PRINCIPAL’S MESSAGE

Dear Parents,

I will be taking Long Service Leave from the 1st September – 18th September. Mrs Mooring will be relieving principal in my absence. Please do not hesitate to contact Mrs Mooring in my absence if the need arises.

School Canteen

A huge thank you to Mark and Kelly McMahon for the outstanding work they are doing to upgrade our canteen. Mark has spent many hours each weekend installing new cupboards, bench tops and retiling splashbacks.

When Issues Arise

No school is perfect; when issues or concerns arise you need to talk to the school. Your child’s teacher or the school principal is the perfect place to start. At Aberdeen Public School we view education as a partnership between you, your child and the school. Our aim is to work with you to achieve the best possible outcome for our students.

If you have any concerns please make an appointment to see me, I am always willing to listen and work with you for the wellbeing of both you and your child.

Cyber safety

This week’s information is about Kik. Kik Messenger (Kik) is a free smartphone messenger application that allows users to send texts, pictures, videos and sketches. Many devices come with Kik preinstalled and parents often do not know that their child is using it.

Parent / Teacher Interviews

As part of our Reporting to Parents Program we are offering Parent/Teacher interviews during Weeks 8 and 9. Notes have been sent home requesting available times from parents. Please return it to your child’s teacher. A note will be sent home advising the exact time of your interview. If none of these times are convenient, please contact your child’s teacher to organise an alternate day and time.
PRINCIPAL’S AWARDS
Week 7 Term 3
K Yellow  Lexia-Lee H. – developing her independence in guided reading groups.
K Lime  Ruby T. - successful independent writing.
1 Blue  Travis D. - finishing his tasks in the set time.
2 Purple  Claire M. - being a positive role model in class and always ready to learn.
2/3 Red  Hallie D. – pleasing effort during writing time.
3/4 Magenta  Mikayla C. - for striving for excellence in writing.
4/5 Green  Jayden J. - displaying a positive attitude and giving encouragement to others.
5 Orange  Josh E. – consistently demonstrating leadership qualities at school.
5/6 Black  Kobi C. – showing an improved confidence in her abilities.

Merit Awards
K Yellow  Charly S.
K Lime  Rei I.
1 Blue  Joan R.
2 Purple  Sienna B.
2/3 Red  Jae D.
3/4 Magenta  Chloe F.
4/5 Green  Jakob J.
5 Orange  Millie H.
5/6 Black  Delta H.

Kids Matter Awards
K Yellow  Isabell W.  Success
K Lime  John D.  Happiness
1 Blue  Riley N.  Happiness
2 Purple  Jordan K.  Persistence
2/3 Red  Claire J.  Confidence
3/4 Magenta  Roy H.  Confidence
4/5 Green  Courtney C.  Success
5 Orange  Cullen S.  Honesty
5/6 Black  Tommy D.  Persistence

Merit Badge  Dakota B.

CLAIM THE DATE
“No Aliens Here”
Primary Concert
Wednesday 16th September (Week 10)
50 minutes of song, movement and drama.
All welcome.

DRAMA THANK YOU
From all the girls in our choir “Universe’s Daughter” we would like to thank Karen Borham and Amy Croft for their time and skills assisting us to make costumes last Monday.
Larni Christie

SRC PJ and Onesie Day
Next Friday 4th September
Wear your pyjamas or a onesie and bring along a Gold Coin Donation to support the Cerebral Palsy Alliance.

THANK YOU BUSH CAMP PARENTS
Thank you to the parents who came along and helped out on the Great Aussie Bush Camp excursion.

CANTEEN NEWS:
Last Friday we did a trial in the canteen to see how Blueberry Muffins would sell. I made 14 muffins Friday morning and they were sold out at recess. The muffins are blueberry flavour and are 97% fat free. They are selling for 50 cents each.
A new menu is in the process of being drawn up with a couple of price changes being added.
If you cannot make your canteen shift and cannot find someone else to do it for you then you need to contact me ASAP so I can arrange something.
Next Term’s roster will be on the noticeboard in the canteen over the next two weeks, could you kindly fill in where you are available to help. If you are no longer available please write your name on the piece of paper on the noticeboard also. Thank you for all your help. Many hands make light work.

Canteen roster:
Wednesday 26th August
Rebecca Adams
Melissa Newton

Friday 28th August
Mel Jordan
Fiona Walton Gilbert

Monday 31st August
Mel Jordan
Susan Rivers

Kelly McMahon 0488134550

COMMUNICATION BY EMAIL
If you would like your newsletter and other important information emailed to you please supply your email address to the school.
Name: __________________________
Student Name: __________________ Class:____
Email address: ____________________________
2016 KINDERGARTEN ENROLMENTS
Kindergarten enrolments are now being taken by Aberdeen Public School for 2016. If your child will be five by 31 July 2016 and you wish to enrol at Aberdeen Public School, please return slip below or contact the office on 6543 7271.

