



THE PEPPERCORN PRESS

WEEK 3A TERM 1

Respect, Honesty and Resilience

ARIAH PARK CENTRAL SCHOOL
1 Harrison Street Ariah Park NSW 2665
02 6974 1105 ariahpark-c.schools.nsw.gov.au

KEY DATES

FEB 6/7

Life Education Van
Visit

FEB 7-9

RAP Study Camp
at Yanco

FEB 10

APCS Swimming
Carnival



Principal's Report

Dear Parents, Caregivers and Community Members,

I hope you had a wonderful break. I firstly, would like to acknowledge the P&C executive who got in contact with me during the holidays to see if we required any help with the storm damage from the holidays. It was very much appreciated.



We are still waiting for some of the supplies for YONDR and hoping they come today or tomorrow. I know the secondary students are so excited! I spoke to secondary students about their new laptops and the huge investment the school has made for them into this. I would appreciate your support in teaching responsibility with your students and their care of these devices. I spoke about that we understand that accidents can happen, and we would like to know if there are any issues with them so we can fix them quickly. Remind your children to place them on charge when they get home. It is great to establish daily routines!

This year due to a restructure of student leadership roles we have sought Sport Captains from primary & secondary. I have a pleasure to announce our Sport Captains:

Red House (Harris) Captains

Secondary - Georgia McCormack & James O'Hare

Primary - Matilda McCormack & Joshua Davies

Blue House (Fisher) Captains

Secondary - Phoebe Banfield & William Fairman

Primary - Lucy Buerckner & Jake Buerckner

Green House (Edis) Captains

Secondary - Lucy Edis & Riley Foster

Primary - Anna Chalmers & Leo Furphy

Principal's Report

I am looking forward to sharing some of the exciting projects we have planned for the school this year at the next P&C meeting on Tuesday 14th February at 7:30 pm. I encourage everyone to come. We will have a zoom set-up for it as well.

I always encourage everyone if you have any concerns or need to let us know something it is best to talk to your child's class teacher or the Year Adviser, Ms Forster. We always endeavour to do the same. Please remember that our Front Office normally is available from 8:40 am until 3:30 pm. We are revising how we communicate with families so some communication will be best through emails as we have had to move away from using Class Dojo due to requirements of managing data in the Department. We are hoping by the end of the year to have a new system to better communicate across the school.

I am looking forward to a wonderful week of learning.

Yours in Education,

Allan Johnston

Principal

Every student matters every day.

Every student can succeed.

School News

Swimming Carnival

The APCS Swimming Carnival will be held this Friday 10th February. Students are encouraged to come to school in their house colours and ensure they have their swimmers, towel, goggles, etc.

Students from Year 3 to Year 12 (as well as any students in Year 2 who are turning 8 this year and wish to compete) will go to the pool in Period 1. Infants will stay at school during the morning and go to the pool at lunch time for supervised activities in the little pool.

We are looking for volunteers to assist with timekeeping. Please contact the front office if you are able to help.

A BBQ lunch run by the P&C will be available for purchase. Sausages will be \$2 and rissoles will be \$5 (gluten free available). The pool canteen will be operating from 11am onwards.

Students will not be returning to school from the pool - buses will be picking up students from the pool. If your child is leaving early, you must sign them out with the administration staff.

Parent Information Sessions

Parent information sessions will be held in Week 4 on Thursday 16th February. Sessions will be held as follows -

Who	When	Where
Year 5/6	1:30pm	Year 5/6 classroom
Kindergarten	2:00pm	Kindergarten classroom
Year 3/4	2:30pm	Year 3/4 classroom
Year 1/2	3:00pm	Year 1/2 classroom
Highschool	3:30pm	Room 12

A meet and greet BBQ and a principal's address will be held for teachers, parents and students under the main cola from 4.00-4.30pm.

We are looking forward to seeing you all.

School News

Life Education

The Life Education Van is visiting the school on Monday 6th February and Tuesday 7th February 2022.

This is a free program that empowers young people to make safe choices.

Classes will be attending the program on the following days -

Monday 6th February

Year 1/2

Year 5/6

Tuesday 7th February

Kindergarten

Year 3/4

A merchandise form was sent home last week. If your child wishes to purchase merchandise, please complete the form and have your child bring their money and form on the day they are visiting the van.

Mrs Anderson

Sport

Sport this year is once again running on a Friday afternoon for all students in Year 3 to Year 10. Students choose from the options available and participate in their chosen sport for the term.

