

# McDonald Park School

## NEWSLETTER

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**Issue No 8, 23/05/19 - Week 4, Term 2**

**GENEROSITY - RESPECT - HONESTY - LEARNING AND GROWING TOGETHER**

### COMING EVENTS

WEEK 4	WEEK 5	WEEK 6
24/05 Assembly, 2.45pm	Reconciliation Week 28/05 Governing Council 7.30pm 31/05 50 <sup>th</sup> Celebrations from 2.00pm	07/06 Assembly

### MUSICAL OF MUSICALS - OUR CONCERT FOR 2019!

Concert dates: Tuesday 10<sup>th</sup> or Wednesday 11<sup>th</sup> September

Think back over the musicals you have known and loved as a child - Oliver, Annie, Mary Poppins, Charlie and the Chocolate Factory. Perhaps you or your children have been fond of more recent musicals, such as The Lion King, High School Musical or the Greatest Showman?

Coinciding with our 50<sup>th</sup> birthday celebrations this year, our musical concert celebrates the last 50 years in musicals. It has once again been written by our very talented staff members Kate Eldridge, Lia Jordan and Naomi Aston and is set within the grounds of McDonald Park School (at least to begin with).

Classes have been allocated their song and you will soon be given further information about costume requirements and your performance night. You will also get to know your song quite well as your child practices at home, we hope.

As in previous years, each class will perform on one night (either Tuesday or Wednesday night) with the exception of room T5 who will perform on both nights. The performance will start at 7.00pm and go for a little more than an hour.

Students are involved in all aspects of the production as appropriate to their age; from helping to construct props and scenery, designing art work, costumes and backdrops, learning and rehearsing songs and dances and polishing their performance as a whole. They need to work together collaboratively with others students and staff throughout the process to ensure the best possible result.

The areas of the Australian Curriculum which are the main focus throughout the preparation and performance are drama, music, dance and visual arts.

Main parts are allocated to senior students, and auditions for these will begin in week seven of this term. Year six and seven students have already signed up if they would like to try out for a major part. For the first time this year there are also two solo songs, for which students have also signed up to audition.

Further information will be coming out via this newsletter and also through your class teacher as we approach the final performance. A schedule showing which classes will perform on each night will be in the next newsletter.

**Kirsty Trahar, Sharon Day, Daniel Castle, Lia Jordan**  
**Senior Staff**

**A Musical of Musicals**  
**POSTER COMPETITION**

The school concert committee is running a competition to design the cover/poster for this year's musical – A Musical of Musicals. This competition is open to all ages. A Musical of Musicals is the story of three children who discover a magical locker and travel back in time to see McDonald Park's old musicals; Oliver, Mary Poppins, Charlie and the Chocolate Factory, Annie, The Lion King, High School Musical, Oink! and The Greatest Showman.

Your artwork can be done in any medium but needs to be portrait. Please include the name of the school and the musical on your poster. Entries need to be delivered to the front office by Friday of week 7. The winning entry will be notified in week 8.

Good luck.

McDonald Park Presents  
 A Musical of Musicals

Government of South Australia  
 Department for Education



# INFLUENZA

A case of influenza A has been reported within our school community. Please refer to the fact sheet below from the SA Health on influenza, including symptoms, diagnosis, infectious periods and treatment. If your child presents with the described symptoms, please seek medical advice before your child returns to school.

## Flu (seasonal)



Influenza, commonly known as the flu, is a highly infectious viral illness caused by influenza A or B viruses. It affects the nose and throat and may also affect the lungs.

In Australia, seasonal flu of varying severity occurs every year, usually between May and September.

Influenza is a notifiable condition<sup>1</sup>

### How influenza is spread

The flu virus is spread when an infected person talks, coughs or sneezes small droplets that contain the virus into the air where they may be breathed in by people nearby. Infection may also be spread by contact with hands, tissues and other infected articles.

