/or hoarse voice Wheeze or persistent cough
Date:	Persistent dizziness or collapse
Date of next review:	Pale and floppy (young children)
Note: The ASCIA Action Plan for Allergic	ACTION FOR ANAPHYLAXIS
Reactions is for people with mild to moder- ate allergies, who need to avoid certain allergens. For people with severe allergies (and at risk of anaphylaxis) there are ASCIA Action Plans for Anaphylaxis, which include adren-	 Lay person flat. Do not allow them to stand or walk. If breathing is difficult allow them to sit. Give adrenaline autoinjector if available. Phone ambulance*: 000 (AU) or 111 (NZ).
aline autoinjector instructions. Instructions are also on the device label and at: www.allergy.org.au/anaphylaxis	4 Phone family/emergency contact. Commence CPR at any time if person is unresponsive and not breathing normally. *Medical observation in hospital for at least 4 hours is recommended after anaphylaxis.
	IF UNCERTAIN WHETHER IT IS ANAPHYLAXIS OR ASTHMA • Give adrenaline autoinjector FIRST, then asthma reliever. • If someone with known food or insect allergy suddenly develops severe asthma like symptoms, give adrenaline autoinjector FIRST, then asthma reliever. Asthma: Y N Medication: ———————————————————————————————————

ASCIA 2015. This plan was developed as a medical document that can only be completed and signed by the patient's treating medical doctor and cannot be altered without their permission.

Education or care service:

This form is developed in partnership and has co-ownership with the South Australian Department for Education and the Department for Health and Wellbeing, Women's and Children's Health Network

Medication Agreement

for education and care

This information is confidential and will be available only to relevant staff and emergency medical personne

The legal guardian or adult student can complete the medication agreement authorising education and care staff to administer medication as instructed. All sections of the 'Authorisation' section must be checked to confirm authorisation to administer in an education or care service by the legal guardian or adult student. A treating health professional may assist the legal guardian or adult student to complete this form.

A registered health professional (ie medical consultant, specialist nurse, GP, Dentist) <u>must</u> complete the 'Agreement' section for any Controlled Drug (S8) (including morphine, dexamphetamine and codeine), where oxygen or insulin is required to be administered in education or care, or where 3 or more doses of pain relievers (paracetamol or ibuprofen) are required to be administered in education or care within one week. Where midazolam is prescribed this must be documented on an INIM Medication Agreement HSP153 form.

Medication Agreements that are modified, overwritten or illegible will NOT be accepted.

LEGAL GUARDIAN OR ADULT STUDENT TO COMPLETE:

	n or care service email: (if known)						
Name of	child or young person:						
Date of b	pirth:	Date of next review:					
Allergies:	:						
MEDICA	TION INSTRUCTIONS						
The media	cation instructions must match EXACTLY the	e pharmad	cy label on the m	nedication or me	dication will	not be adminis	tered
Medicatio	on name					TIME(S)	iniatored within 1/ how of accepted
Form (lig	nuid, tablet, capsule, lotion, oxygen, inhaler, i	njection)	Route (skin, o	oral, inhaled, ga.	strostomy,	time(s):	inistered within ½ hour of specified
Strength	(mg or mg/ml)		Dose (the number written)	mber of tablets o	or mls must	Start date	
Other inst	structions for administration (when not a changes to medication prior to administration	ppropriate n i.e. crust	to administer; h hing)	ow to administe	r i.e. with	End date Medication this date. N	Agreement ceases to be valid as at lot required for long term medication
AUTHOR	RISATION AND RELEASE						
ПТ	The medication documented above is re	equired to	o be administe	ered during atte	endance at	the educatio	n or care service.
	The medication documented above is N han three times in one week (if it is yes						
	Where the medication is a prescription r	-			-		
	confirm this medication has been admi	inistered	to my child pre	eviously (a firs	t dose can	not be admin	istered in education or care).
	My child is well enough for school (no acceptation and if the						
	understand the medication provided m nedication will not be administered.	ust have	a pharmacy la	abel that matc	hes the info	ormation in th	ne Medication Agreement or the
	approve the release of this information	to super	rvising staff an	d emergency	personnel (if required).	
	authorise the medication as instructed	above to	be administer	red in the edu	cation or ca	are setting.	
	certify the above statements are true a	and corre	ct.				
Legal gua	ardian/						
	First name (please print)		Family name (please print)			
Email or s	signature:					Date:	
AGREE (must co	EMENT: REGISTERED HEALTH I complete for Controlled Drugs (S8), agree the medication instructions as we authorise delegation to the WCHN Acc	oxygen ritten abo	n, insulin or pove are approp	pain relief rec priate for admi	quired to b nistration in	e administenthe education	ered 3x+ in one week) on or care setting
				orogana		rogram (mr	squirou)
		6 HJ. 120		Date			
	ne & practice/hospital or stamp)			Date	role		
				Professional Email or sign	The second second		

South Australia HSP151 Single Medication Agreement

Version: 2.1

Date updated: June 2019

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CANTEEN DUTY - Can You Help?