This terms choices are:

Swimming

Ultimate Frisbee

Just Dance/Yoga

Ms Forster

School News

Library News

We are very excited to have the library extend opening times this year. The library will be open Tuesday and Wednesday with some exciting activities.

Lunch 2 on Tuesday will be Lego Club. We do have some Lego donated by the SRC, but if you have any old Lego at home, please consider donating to our club.

The Library can get noisy with people playing games, so Lunch 1 on Wednesdays the library will be open for quiet reading ONLY, while Lunch 2 it will open for everyone.

We will also be announcing storytime sessions for Infants and Primary on different days through the term.

Ms Forster

Newsletter

A reminder that the newsletter is available via our school communication app (School Stream) and the School Website. If you would like to receive a paper copy each week, or receive the newsletter via email, please phone the Front Office on 69741105 or email ariahpark-c.admin@det.nsw.edu.au. Alternatively, you can fill in and return the attached form.

APCS Admin

School Canteen

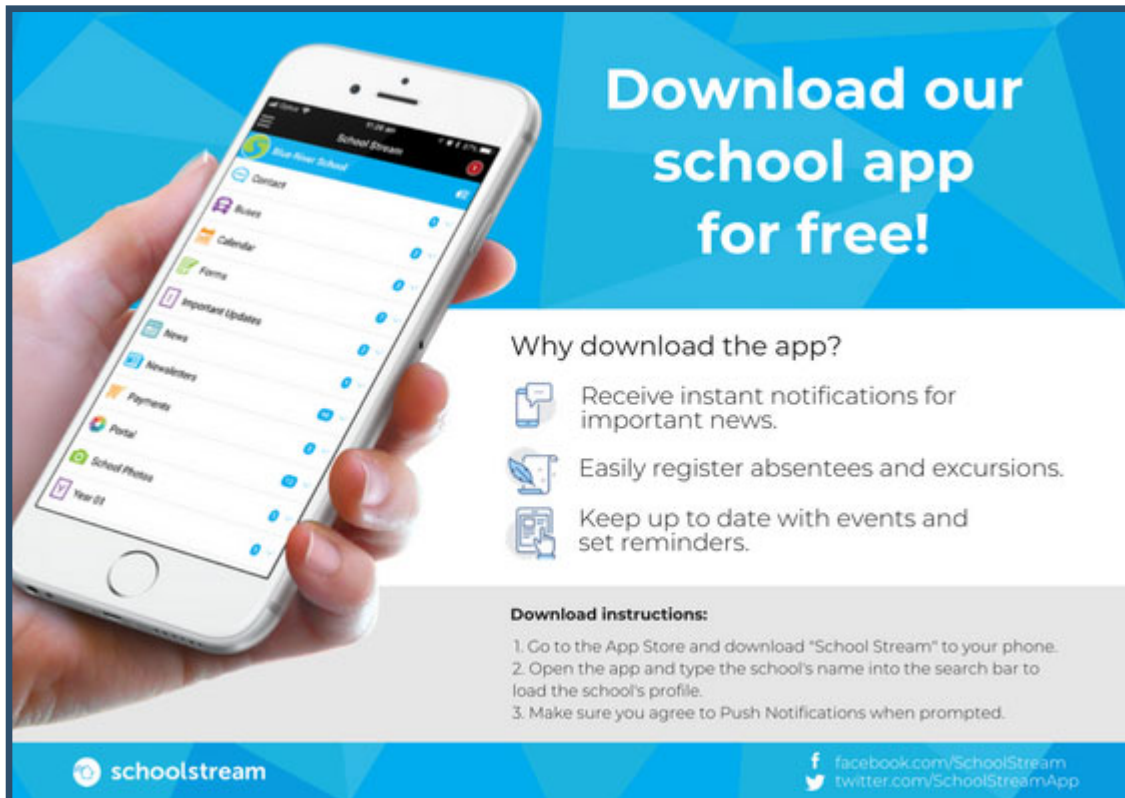
The Canteen is closed until further notice. The P&C are hoping to have it up and running soon. Parents will be notified when there are any updates.

Phil Davey - P&C President

School News

School Stream App

New parents are reminded to join the School Stream app. This provides a quick and easy avenue of keeping up to date with what's happening in our school. If you require any assistance with this, please contact the Front Office.



Download our school app for free!

Why download the app?

- Receive instant notifications for important news.
- Easily register absentees and excursions.
- Keep up to date with events and set reminders.

