Dear Parents

The staff and I welcome you back to Murwillumbah for the fourth and final term of 2015. We hope you’ve had a refreshing holiday with many fun adventures as a family. I would like to welcome all our new families that have joined us this term.

Term 4 is an 11-week term concluding on Wednesday, December 16, for students. Some of our planned activities include: School Musical in week 8, Running the town Remembrance Day Service, Art Smart Classes, a further 6 weeks of our 2016 Kindergarten transition program, Year 3 overnight camp and Pottsville visit, Music Wet and Wild excursion, Presentation Day Assembly including Sport and Music awards and the Year 6 Farwell and Bell Ringing.

Later in Term 4, all teachers will be completing end of year reports on each child in their class and discussing individual goals set in Term 2.

As we move closer to the end of the 2015 school year we need to ensure that we are organised for 2016. One of our annual challenges is to know how many students will start school each year and to organise classes based on these numbers. To assist, we ask families with children in Kindergarten to Year 5, who may be leaving the school at the end of 2015, inform the school at your earliest convenience. This will enable us to plan our teachers and classes for next year. If leaving, please inform the school via email or call into the office by Thursday, October 15, so we can continue planning for next year.

Next Thursday & Friday (October 15 & 16) Vinnie C will represent Murwillumbah Public School and the North Coast Region at the 2015 State PSSA Athletics Carnival, which will be held at Homebush Stadium in Sydney. Vinnie will be competing in the 100m. We wish Vinnie all the best.

This Friday a number of staff will be involved in professional development at Kingscliff Public School. Staff will be exploring the ways that Google Apps can be utilised to transfer learning and teaching.

In week 3, more staff will attend a further session at Banora Point High School.
During the break, we had a number of tree branches trimmed down the back playground. This is part of our school plan to provide an upgraded eating area for our Primary students. The next stage is to replace the old wooden seats with new seating. We hope to have work completed during term 4.

This term we will be holding a school musical with a number of performances taking part throughout the night. These include the Kindergarten Nativity, E-I-E-I Oops, The Pirate Cantata and Over the Rainbow. This will be held in week 8 on Tuesday the 24th November at Murwillumbah High School commencing around 6.00pm.

Rehearsals have commenced with children auditioning for individual roles. We will send home further information in the upcoming weeks however, please set aside this evening as it will be a most enjoyable night.

Have a great week

Les Daley
Principal

CONGRATULATIONS TO OUR MERIT AWARD WINNERS FOR WEEK 1 TERM 4:

KL: Martha, Danica, Jasmine
KP: Nathan, Mia
1K: Kyen, Ashleigh
1/2S: Nikita, Dean
2H: Kaitlin, Blake, Tristan
3P: Zali, Leo

4/5A: Bronte, Thomas
6W: Brock, Kiarra
Mr Johnston: Tu-wai, Will

Welcome back to Term 4!
The canteen has a new carbonated drink available to purchase. ‘Wild Potion’ is an orange carbonated drink made locally in Stokers Siding. It has less sugar and less carbs than any other fizzy drink and is available at a cost of $2.50 (300 mL).

Could I please ask parents to check the prices of items on the canteen menu (a copy is included with this newsletter) when placing their children’s orders for both recess and lunch. Some parents are using outdated pricing, from 2014.

If you are able to help out in our canteen this term at any stage, please call the school office on 02 6672 1467 or you can send in a note with your availability. If you are unable to do canteen on your rostered day please notify our canteen manager, Debbie (0422 698 542) or the School ASAP, so a replacement can be found in time.
## School News

### International Competitions and Assessments for Schools (ICAS)

Congratulations to the following students who sat for the English, Spelling and Writing Exams.

#### English Results

**Year 2**

<table>
<thead>
<tr>
<th>Year 2</th>
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<tbody>
<tr>
<td>Ruby</td>
<td>Distinction</td>
<td>Aurelia</td>
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<tr>
<td>Jack</td>
<td>Participation</td>
<td>Bree</td>
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<td>Tiarna</td>
<td>Participation</td>
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**Year 3**

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<tbody>
<tr>
<td>Anna</td>
<td>Credit</td>
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**Year 4**

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<tr>
<td>Manaia</td>
<td>Distinction</td>
<td>Karsha</td>
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<tr>
<td>Kathleen</td>
<td>Participation</td>
<td>Cooper</td>
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**Year 5**

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<tbody>
<tr>
<td>Ben</td>
<td>Credit</td>
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**Year 6**

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<th>Year 6</th>
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<tbody>
<tr>
<td>Cedar</td>
<td>Distinction</td>
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<td>Lucas</td>
<td>Participation</td>
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#### Writing Results