### Signs and symptoms

Symptoms include:

- > rapid onset of fever
- > headache
- > muscle aches
- > fatigue
- > sneezing
- > runny nose
- > sore throat
- > cough
- > nausea, vomiting and diarrhoea in children.

Most people recover within a week, although the cough and fatigue may last longer. Flu is much more serious than the common cold. It can lead to pneumonia (lung infection or inflammation) and other complications, and even death, particularly in:

- > people aged 65 years and over
- > pregnant women
- > young children
- > people with chronic conditions like heart disease, diabetes and lung disease.

### Influenza and pregnancy

Pregnant women are more likely to have severe complications from the flu, especially in the second and third trimesters. While the flu virus does not cross the placenta and infect the baby while in the uterus, the high fever and any chest complications caused by flu can be potentially harmful to the baby. Because of these risks, a doctor may recommend antiviral medication for pregnant women with the flu.

There is no evidence that the antiviral medications used in Australia to treat flu are associated with adverse effects in pregnancy. Similarly, women may continue to breastfeed while taking antiviral medication. The best protection for the mother and baby is for the pregnant mother to have the flu vaccine, which is safe and funded at any stage of pregnancy.

### Diagnosis

Not all people with symptoms need to be tested for flu. The diagnosis may be suspected on clinical symptoms and examination (especially during the flu season) and may be confirmed by laboratory testing of mucus from the back of the nose or throat.

## Flu (seasonal)



### Incubation period

*(time between becoming infected and developing symptoms)*

Incubation is 1 - 4 days (average of 2 days).

### Infectious period

*(time during which an infected person can infect others)*

Usually from 1 day before onset of symptoms until 7 days after the onset of symptoms. After 5 days the level of infectiousness is probably very low, however some people, especially children and people with weakened immune systems, might be able to infect others for a longer time.

### Treatment

Most people recover with rest, drinking plenty of fluids and use of paracetamol for the relief of pain and fever. Aspirin should not be given to children under 12 years of age unless specifically recommended by a doctor.

People with moderate or severe illness, pregnant women, Aboriginal and Torres Strait Islander people and those with chronic medical conditions may benefit from specific antiviral medication. This can reduce duration of symptoms by about 1 day and prevent some of the more serious complications of flu, but is only effective if commenced within 48 hours of illness onset.

Antiviral therapy may sometimes be used to prevent infection in close contacts of people with flu, such as vulnerable household contacts. A contact is any person who has been close enough to an infected person to be at risk of infection themselves.

### When to seek medical advice.

Seek medical advice if:

- > shortness of breath or difficulty breathing
- > confusion
- > symptoms are getting worse
- > you are concerned about the symptoms
- > children are unable to keep fluids down because of vomiting
- > children show signs of dehydration (dizzy on standing, passing less urine than usual).

### Prevention

- > Flu vaccines reduce the risk of getting severe influenza. Annual flu vaccination is strongly recommended for anyone 6 months of age and older and should be actively promoted for people at increased risk of complications.
- > Cover a cough or sneeze with a tissue or your arm, not with your hand. Drop used tissues immediately into a rubbish bin, then wash your hands.
- > Wash hands as soon as possible after sneezing or coughing and after contact with nose and throat discharges or articles soiled by these. Use soap and water or an alcohol based hand rub.
- > Wipe down all frequently touched surfaces regularly with a cleaning cloth dampened with detergent, or a large alcohol wipe.
- > Exclude people with flu from childcare, preschool, school and work.

Useful links:

Immunisation website [www.sahealth.sa.gov.au/immunisation](http://www.sahealth.sa.gov.au/immunisation)

Wash, wipe cover website [www.sahealth.sa.gov.au/washwipecover](http://www.sahealth.sa.gov.au/washwipecover)

SA Health website [www.sahealth.sa.gov.au](http://www.sahealth.sa.gov.au)

Australian Government Department of Health [www.health.gov.au/immunisation](http://www.health.gov.au/immunisation)

# NATIONAL VOLUNTEER WEEK



National Volunteer Week is Australia's largest celebration of volunteers and volunteerism. Today there are over 6 million (ABS2010b) people volunteering annually in Australia, representing 36% of the adult population. Volunteering Australia along with its state and territory network recognises the valuable contribution each individual provides by offering their time, skills and passion, continuing to demonstrate Australia's proud culture of giving.