The canteen relies heavily upon volunteers to provide an essential service to our students.

If you are able to offer some time, please see Teresa, our canteen manager, or add your name to the roster on the noticeboard inside the canteen door.

You may choose to work for as little as 30 minutes or to help out the whole morning. Any donation of your time at all is most welcome

As a volunteer, you will receive morning tea and lunch as well free entry into our end-of-year raffle.

Volunteering is a great way of becoming involved in your child's school and the children love to see you here.

Please call in to see Teresa in the canteen or phone us on 85323055



Murray Bridge North School CANTEEN PRICE LIST Term 1 2020

The North School canteen menu provides healthy, nutritious and tasty food and drinks consistent with the Department for Education and Children's Services Right Bite Healthy Food Strategy for Schools and Pre-Schools. Drinks containing caffeine and guarana (high energy) are banned in SA Government schools and preschools.

MUNCHY	TUESDAY DOGGY DAY	WEDNESDAY PIZZA PIZZAZ	THURSDAY INTERNATIONAL	FRIDAY BURGER BLITZ
Chicken Nuggets and	Hot Dog \$3.80 Half Hot Dog	Pizza Ham and cheese	Spaghetti Bolognese OR	Fillet O'Fish Burger with lettuce,
\$3.50 OR Chicken	\$2.10 Extras: Cheese 50c	Ham, cheese and pineapple	Fried Rice \$4.30	cucumber and mayo OR Cheese
Nuggets and i mini corn cob \$2.50	Pineapple 50c Sauce no charge	\$4.30		Burger with cheese and tomato \$4.30

Other	Hot	Food	

Mini Mouse Trap	Small hot ham and cheese roll w/veggie sauce	\$2.20
Mouse Trap	Hot ham and cheese roll w/veggie sauce	\$3.80
Pastries	Light pies, veggie pasties, Potato top pies & sausage rolls. Sauce no charge	\$4.00
Chicken Chilli Pocket	Pita pocket with crumbed chicken, lettuce and sweet chilli sauce	\$3.70
Farmyard Burger	Chicken patty with lettuce, carrot and mayo	\$4.30
Toasted sandwhich	Ham and cheese, baked beans and cheese, cheese and tomato	\$3.00



Our canteen menu provides healthy, nutritious and tasty food and drinks consistent with the Department for Education and Children's Services Right Bite Healthy Food Strategy for Schools and Pre-Schools.

Rite Bite categorises food into the colour codes of

GREEN – Foods that are considered to be the most nutritious and healthiest choice, such as fresh fruit and vegetables, low fat dairy foods, lean meats, eggs, fish, breads, pasta, rice, nuts, legumes and wholegrain cereals. Plenty of water to drink is essential in a healthy diet

AMBER – Foods that are still good choices, but may contain added sugars, fats and salts, such as full fat flavoured milk, custards and cheese, some spreads, margarine, sauces and gravies, processed meats, savoury snack foods, some fruit drinks and breakfast cereals.

RED – Food and drinks that are energy dense and nutrient poor, such as pastries, cakes, biscuits, chocolate coated icecreams, lollies etc. Sugar and artificially sweetened drinks—soft drinks, energy drinks, sports waters, sports waters, sports waters, the drinks and drinks containing caffeine and guarana are banned in SA Government schools

All items on the North Schools menu fit into the GREEN and AMBER categories of the Right Bite spectrum and provide our learners with healthy choices.

ORDERING LUNCH FROM THE CANTEEN

- Write your child's name and class on an order bag Use the Canteen Menu to choose lunch foods Write the chosen items on the bag Enclose the correct money if possible.

- The canteen is unable to change large notes.

 Place the lunch order in the class lunch tub at 8:55 a.m.

 If late, your child will need to take the order to the canteen at recess time.

 Children with ice-cream orders will need to line up at the canteen when the lunch
 play bell sounds with their lunch order bags to collect the item.

 To request more lunch bags, please let us know by writing
- "More bags, please" on the lunch order bag. These are 3 for 10c

Sandwiches, Rolls and Wraps			
These items are all made using brown bread	Sandwich	Roll	Wrap
Buttered	\$1.20	\$1.40	\$1.40
Vegemite	\$1.70	\$2.20	\$1.90
Cheese and Ham	\$2.70	\$2.90	\$3.00
Grated Carrot and Cheese	\$2.40	\$2.60	\$2.80
Salad	\$3.50	\$3.70	\$3.80
Egg, Lettuce and Mayonnaise	\$3.50	\$3.80	\$3.80
Tuna, Cucumber and Mayonnaise	\$3.50	\$3.70	\$3.80
Chicken, Lettuce and Mayonnaise	\$3.70	\$3.70	\$3.90
Ham or Cheese Salad	\$3.80	\$3.90	\$4.00
Chicken Salad	\$3.90	\$3.90	\$4.00

