
NEWSLETTER

Issue 2, 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

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PRINCIPAL REPORT.

The North School has had a smooth start to the year. Classes have settled quickly and our experienced teachers and School Service Officers are engaging our students with serious learning.

Last Wednesday we offered a session for new Volunteers to increase the number of people able to help in classes and the canteen. Thank you to the parents and carers who came. You have an important role in supporting our students. We will repeat the session in about a month so interested parents and carers can join in.

We are also pleased to have the help of staff from the education Department's Learning Improvement Division and Literacy Guarantee Unit to support our teachers this year. Their fine grained advice will enable more specific learning to occur for our students.

Last Tuesday we were pleased to welcome local Member of Parliament Adrian Pederick to a tour of the school. From that meeting came an agreement to work closely together to address any local issues concerning the school that may arise.

And finally, on Friday I was soundly beaten in a friendly Maths competition by Denise Excell's year 5 class. This defeat will be taken seriously and will continue with a rematch at some future date. Their lively participation and keen knowledge is a credit to their learning already this year.

Murray Bridge North School

Principal- James Parkin



Upcoming Events

For more events see planner

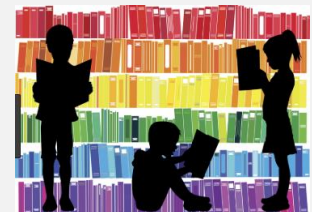
2nd – 3rd March
Year 7 Aquatics

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.



**Government
of South Australia**

Department for Education


Page 1 of 10

More important information

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 are available in the office this needs to be applied for every year. If you are not eligible for school card and would like to pay by instalments the forms are available at the Front Office.



APPLYING FOR A SCHOOL CARD

All types of School Card applications **are now online.**

You can access the online forms from any device that gets internet, including mobile devices, such as tablets and smart phones, as well as laptops and computers.

Applying online is easy! Simply follow the steps below.

- STEP 1** Visit sa.gov.au/education/schoolcard
- STEP 2** Select the type of School Card you would like to apply for (for example "Type A") and follow the prompts.
- STEP 3** Complete all mandatory fields.
Please note: you cannot submit your application unless all mandatory fields are complete.
- STEP 4** Once you have completed a page click on the "NEXT" button.
- STEP 5** Once you have filled out all pages click the "SUBMIT" button.
Please note: if you exit the form without clicking "SUBMIT" your details will be lost.

You can save the form, and return to complete it at another time, by clicking on the "SAVE" button.

sa.gov.au/education/schoolcard

Government of South Australia
Department for Education



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



Murray Bridge North School

Principal- James Parkin

Asthma care plan for education and care services

CONFIDENTIAL: Staff are trained in asthma first aid (see overleaf) and can provide routine asthma medication as authorised in this care plan by the treating doctor. Please advise staff in writing of any changes to this plan.

To be completed by the treating doctor and parent/guardian, for supervising staff and emergency medical personnel.

PLEASE PRINT CLEARLY

Photo of student
(optional)

Plan date
___/___/201__

Review date
___/___/201__

Student's name _____ Date of birth _____

Managing an asthma attack

Staff are trained in asthma first aid (see overleaf). Please write down anything different this student might need if they have an asthma attack:

Daily asthma management

| | | |
|---|--|---|
| <p><i>This student's usual asthma signs</i></p> <p><input type="checkbox"/> Cough</p> <p><input type="checkbox"/> Wheeze</p> <p><input type="checkbox"/> Difficulty breathing</p> <p><input type="checkbox"/> Other (please describe)</p> | <p><i>Frequency and severity</i></p> <p><input type="checkbox"/> Daily/most days</p> <p><input type="checkbox"/> Frequently (more than 5 x per year)</p> <p><input type="checkbox"/> Occasionally (less than 5 x per year)</p> <p><input type="checkbox"/> Other (please describe)</p> | <p><i>Known triggers for this student's asthma (eg exercise*, colds/flu, smoke) — please detail:</i></p> <p>_____</p> <p>_____</p> <p>_____</p> |
|---|--|---|

Does this student usually tell an adult if s/he is having trouble breathing? Yes No

Does this student need help to take asthma medication? Yes No

Does this student use a mask with a spacer? Yes No

*Does this student need a blue reliever puffer medication before exercise? Yes No

Medication plan

If this student needs asthma medication, please detail below and make sure the medication and spacer/mask are supplied to staff.