At McDonald Park School we have a dedicated band of volunteers including parents, other family members and members of the wider community who volunteer their valuable time to our school on a regular basis. The list of tasks the volunteers perform is lengthy: Governing Council and the various subcommittees that are part of the Council, volunteering in the garden and kitchen, helping out in the resource centre, taking books home to cover, working in the canteen, listening to reading, going on excursions and camps, LAP volunteers, attending working bees, helping out on special days eg sports days, fundraisers, school sports coaches and all the other little things that they do on a regular basis.

We would like to take this opportunity to thank you all for the wonderful job you do all year and let you know that we appreciate your time greatly and look forward to celebrating the year at our volunteers morning tea in term four.

**McDonald Park School community will work collaboratively to develop respectful, thriving and engaged problem solvers.**

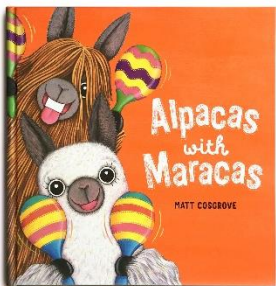
## RESOURCE CENTRE

### National Simultaneous Storytime

This Wednesday at 10.30am (11.00am EST) saw thousands of students all around Australia listening to a story called "Alpacas with Maracas" (written and illustrated by Matt Cosgrove). What's more, everyone not only listened to the same story, they listened to it at exactly the same time, hence the name National Simultaneous Storytime (NSS).

This is the ninth year our school has been involved in NSS. Every year a picture book, written by an Australian author and illustrator, is chosen to read simultaneously on the same day and time around the country in schools, preschools, kindergartens, libraries, bookshops and more.

Our students have been reminiscing about past NSS books over the past week. These rituals have become special memories, never to be forgotten.



Mrs Harding and rooms 1 and 2 were lucky enough to attend a special LIVE performance from the public library of the book "Alpacas with Maracas" at the City Hall. It was sensational! The rest of our school buddied up and watched or read the story in classrooms or the resource centre.

By celebrating National Simultaneous Storytime, we are:

- promoting the value of reading and literacy
- promoting Australian literature
- promoting reading in different environments
- embracing the treasures found inside the pages of a book

## SAPSASA

Congratulations to the following students who have been selected to represent the Lower South East at SAPSASA in Adelaide.

Football, 17 to 21 June

**Harlon P, Jed S, Harry H, Maxan W, Noah M**

Good luck to you all!

## REGIONAL CROSS COUNTRY

On Friday, 10 May, McDonald Park was represented by 65 enthusiastic runners at the South East Cross Country Championships in Naracoorte. Students between the ages of eight and thirteen



participated in distances ranging from 1300 metres to 2500 metres. In total there were over 1000 students from across the South East running for their school. Our students had been training weekly in the lead up to cross country to develop their endurance. On the day we had several students selected to represent the Lower South East in the upcoming SAPSASA Cross Country Championships, which will be held in Adelaide. All of our students did our school proud by finishing their races over the challenging course which included some steep hills and sandy stretches of trail. I hope to see our runners returning next year to improve on their own personal bests and enjoy another exciting day of cross country running. **Daniel Castle**



## NATIONALLY CONSISTENT COLLECTION OF DATA ON SCHOOL STUDENTS WITH DISABILITY (NCCD)

All schools are required to collect information about the numbers of students that they provide adjustments to under the Disability Discrimination Act (1992) and Disability Standards of Education (2005). From 2018, this data will be used as the basis for national funding.