Lunch Packs	
Crunchy Bag 1 (cheese, carrot, biscuits)	\$2.00
Crunchy Bag 2 (includes boiled egg)	\$2.40
Salad Box 1 (tomato, Lettuce, cucumber, carrot)	\$3.60
Salad Box 2 (includes choice of ham, chicken, tuna or quiche)	\$4.00
English called	C2 40

Extras	
Sauce or Mayonnaise	.10c
Sauce sachet	.20c
Tomato, cheese, lettuce, gherkin, carrot, pickled onion, cucumber	.50c each
Lunch Bags	3 for 10c
Drinks/Juices	

	Dilliks/Juices	
Plain Milk	(200 ml)	\$1.00
Small Juice	Orange, Apple or Blackcurrant and Apple	\$2.20
Spring Wate	r (600ml)	\$1.70
Breaker Milk		\$2.20
Large Juice	Orange or Apple or Berry	\$2.50
Oak Milk		\$2.60
	Frozen Goods	

Mini Calypo, Strawberry Dixie Cup, Vanilla Dixie Cup, Ice Mony	\$1.00			
Icy Poles or Juices	\$1.20			
Moosie	\$1.50			
Krazi Crush (pear based, frozen drink)				
Golden North Swings	\$2.00			
Quelch or Zooper Dooper				
Snacks				

Cookies	.60c
Honey Oat Slice	.80c
Cheese Sticks	\$1.00
Fresh Fruit	\$1.00
Chocolate Custard	\$1.00
Fruit Muffins	\$1.20
Koala Popcorn / Vegie Chips	\$1.50

BOOK CLUB





Hi to all Norta School Parente!



Welcome to BOOK CLUB 2020!

At North school we place a high value on your child learning to read and enjoying great books. We all know that this increases their vocabulary and opens the way to a world of learning and discovery.

Book Club is a great way of sharing reading in your home with a range of books to suit all ages and interests at bargain prices.

Our involvement attracts \$rewards that enable us to buy teaching resources and library books; the library also receives free books throughout the year which support children's participation in the Premier's Reading

Catalogues will be coming home with your child soon. If not, check with your child's teacher or get one from the front desk.

Hope you find some great reading treats here for your children.

Thanks for making reading a priority for your children. Beverley Sharrad Jones

Please remember: Online orders only

Mark on your calendar:

-Due date for Issue 1: Monday 17th February, 4pm

-There will be 2 issues in each term except term 2, when the 2nd

issue will be replaced by the BOOK Fair in week 9: 23rd-26th June

Book Club LOOP

LOOP is the Scholastic Book Club Linked Online Ordering & Payment platform.

It's easy to order and pay online for your child's Book Club order using your credit card. If your school is not yet in the LOOP. speak with your school's Book Club Organiser.

Head to scholastic.com.au/LOOP or Sownload on the App Store Soogle play

Follow these easy steps!

Simply grab your child's Book Club catalogue and either SIGN-IN or REGISTER

Add your child's first name and last initial (so the school knows who the book is for), then select your SCHOOL and your CHILD'S CLASS.
Note: You can order for multiple children at once if they attend the same school.

LOOKING FOR MORE PRODUCT INFORMATION? 7 3 127150

Click on ORDER and enter the item number from the Book Club catalogue.

All orders are linked directly to the school for submission to Scholastic. Books will still be delivered to your child's classroom if you order by the close date.

That's it! There's no need to return paper order forms or payment receipt details to your school.

■SCHOLASTIC

MBNS Term 1 Planner

WEEK	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
1	27/1 Public Holiday	28/11 First Day of Term 1	29/1	30/1	31/1	1/2 - 2/2
2	3/2	4/2 Acquaintance Evening	5/2	6/2	7/2	8/2 - 9/2
3	10/2	11/2 Governing Council Meeting 6pm	12/2	13/2	14/2	15/2-16/2
4	17/2	18/2	19/2	20/2	21/2	22/2-23/2
5	24/2	25/2	26/2	27/2	28/2	29/2 - 1/3
6	2/3 Aquatics Year 7	3/3 Aquatics Year 7	4/3	5/3	6/3	7/3 - 8/3
7	9/3	10/3	11/3	12/3	13/3	14/3 -15/3
8	16/3	17/3 Governing Council Meeting 6pm	18/3	19/3	20/3	21/3-22/3
9	23/3	24/3	25/3	26/3	27/3	28/3-29/3
10	30/3	31/3 School Photos	1/4	2/4 Catch up Photo Day	3/4	4/4-5/4
11	6/4	7/4	8/4	9/4 Last Day of Term 1 Early Dismissal 2:10pm	10/4 Good Friday	11/4-12/4 Easter Break

Murray Bridge North School OSHC

Before School, After School and Vacation Care Programs.

Catering for your needs on your local school site

Open daily 630am and close 6.30pm
This service will operate a 6am start if there is a demand. Please contact the service or school to register your interest.



Quality care, competitive prices,

fun activities, friends to be made, games, arts, crafts, good food and special events all in a home like environment.

Contact OSHC 08 85310179 or 0417825455