Kindergarten Enrolment 2016:
Child’s Name: ______________________________
Date of Birth: ______________________________
Parents Names: ______________________________
Address: ______________________________
Phone No: ______________________________

A reminder about change of library times. For this week K Yellow will have their library day on Wednesday and 2 Purple will be on Thursday.

Digi Ed CLAYMATION WORKSHOP REGISTRATION FORM
Saturday 12 September @ Aberdeen Public School
Sunday, 13 September @ Murruurrandi Public School
Times: 9:30am to 3:30pm Cost: $15.00 - workshop & lunch
Registrations for the Digi Ed Claymation Movie Making workshop close Tuesday, 1 September. Please return the form to your school.

Three Reasons Red Foods Are Awesome!
Hassle-Free Healthy Lunch Box Tips with Belinda Smith.

- Red Fruits and Vegetables are nutritionally powerful, making them awesome lunch box foods.
- Great Brain Food
- Red fruits and vegetables are memory function, making them an important part of the lunch box mix. Ensure you include a red food daily to help with your child’s learning.
- Keeps Our Hearts Healthy
- The red we push our children today affects their health into their adulthood. Include red foods to promote healthy hearts.
- Helps Protect Against Diabetes
- Help protect your child from diabetes by adding red fruits and vegetables to their lunch box. Lowering processed sugar and regular physical activity also helps.
- Red Fruits & Vegetables to include
- Apples, strawberries, cherries, goji berries, watermelon, raspberries, red grapes, tomatoes, beets, red capsicums. Choose fruit and veg in season in Australia because it will be fresher.
- Ideas
- Choose 2 red fruits and 2 red veg that your children like. Rotate them each day for variety.
- Make a red fruit salad of watermelon, red grapes and strawberries.
- Cherry tomatoes make a good finger food. Serve them with cheese to make them more fun.
- Raw beet and biltong, with hummus for a pink hummus.

It’s on! Fruit & Veg Month has officially started and we are on a mission to make ‘green’ fun.

GO GREEN
TRY MORE GREEN
BE GREEN

We want to give a very big thank you to Aberdeen’s Valley Fair the Friendly Grocer who has kindly donated lots of fruit during this month. One of our activities will be to count the apple cores collected from the slinky making table which will be available at various times throughout Tuesday, Wednesday and Thursday.

Q: What did the lettuce say to the celery?
A: Quit stalking me!

Q: What school subject is the fruitiest?
A: History because it is full of dates!

Q: What vegetables are sailor’s enemies?
A: Leeks

Don’t forget……the aim of Fruit & Veg Month is to encourage everyone to eat more fruit and vegetables and to develop healthy eating habits that last a lifetime.
**FORTHCOMING DATES**

**AUGUST**
- Wednesday 26th: Newcastle Permanent Maths Competition
- Grandparents Morning Tea 10.45am
- Book Week Parade 9.30am
- Regional Athletics

**SEPTEMBER**
- Wednesday 2nd: School Spelling Bee
- Cricket v Denman
- SRC Fundraiser P J Day For Cerebral Palsy
- Gold Coin Donation
- Friday 4th: Cricket Gala Day
- Wednesday 9th: Early Birds – Kinder 2016 From 12pm – 3pm
- Wednesday 16th: No Aliens Here – Primary Performance
- Thursday 17th: Cricket Gala Day

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**Scone Touch footy rep trials** will be on Tuesday 8th September at 4pm, at Scone Sports Complex (Bill Rose).

If you know in advance that you will not be able to make it, but are keen to play please email Nicky Western at nwester@upperhunter.nsw.gov.au or call on 0414-806074.

Training for most teams will be on Tuesday afternoons at 4-5.15pm. Carnivals that we will be attending this year are:
- Scone – 1st November
- Nelson Bay – probably 13th December
- Junior State Cup – Port Macquarie 19/20/21st Feb (U12 boys and girls only at this stage)
What is Kik Messenger?
Kik Messenger (Kik) is a free smartphone messenger application that allows users to send texts, pictures, videos and sketches. Kik uses a wireless connection or mobile data to send and receive messages.

What is the age classification for Kik?
The age classification for the messenger function is 13 years old. Kik also have a feature called 'Kik cards' which allows users to find images, videos and play games. This feature is restricted to users 17 years and older due to the inappropriate nature of some of the content available. It is important to know that these classification are set by the apps creator and are not overseen by an independent body.