| Name of medication and colour | Dose/number of puffs | Time required |
|-------------------------------|----------------------|---------------|
| | | |
| | | |

| | | |
|--|---|---|
| <p>Doctor</p> <p>Name of doctor _____</p> <p>Address _____</p> <p>Phone _____</p> <p>Signature _____ Date _____</p> | <p>Parent/Guardian</p> <p><small>I have read, understood and agreed with this care plan and any 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 seek emergency medical help as needed and that I am responsible for payment of any emergency medical costs.</small></p> <p>Signature _____ Date _____</p> <p>Name _____</p> | <p>Emergency contact information</p> <p>Contact name _____</p> <p>Phone _____</p> <p>Mobile _____</p> <p>Email _____</p> |
|--|---|---|

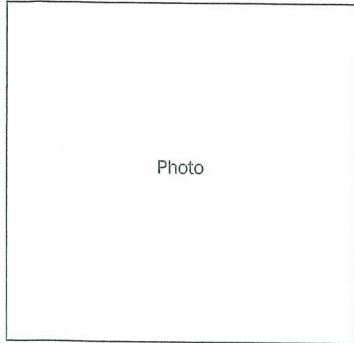


asthmaaustralia.org.au | 1800 ASTHMA Helpline (1800 278 46)

Benefit approval: December 2016 | Approved by: CEO Asthma Australia | Date of review: July 2018 | AACH02016 Care Plan for Education Services.indd | 07 March 2017

Name: _____
Date of birth: _____

For use with EpiPen® adrenaline autoinjectors



Confirmed allergens: _____

Family/emergency contact name(s): _____

Work Ph: _____
Home Ph: _____
Mobile Ph: _____

Plan prepared by: _____
Dr: _____

I hereby authorise medications specified on this plan to be administered according to the plan.

Signed: _____

Date: _____

Date of next review: _____

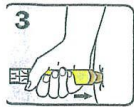
How to give EpiPen®



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 seconds.

REMOVE EpiPen®. Massage injection site for 10 seconds.

Instructions are also on the device label and at: www.allergy.org.au/anaphylaxis

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)

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.

Mild to moderate allergic reactions may not always occur before anaphylaxis

Watch for **ANY ONE** of the following signs of anaphylaxis

ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

- 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)

ACTION FOR ANAPHYLAXIS

- 1 Lay person flat. Do not allow them to stand or walk. If breathing is difficult allow them to sit.**
- 2 Give EpiPen® or EpiPen® Jr adrenaline autoinjector.**
- 3 Phone ambulance*: 000 (AU) or 111 (NZ).**
- 4 Phone family/emergency contact.**
- 5 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.

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.

Name: _____
Date of birth: _____

Photo

Confirmed allergens: _____

Family/emergency contact name(s): _____

Work Ph: _____
Home Ph: _____
Mobile Ph: _____

Plan prepared by:
Dr: _____

hereby authorise medications specified on this plan to be administered according to the plan.

Signed: _____

Date: _____

Date of next review: _____

Note: The ASCIA Action Plan for Allergic Reactions is for people with mild to moderate 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 adrenaline autoinjector instructions.

Instructions are also on the device label and at:
www.allergy.org.au/anaphylaxis

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- Give other medications (if prescribed).....
- Phone family/emergency contact.

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ACTION FOR ANAPHYLAXIS

- 1 Lay person flat. Do not allow them to stand or walk.**
If breathing is difficult allow them to sit.
 - 2 Give adrenaline autoinjector if available.**
 - 3 Phone ambulance*: 000 (AU) or 111 (NZ).**
 - 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.

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- 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.

4.1 learns about school!!!

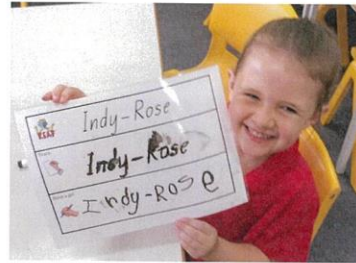
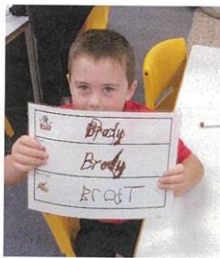
In 4.1 we are new Receptions who have just started school. While this is a very exciting time, it also comes with a LOT of new learning. Our focus has been on learning the routines of our classroom and the wider school community and becoming a team environment where everyone feels a sense of belonging. We have been making new friends and learning how to solve problems in a way that keeps us all safe and happy.