Download instructions:

1. Go to the App Store and download "School Stream" to your phone.
2. Open the app and type the school's name into the search bar to load the school's profile.
3. Make sure you agree to Push Notifications when prompted.

schoolstream

facebook.com/SchoolStream
twitter.com/SchoolStreamApp

Lunch Pass Permission Note

Consent is needed for all child/ren to leave the school grounds. If you require your child/ren to go home for lunch, please fill out the permission note and return as soon as possible. Lunch passes only permit students to go to home for lunch. Students are reminded that they must sign out and back in via the Front Office if they are going home for lunch. Students are not permitted down the street at lunchtime unless they have a specific note for that day from a parent or are in Year 11/12. Students in Year 11/12 who are using this lunch pass to go down street must also sign out at the Front Office when leaving and returning to the school.

Lunch Pass Permission Note

I hereby consent to my son/daughter/ward.....
coming home for lunch on a daily basis for the 2023 school year.

Where my child is in Year 11/12 I give permission for him/her to go down the street.

I understand that all students must sign in and out through the Front Office when using their lunch pass.

.....

Parent/Legal Guardian

.....

Date

----- **Please return by Friday 10 February 2023** -----

Newsletter (please select one option)

Parent Name/s:

Student Name/s:

I am happy to continue receiving the newsletter electronically via the School Stream app or via the School Website.

I would like a copy of the newsletter emailed to my email address:

.....

I would like a paper copy of the newsletter each week.

----- **Please return by Friday 10 February 2023** -----

School News

Please be aware that we have a secondary student allergic to **MANGO, FISH and MELON** a primary student who is allergic to **HAZELNUTS**. Please do not bring these products to school as exposure to these can cause an anaphylactic reaction for these students.

What is anaphylaxis

Anaphylaxis is a potentially life threatening condition and must always be treated as a medical emergency. It is a severe and sudden allergic reaction which occurs when a person is exposed to an allergen (such as a food product or an insect bite). Reactions usually begin within minutes of exposure and can progress rapidly over a period of up to two hours or more.

- Common allergens for anaphylaxis include but are not limited to:
 - Food – e.g. peanuts, eggs, milk, tree nuts (such as hazelnuts or cashews), soy, wheat, fish, shellfish and sesame
 - Insect bites (e.g. bees, wasps, jumper ants)
 - Medications (e.g. pain killers and antibiotics)
- Latex (e.g. rubber gloves, balloons, swimming caps)

The school encourages parents and children not to bring known food allergens to school in particular nuts or nut products e.g. Nutella, Kinder Bueno and muesli and chocolate bars that contain nuts.

How your child can minimise the risk of possibly allergen exposure or contamination.

- not to share food and/or treats with other students including not accepting food and treats from other students.
- wash their hands before and after eating/touching food.
- advise an adult if they or a classmate feels tingling, numbness, strange sensation in the mouth, tongue or face.
- let their class mates know if they have allergies and what they are allergic too.

How parents can assist with lowering the risk of an allergic reaction.

- Keep the school updated with current information including health conditions and contact numbers.
- Inform the school if your child requires any medication to be administered at school.
- do not allow your children to bring nuts or nut products to school.
- remind you children to not share food at school and wash hands before and after eating.
- Use alternative ingredients if cooking cakes or products for special occasions at school.
- read labels careful and encourage your children to learn to read labels.

School News

Messages to Children and Bus Lines

If you have an unexpected change of routine and need to have a message given to your child (particularly a bus message), could you please phone the school (or text on 0488 741 329) as early as possible, ideally before 3.00pm. Make sure you receive a reply if you sent your message via text.

If the school has not been notified of a change in routine, students will be sent home as per their usual routine.

A reminder that the "Recreation Ground" line was introduced for parents who would like their child to walk to the swimming pool or oval to coincide with sporting commitments.

School Hours

Primary: 8:55am to 3:25pm
(Monday to Thursday)
9:25am to 3:25pm (Friday)

Secondary: 8:55am to 3:25pm

Students who arrive late or leave early need to be signed in and out at the Front Office by a parent/caregiver.

Parents collecting their children after school are asked to wait at one of the two designated pick up points, either at the library gate or aviary gate. If you are collecting your child/ren by car, you are asked to collect them from the library gate as this minimises traffic movements around students leaving by foot.

Please note, the bus gate is not to be used to collect students as it is for bus students only.

School News

Primary News

Hello and welcome to 2023. I hope you have all had a wonderful holidays and family time. We have had a great start to the year. It was so nice to see students back at school and excited to be in their new classrooms.

Last Tuesday our new kindergarten students began. They were all very enthusiastic to begin school and had a wonderful day. I was lucky enough to see their wonderful counting skills as they moved and manipulated counting puzzles. The primary playground equipment was also a really big hit.