What are the potential problems with Kik?
Kik is a popular application amongst young people of all ages. Issues arise when this app is used to transmit messages that are menacing, harrasing or offensive. In some cases this can see young people in breach of State and Commonwealth legislation. Ethically, young people need to be aware that the messages they send can have a significant impact on other people.

As Kik also has the capability for users to share images, it is important that your child is aware of the legal and ethical ramifications of sharing sexualised, provocative and nude images.

It is extremely important that parents and carers are aware of the issues associated with various apps and websites so that they can openly communicate with their child about their safe and responsible usage of Kik.

How can I limit who can contact my child on Kik?
Kik has a setting that allows users to ignore new people who may communicate with them. It’s a good idea for your child to enable this feature before they start using Kik to prevent people they don’t know from communicating with them.

To enable this feature select Settings > Notifications and turn Ignore New People to ON. This will hide any messages sent to your child from people who aren’t on their contact list.

How can I block someone on my child’s Kik account?
It is really important that children know how to block and report on every social networking site or app that they might use. To block a user in Kik select Settings > Privacy > Block List, click the + to select the username of the person you want to block and select Yes or Block to confirm. This will make sure that all messages from this user will be hidden.

Note: A user will not be notified when they have been blocked.

How can my child delete a user on Kik?
We recommend that you monitor your child’s use of Kik and be aware of who they are communicating with. This might mean going through your child’s contact list together to identify who they are talking to. It is important to ensure that their contacts are people whom your child has met in real life, trust, and want to communicate with on a regular basis. Consider deleting contacts that do not fall into the above categories.


How do I delete my child’s Kik account?
If after talking with your child about the ethical use of Kik and your family’s rules around technology, you may think it’s appropriate to delete the Kik account.

To delete a Kik account you require your child’s username and password. To delete the account select Settings > Your Account > Reset Kik Messenger. You then need to delete the Kik application from your child’s device. Ask a friend with Kik to send a message to your child’s old account and within a few days your child will receive an email (sent to the email address used to sign up for the account) from Kik saying you have unread messages. At the bottom of this email will be a deactivation link – click on this and within a few days your account will be deleted.

Note: If your child logs into their Kik account before you have clicked on the deactivation link the request will be cancelled and the account will remain active. It is important that you and your child agree to delete the account and understand the reasons behind that decision.

Open and supportive discussions around technology usage are vital in ensuring your child understands their responsibilities when using technology. Simply removing the technology is not the best response as it could potentially drive your child’s usage underground where there are fewer opportunities for you to support them.
Dear Parents

There have been reports recently of an outbreak of Hand, Foot and Mouth Disease in Aberdeen. It is not a serious illness and has nothing to do with the animal disease called foot and mouth disease. This note is to inform you of actions we can all take to halt the spread of the virus.

How is the infection spread?
Hand Foot and Mouth Disease is spread through close personal contact. This can occur when there is direct contact with nose, throat, and faecal discharges of infected persons. It is also spread by direct contact with the fluid in blisters. It usually takes between 3 and 5 days after contact with an infected person before blisters appear. As long as there is fluid in the blisters, they remain infectious.

Do I need to keep my child home?
Yes, until the blisters have dried.

Who gets hand, foot and mouth disease?
Anyone can be infected, but the disease does seem to occur predominately in children under the age of ten years.

When can a person spread the virus to others?
A person may spread the virus to others just prior to the onset of symptoms, during the acute stage of the illness and perhaps longer, since the virus may persist in the stool for several weeks. The incubation period is usually 3 – 5 days.

How can it affect you?
Hand, foot and mouth disease may cause no symptoms at all or only very mild symptoms. When symptoms do occur, they include blisters that start 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 hands and feet. In infants, sometimes blisters can be seen in the nappy area. Blisters usually last for seven to ten days. Children can sometimes have a low fever, sore throat, tiredness, feel off colour and may not eat for a day or two.

How is it treated?
Usually no treatment is needed. Paracetamol will relieve fever and discomfort. If the headache is severe, or if fever persists consult a doctor.

How can it be prevented?
• Particular attention should be paid to hand washing and personal hygiene.
• Avoid sharing cups, eating utensils, items of personal hygiene (e.g. towels, washers, toothbrushes) and clothing (especially shoes and socks).
• Ensure the mouth and nose are covered when coughing and sneezing. Wipe the nose and mouth with tissues, dispose of used tissues and then wash your hands.
• Thoroughly wash any soiled clothing.
• The illness should be reported to the School Principal.

Michelle Floyd
Principal
Information taken from NSW Health  www.health.nsw.gov.au