**Year 3**

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<tr>
<td>Anna</td>
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**Year 4**

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<tr>
<td>Cooper</td>
<td>Participation</td>
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<td>Karsha</td>
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**Year 5**

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<tbody>
<tr>
<td>Daniel</td>
<td>Credit</td>
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<td>Ben</td>
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**Year 6**

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<th>Year 6</th>
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<tbody>
<tr>
<td>Charlie</td>
<td>Merit</td>
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<tr>
<td>Lucas</td>
<td>Merit</td>
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#### Spelling Results

**Year 3**

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<tr>
<td>Ruby (Yr 2)</td>
<td>Credit</td>
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<td>Anna</td>
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**Year 4**

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<td>Tristan</td>
<td>Merit</td>
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<td>Noah</td>
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<td>Karsha</td>
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School News

CHICKENPOX
There have been a few cases of chickenpox in our school community over the school holiday period. Please find following an extract from the NSW Health website for your information.

What is Chickenpox?
- Chickenpox (varicella) is a viral illness caused by the herpes zoster virus (also known as the Varicella-Zoster virus)
- In children it usually causes a relatively mild illness.
- Chickenpox in adults and immunosuppressed people can be severe.
- Infection in pregnancy can cause foetal malformations, skin scarring & other problems
- Before routine vaccination began in November 2005, chickenpox was a very common illness
  The incidence of chickenpox appears to have decreased as more people receive the vaccine.

What are the symptoms
- Chickenpox begins with a sudden onset of slight fever, runny nose, feeling generally unwell and a skin rash.
- The rash usually begins as small lumps that turn into blisters and then scabs.
- The rash appears over three to four days. At any one time, the lesions of the rash vary in stages of development.
- Symptoms usually occur two weeks after exposure to the virus.
- Most people recover without complications, but sometimes the infection can lead to serious complications, such as pneumonia and inflammation of the brain. Rarely, the infection can be fatal.
- Persons who are previously vaccinated can still get chickenpox. If chickenpox occurs in a vaccinated person it is usually mild and less contagious than in an unvaccinated person.

How is it spread?
- Early in the illness, the virus is spread by coughing.
- Later in the illness, the virus is spread by direct contact with the fluid in the blisters.
- The infection is highly contagious to people who have never had chickenpox or who have not been vaccinated.
- People are infectious from one or two days before the rash appears (that is, during the runny nose phase) and up to five days after (when the blisters have formed crusts or scabs)
- Chickenpox infection triggers an immune response and people rarely get chickenpox twice.

Who is at risk?
- Anyone who has not had chickenpox or been vaccinated in the past can get chickenpox.
- People with a past history of chickenpox are likely to be immune to the virus. Even adults with no history of chickenpox have a chance of being immune (because of past infection that was mild). Doctors sometimes perform a blood test to see if these people need a vaccination.

How is it prevented?
- A free varicella containing vaccine (MMRV) is now recommended for all children at 18 months of age.
- Students in their first year of high school who have not previously received varicella vaccine and who have not had chickenpox are offered a varicella vaccine.
- Varicella vaccine is recommended for all non immune adolescents (>14 years) and adults. This involves two doses at least 1 month apart. It is especially recommended for people at high risk, for example, health care workers, people living with or working with small children, women planning a pregnancy, and household contact of persons who are immunosuppressed.
- People with chickenpox should avoid others (and not attend childcare or school) until at least five days after onset of the rash and all the blisters have dried.
- People with chickenpox should cover the nose and mouth when coughing or sneezing, dispose of soiled tissues, wash their hands well and not share eating utensils, food or drinking cups.
- Pregnant women should avoid anyone with chickenpox or shingles and should see their doctor if they have been around someone with these illnesses.
• Children with an immune deficiency (for example, leukaemia) or who are receiving chemotherapy should avoid anyone with chickenpox or shingles as the infection can be especially severe.

How is Chickenpox diagnosed?
Most cases can be diagnosed based on the symptoms and by appearance of the rash. Sometimes the diagnosis is confirmed by testing samples taken from the rash or from blood.
Canteen Menu

Our school canteen is open on Monday, Wednesday and Friday
Please contact Debbie Lowe on 0422 698 542 if you can volunteer to help in our canteen

RECESS MENU
(Can be pre-ordered)

Please use a separate bag for your recess order

Bakery Items...................20c-$1.00
Cheese Top Roll.....................$1.00
Cheesy Toast.........................$0.50
Chips......................................$1.00
Cup of Fruit............................$0.80
Custard & Jelly cups..............$1.00
Custard Cups.........................$0.50
Fruit (seasonal)....................  $1.00
Garlic Bread...........................$0.50
Jelly Pots................................$0.20
Pikelets 3 for........................$0.50
  Pikelets..................................$0.20
Warm Milo................................$0.50