As we are still in summer, a reminder that all students must wear a bucket hat. Caps are not to be worn. All primary classrooms have sunscreen and classroom teachers encourage students to apply sunscreen before each play session.

This week all students will be attending the Life Education Van. Students are really looking forward to meeting and visiting Harold again.

Mrs Anderson

Secondary News

Hi Everyone, I'm happy to welcome back our new and returning students in secondary. Everyone is looking fresh and excited to be starting off a new school year.

Just a couple of reminders; Uniform for secondary is enclosed black footwear, black shorts and APCS school shirt. Students who own Riverina representative clothing are able to wear this on Fridays.

To protect our students and follow the sun safe policy we expect all secondary students to wear a hat when outside. I would strongly recommend students get in the habit of putting on sunscreen as we have had some high UV index days.

Ms Forster - Year Advisor

School News

Secondary News

Welcome back to 2023 everyone! Thank you so much to those staff, students and families who have welcomed me into the Aria Park community with open arms. I'm sure I will meet many more of you over the coming weeks.

It's been wonderful to see such great attendance the first couple of days and full uniform from many students. The goal is to maintain this throughout the term!

We have started the term in full swing with a number of excursions to be aware of.

On Tuesday 7th February, all Stage 5 students will be attending an Electives and VET Induction Day. This will be an opportunity for students to meet their teachers and get to know the other students from Barellan and Ardlethan undertaking their courses. A note has gone home for all students about this day and needs to be returned ASAP, along with the permission note regarding bus travel for the entire year.

The RAP Study Camp is also ready to go on Tuesday 7th February. We'll be leaving after school on Tuesday and will be back after 5:30 on Thursday. Our well wishes are with Year 11 and 12 for a productive and fun time at Yanco.

Representative sport trials are getting started as well, so good luck to those students participating!

Please remember that students started the term in Week 2, rather than Week 1 – so look at dates to help you keep track of things.

Ms Legg

School News

Secondary News

Who's Who in the Zoo

Teacher	Faculty
Ms Legg	Relieving Head Teacher Secondary Studies English Drama
Mr Stevens	Mathematics Stage 5 Food Tech
Miss Saffy	Food Tech Hospitality Tech Mandatory
Ms Drumore	Head Teacher Riverina Access Partnership
Ms Fairman	English
Ms Gash	Visual Art Visual Design LOTE
Ms Forster	English HSIE Library Year Adviser
Mr Davey	Agriculture
Mr Crouch	Science Agriculture Mathematics
Mr Moffatt	Industrial Technology Tech Mandatory





Community News



Ariah Park Swim Club NEWS

Newsletter Update – No.10

9th February 2023

Championships - Week 2 kicking off this week.

A big thank you to all our time keepers last week, it was so great to see so many helpers!! – we will need to do it again this week!!!

Perpetual Trophies

Can all those with Perpetual Trophies please return them to the pool or give to Kristen ASAP.....thank you.

REMINDER: Please have all entry cards to Debbie by 6 pm **Wednesday** night
..... 042807410194

No entries = No Racing

Event No.	Stroke
1.	Boys 50m Freestyle 11yrs under
2.	Girls 50m Freestyle 11yrs and under
3.	Boys 50m Freestyle 16yrs and under
4.	Girls 50m Freestyle 16yrs and under
5.	Girls 50m Freestyle 17yrs and above
6.	Boys 12m Freestyle
7.	Girls 12m Freestyle
8.	Boys 25m Freestyle
9.	Girls 25m Freestyle
10.	Boys 100m Backstroke 11yrs and under
11.	Girls 100m Backstroke 11yrs and under
12.	Boys 100m Backstroke 16yrs and under
13.	Girls 100m Backstroke 16yrs and under
14.	Girls 100m Backstroke 17yrs and above
15.	12m Free choice
16.	25m Free choice
17.	50m Free choice
18.	Boys 100m Ind Medley 11yrs and under*
19.	Girls 100m Ind Medley 11yrs and under*

Community News

20.	Boys 100m Ind Medley 16yrs and under*
21.	Girls 100m Ind Medley 16yrs and under*
22.	Boys 200m Ind Medley 11yrs and under*
23.	Girls 200m Ind Medley 11yrs and under*
24.	Boys 200m Ind Medley 16yrs and under*
25.	Girls 200m Ind Medley 16yrs and under*
26.	Girls 200m Ind Medley 17yrs and above

***Note:** Swimmers can only compete at one distance in medley. Any Swimmer who is in 50m swims or above, for **all strokes** must compete in the 200m event. Swimmers only compete in **3 races**.

NOTE:

We require 3 timekeepers per lane
during Championships.