The NCCD involves the collection of;

- the number of students receiving adjustments to enable them to participate in education on the same basis as other students
- the level of adjustment provided to students
- student's type of disability if known

Under the model the definition of disability is broad and includes learning difficulties, health and mental health conditions.

If your child is identified for inclusion in the collection, the required information will be included in this year's data collection.

If you have any questions about the data collection, please contact Sharon Day on 8724 9811. Further information can be found at:

<http://www.education.gov.au/nationally-consistent-collection-data-school-students-disability>.

ATTENTION PARENTS OF YEAR 8 STUDENTS 2020

**EXPO EVENING**  
Wednesday · May 29 · 6.30 - 8.00pm

**YEAR 7 PARENT TOURS**  
Tuesday · May 28 · 5.00pm  
Wednesday · May 29 · 2.00pm

## VISION AWARDS TERM 2, WEEK 2

*McDonald Park School community will work collaboratively to develop respectful, thriving and engaged problem solvers.*

### COLLABORATION

Presented to	By	For
Aden M	Mrs Dempsey	Continually being kind, welcoming and respectful to others. You always compromise and collaborate when working in a group which is a wonderful skill.

### RESPECT

Presented to	By	For
Nina H	Mrs Wilson & Mrs Fox	Nina is thriving in her learning and is highly respectful of others.
Zander M	Mrs Wilson & Mrs Fox	Zander is making strong choices and demonstrating respect for peers and teachers.
Karnall W-E	Mrs McCracken & Mrs Fox	Working in a respectful manner in the class with all children.
Ava E	Mrs Spencer & Ms Bundy	Her kind and caring manner in which she includes others in work and play opportunities.
Kahlika M	Mrs Cooper	Being a kind, caring and respectful class member who goes out of her way to help others.
Ben H	Ms Mitchell	Ben is a highly respectful member of the class who is engaging well with his learning.
Kane G	Mr Bigg	Always showing respect to his classmates and getting along well with everyone.

### THRIVING

Presented to	By	For
Navaeh A	Mrs McCracken & Mrs Fox	Growing her confidence in blending words when reading.
Braxton W	Mrs Dew	The effort he is putting into speaking clearly.
Logan W	Miss Hutchinson & Miss Watson	Thriving to improve and become a better learner by seeking support and having his best go.
Georgia L	Mr Bigg	Showing exceptional growth and a great mindset in maths lessons.

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### ENGAGEMENT

Presented to	By	For
Meah M	Mrs Pitkin & Mrs Fox	Attempting every task with independence and always striving to produce her best work.
Stella C	Mrs Pitkin & Mrs Fox	Engaging in her learning and always striving to produce her best work.
Brock P	Mrs McCracken & Mrs Fox	Showing interest in learning and asking questions to build on his knowledge.
Hamish H	Mrs Spencer & Ms Bundy	His dedication, determination and focus to his learning task.
Sophie W	Mrs Cooper	Displaying a willingness to attempt all learning opportunities with a positive mindset.
Bentley W	Ms Huitema & Ms Bundy	His responsible attitude towards learning and always focussed in every lesson.
Halle M	Mrs Dempsey	Engaging in all learning tasks with a positive attitude and growth mindset.
Bryce F	Ms Boylan & Miss Watson	Always showing focus and dedication to his learning.
Peniana C	Ms Boylan & Miss Watson	Her engagement in literacy lessons and her super sizzling starts and sentence improvements.
Drew B	Ms Mitchell	Drew actively involves himself in discussions and assists others well.

### PROBLEM SOLVING

Presented to	By	For
Kaden T	Mrs McCracken & Mrs Fox	Using problem solving when creating and using number lines.
Bernice T	Ms Huitema & Ms Bundy	Her excellent problem solving skills when working out doubles with large numbers.
Jake C	Mrs Dew	His problem solving skills in mathematics.
Lillyana S	Miss Hutchinson & Miss Watson	Always taking on problem solving challenges and seeking further extensions.