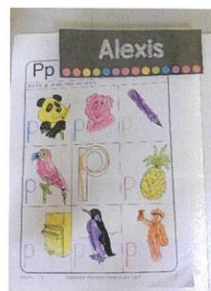
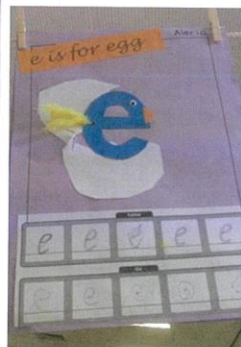
Play is an important part of our learning



Every morning, we practise writing our names and we do [Jolly Phonics](#) to learn about letters and their sounds.



Here is some of our letter learning work.....



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.

| Suggested Menu. – All of these hot food items are available every day | | | | |
|---|---|---|--|--|
| MUNCHY MONDAY | TUESDAY DOGGY DAY | WEDNESDAY PIZZA PIZZAZ | THURSDAY INTERNATIONAL DAY | FRIDAY BURGER BLITZ |
| 4 Chicken Nuggets and a mini corn cob \$3.50 OR 2 Chicken Nuggets and a mini corn cob \$2.50  | Hot Dog \$3.80 Half Hot Dog \$2.10 Extras: Cheese 50c Pineapple 50c Sauce no charge  | Pizza Ham and cheese OR Ham, cheese and pineapple BBQ Chicken \$4.30  | Spaghetti Bolognese OR Fried Rice \$4.30  | Fillet O'Fish Burger with lettuce, cucumber and mayo OR Cheese 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. <i>Sauce no charge</i> | \$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 sandwich | Ham and cheese, baked beans and cheese, cheese and tomato | \$3.00 |



Murray Bridge North School

CANTEEN

Term 1 2020

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 drinks, flavoured mineral waters, sports waters, fruit drinks and drinks containing caffeine and guarana are banned in SA Government schools and preschools.

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 |
| Fruit salad | \$3.40 |

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

| | |
|---|--------|
| Plain Milk (200 ml) | \$1.00 |
| Small Juice Orange, Apple or Blackcurrant and Apple | \$2.20 |
| Spring Water (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) | \$2.00 |
| Golden North Swings | \$2.00 |
| Quelch or Zooper Dooper | \$0.60 |

Snacks

| | |
|------------------------------|--------|
| Cookies | .60c |
| Honey Oat Slice | .80c |
| Cheese Slicks | \$1.00 |
| Fresh Fruit | \$1.00 |
| Chocolate Custard | \$1.00 |
| Fruit Muffins | \$1.20 |
| Koala Popcorn / Veggie Chips | \$1.50 |

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 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

SOUTH AUSTRALIA POLICE
KEEPING SA SAFE

POLICE AND COMMUNITY- WORKING TOGETHER

PARTICIPATE IN THE FORUM

Want to brush up on your knowledge of the road rules, have traffic related questions you want answered, or a young person about to get their licence? Then you won't want to miss the traffic themed Murray Mallee Local Service Area Forum.

When Thursday, 13 February 2020
Where Unity College Steeple
45 Oval Dr,
MURRAY BRIDGE
Time 6.30 pm to 8.00 pm
(Doors open at 6.00 pm)

While questions will be taken from the audience on the night, community members can send in questions prior to the meeting which will then be addressed on the night.
Questions and any enquiries can be lodged by email to: spokane@police.sa.gov.au

Government of South Australia

Mr Snot Bottom

FRIDAY 17TH APRIL
MURRAY BRIDGE TOWN HALL
11:00am (doors 10:30am)
TICKETS \$10
www.ticketbooth.com.au
or MURRAY BRIDGE REGIONAL GALLERY
Ph 08 8539 1420

He's the Prince of Puntrol, The Willy Wonky of Weird!
He's Mr. Snotbottom!
A deeeceasingly kids comedian brimming with all the ooey, gooey, yucky, slimy topics kids love: boogers, bottoms, pop-offs and smells!
Expect snot-loads of gross-tastic gags, tasteless tunes and just wrong routines perfect for weird kids 5 and up and their even weirder parents.
*Children two years and under enter for free (no seating allocation)

MURRAY BRIDGE

facebook.com/townhallmurraybridge/

Bridge Bowl's After School Club

One & Two games season
1 game \$6 per person
2 games \$12 per person

**Every Monday & Wednesday
at 4.00 pm**

**New Season starting soon
Register now!**

Phone Bridge Bowl on 8531 0022

We acknowledge the Ngarrindjeri people as the traditional owners of this land on which we meet and work. We respect and acknowledge their spiritual connection as the custodians of this land and that their cultural heritage beliefs are still important to the living people today.