Please let me know by Wednesday so we can allocate lanes.

Thanks Amie

SWIMMING CARNIVAL

Our swimming carnival is only 2 weeks away, Saturday 18th February.

I have emailed a programme to everyone.

PLEASE get your entries in by this Thursday night, 8pm to Debbie.

Payment is to our club bank account;

Ariah Park Swimming Club

BSB: 032 763

Acct No: 118222

If you have any queries, please talk to a committee member.

This is our clubs main fundraiser so it would be great to see as many
of our club members there

Community News

MURRUMBIDGEE LOCAL HEALTH DISTRICT

Media Release



2 February 2023

Murray Valley encephalitis virus detected in Temora

Communities across NSW are encouraged to take measures to protect themselves against mosquito bites following the detection of Murray Valley encephalitis (MVE) virus in mosquitoes in Temora.

In recent weeks, MVE has been detected in mosquitoes in several towns in the Riverina.

Murrumbidgee Local Health District's Director of Public Health, Alison Nikitas, is encouraging the community to take actions to avoid being bitten.

"With many people still enjoying a range of outdoor activities in the summer weather, it remains very important that everyone takes the appropriate steps to protect against mosquito bites," Ms Nikitas said.

"There is no vaccination or specific treatment for MVE and the best way to avoid infection is to avoid being bitten by mosquitoes, which are most active between dusk and dawn.

"Avoiding mosquito bites will also protect against other mosquito-borne infections including Japanese encephalitis, Ross River Fever and Barmah Forest virus."

Ms Nikitas said most people who are infected with the virus that causes MVE do not have any symptoms.






"Only a small proportion of people infected with the virus will experience symptoms, which include fever, headache, nausea, vomiting, loss of appetite, diarrhoea, and muscle aches. Rarely, it causes severe neurological illness with headache, convulsions and reduced consciousness in some cases. Among those who get a severe infection, some may die or have lifelong neurological complications," she said.

People in NSW are urged to take action to prevent mosquito bites to protect against mosquito-borne viruses. Protect yourself and your family by:

- wearing light, loose-fitting long-sleeved shirts, long pants and covered footwear and socks, especially around dusk and dawn
- applying repellent to all areas of exposed skin, using repellents that contain DEET, picaridin, or oil of lemon eucalyptus
- re-applying repellent regularly, particularly after swimming, being sure to always apply sunscreen first and then apply repellent

[MURRUMBIDGEE LOCAL HEALTH DISTRICT](#)

Tel. 02 5943 2009 Mob. 0484 658 760 Email. MLHD-News@health.nsw.gov.au .

 @MurrumbidgeeLHD  /MurrumbidgeeLHD  @Murrumbidgee_LHD  /MLHD  /MurrumbidgeeLHD

 healthdirect

– 24 hour health advice and information you can count on 1800 022 222.

Community News

- using insecticide sprays, vapour dispensing units and mosquito coils to repel mosquitos (mosquito coils should only be used outside)
- covering openings such as windows and doors with insect screens and checking there are no gaps in them
- removing items that might collect water (such as old tyres, empty pots) outside your house where mosquitoes can breed
improving drainage on your property so that water does not become stagnant.

The primary hosts of MVE virus are waterbirds such as herons and egrets. Detection of MVE is likely related to recent rainfall and flooding.

MVE virus is transmitted to humans through a bite of an infected mosquito. The virus cannot be transmitted between humans.

For further information and ways to protect yourself visit the [NSW Health website](#).

ENDS

CHRISTINE WISHARTS DANCE STUDIO TEMORA

We offer classes in kinder gym, gymnastics, acro, cheer, ballet, tap, jazz, hip hop, contemporary and highland. Experienced and qualified teachers.

Ages from 3 and up.

Studio is at the Temora Uniting Church Hall, Polaris Street.

Classes resume Monday 6 February, enrolments are still being taken.

For enquiries please phone Christine on 0427 782 954.

Calendar

	Feb 6	Feb 7	Feb 8	Feb 9	Feb 10
Week 3A	Life Education Van - Year 1, Year 2, Year 5/6	Life Education Van - Kindergarten, Year 3/4 RAP Study Camp at Yanco	RAP Study Camp at Yanco	RAP Study Camp at Yanco	APCS Swimming Carnival
	Feb 13	Feb 14	Feb 15	Feb 16	Feb 17
Week 4B					

Upcoming Calendar Events: PSSA District Swimming Carnival - February 23
 CHS District Swimming Carnival - February 24
 School Photos - March 23

ARIAH PARK CENTRAL SCHOOL

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