SUSHI – ordered fresh DAILY
NO SUSHI AT RECESS 😞
Chicken and Avocado............$3.00
Chicken Terriyaki...............$3.00
Tuna.................................$3.00
Vegetarian...........................$3.00
Avocado..............................$3.00
Californian...........................$3.00

TORTILLA WRAPS

Salad.................................$4.00
Chicken & Salad...............$5.00
Ham & Salad......................$5.00
Chicken Lettuce & Mayo......$3.80
Egg & Lettuce....................$3.80

SANDWICHES – Made To Order

Salad.................................$3.80
Chicken & Salad..................$4.60
Ham & Salad......................$4.60
Egg & Lettuce....................$3.50
Ham & Cheese.....................$2.80
Ham, cheese & tomato...........$3.50
Cheese..............................$2.00
Vegemite..............................$1.50
Toasted............................... no extra

MEAL DEALS

Toasted ham & cheese + popper
$3.50
Toasted cheese + popper
$2.50

HOT FOOD

Chicken Mornay Pie...............$4.00
Macaroni and Cheese (Mondays only)........$3.60
Meat Pies..............................$3.80
Medium Meat Pie...............$2.80
Mini Hot Dog + cheese.........$2.20
Mini Hot Dogs....................$2.00
Pizza.................................$3.50
Sauce (Tom or BBQ)............$0.30
Sausage Roll......................$0.30
Spaghetti Bolognaise (Fridays only)........$3.60
Spinach Roll......................$3.70
Spinach Triangle..................$3.70

MEXICAN KEBAB -$5.50
Salsa, lettuce, chicken, onion, cheese & sour cream wrapped in kebab bread & toasted

Vegetarian option also available

CAESAR KEBAB - $5.50
Chicken, lettuce, tomato, Caesar dressing, wrapped in kebab bread & toasted.

MEAL DEALS

Toasted ham & cheese + popper
$3.50
Toasted cheese + popper
$2.50

DRINKS

Chocolate Nippys..................$2.70
Strawberry Nippys................$2.70
Frozen Juice Cups.................$1.00
LOL..................................$2.40
Popper – Orange, Apple, Apple & Blackcurrant.........$1.60
Revolution Juice- Pop Top 100%
Orange, Orange Passion, Apple, Apple & blackcurrant........$2.40
Schools Milk 300ml................$2.70
Warm Milo...........................$0.50
Water 500ml........................$1.80

ICE BLOCKS

TNT’S..................................$1.00
Lemonade, Red, Blue, Green, Kabluey.
MONY’S ................................$0.80
Lemonade Fizz, Chocolate, Kabluey, Watermelon, Strawberry,
Sour Red, Strawberry Ice Cream, Bubblegum, Orange.

SALAD BOWLS –

Small..................................$3.80
Large..................................$5.50
Salsa, cheese, or ham..........$0.70
Egg and cheese...................$1.00
Fresh Fruit Salad................$4.00

GLUTEN FREE OPTIONS

Gluten Free Bread.................Add $2
Gluten Free Pizza...............$4.50

GLUTEN FREE OPTIONS

Gluten Free Bread.................Add $2
Gluten Free Pizza...............$4.50

www.murwillumb-p.schools.nsw.edu.au
## Term 4

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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
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<th>THURSDAY</th>
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<td>7th October</td>
<td>8th October Year 3 Camp</td>
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<td>28th October</td>
<td>29th October K-2 Seaworld Exc</td>
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<td>2nd November</td>
<td>3rd November ARTSMART</td>
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<td>9th November</td>
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<td>11th November Remembrance Day Service</td>
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<td>16th November</td>
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<td>23rd November</td>
<td>24th November School Musical</td>
<td>25th November Captain Nomination Speeches</td>
<td>26th November</td>
<td>27th November Reports Home</td>
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<tr>
<td>30th November Year 6 Farewell</td>
<td>1st December</td>
<td>2nd December MHS Orientation</td>
<td>3rd December Presentation Day MHS Orientation</td>
<td>4th December</td>
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<tr>
<td>7th December Oxley Club Performance</td>
<td>8th December Wet’n’Wild Music Exc.</td>
<td>9th December Sport &amp; Music Assembly Parent Helper MorningTea</td>
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<td>14th December School Picnic Day</td>
<td>15th December</td>
<td>16th December Yr6 Bell Ringing Last Day for Students 2015</td>
<td>Staff Development Day</td>
<td>Staff Development Day</td>
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