



Safe, Respectful Achievers

TOORAWEE NAH PUBLIC SCHOOL NEWSLETTER - 3.4.2019



School News Week 10 Term 1

NEWS

As we head closer to the holidays, it is a great opportunity to celebrate some of the learning students have been doing in classrooms.

Writing

Students in Years 1-6 have been working hard on developing their genre writing skills during lessons with Mrs Jenkin and Mrs Smith. Using John Fleming strategies to explicitly learn the elements of an effective text, students have significantly developed their skills. In 3-6, persuasive texts have been the focus for the past weeks and students have completed their own persuasive writing. We are looking forward to some of these being shared at the next assembly.



STEM (Science, Technology, Engineering, Maths)

Students K-6 have been challenged with open ended STEM activities each Friday with Miss Barwick. Da Vinci's bridge and an egg drop challenge have been among the activities experienced in the past few weeks. It is pleasing to see students come up with new and creative ideas to solve problems during STEM lessons. What a great way to finish the week!





EVENTS COMING UP

Parent Teacher Interviews

Teachers will be holding Parent Teacher Interviews during Week 11 this term. Parents have been emailed a link to book interviews, or alternatively, please phone the school to make an appointment.

Mrs Smith's Interviews will be from 2:00 pm on Tuesday 9th April and Mrs Jenkin will have interviews on Wednesday 10th April.

<https://www.signupgenius.com/go/8050d48a8a623abf94-parent>



Easter Activities

We would like to invite parents and friends to our Easter Activity afternoon with the School and Preschool students on Thursday 11th April from 1:45pm-3:00pm. Students will work in groups and rotate around activities and parents are welcome to come along and join in.

Crazy Hair Day

Our school leaders have organized a Crazy Hair Day fundraiser for Cystic Fibrosis on the last day of school this term, Friday 12th April. Please bring a gold coin donation to support this worthy cause.



ANZAC DAY

ANZAC Day, 25th April, falls in on the last Thursday of the school holidays. Please complete the form attached to indicate if your child will be attending the ANZAC Day service. We have been practicing a song to present during the service and would like to encourage students to attend and show their respect. Students are to wear full summer uniform including black shoes for ANZAC Day.

Premier's Sporting Challenge

Students will be involved in the Premiers' Sporting Challenge this year. They will record their physical activity in minutes across a period of 10 weeks starting in Term 2. Student will be able to qualify for different levels of completion in the challenge: gold, silver or bronze.

And, as an unexpected opportunity from our registration.....

The NSW Premier's Sporting Challenge and ANZ Stadium are delighted to offer staff and students of PSC-participating schools an opportunity to obtain **4 x free football tickets** each to the **Western Sydney Wanderers v Sydney FC** game on Saturday 13 April, 7:50pm at ANZ Stadium.

Please find attached the **Letter of Offer** with instructions on how to obtain free tickets. For additional information please visit the ANZ Stadium website at <http://www.anzstadium.com.au>

Save the Dates P&C Meetings Term 2

There will be a P&C General Meeting on Friday 3rd May at 4pm.

In addition to this P&C Meeting, there will be a special meeting scheduled for Friday 7th June with our Director, Educational Leadership, Chris Shaw. The Principal's position has been vacated by Mr Hare and the position can now be filled via merit selection. The purpose of this meeting is to give information about the process of merit selection.

NOTICES

Canteen News

There will be no Chicken Cabonara or Grape Chill Js available at canteen for the rest of the term.

These they will be available again in term 2.

Chickenpox

Please be aware that a number of cases of chicken pox have been diagnosed in the Gilgandra area. Please be aware of the signs and symptoms as well as prevention. A fact sheet is attached to the newsletter.

Karen Smith

Relieving Principal

Canteen Roster

Week 10 5.4.19 Worker: Jenny McWhirter
 Home Cooking Karen Smith
 Helper: Jahkaia

Week 10 5.4.19 Worker: Cherie McWhirter
 Home Cooking Shannon Brown
 Helper: Lexi

Term 1 2019								
April	10	PBL Meeting 1	2	3	4	5	6	7
April	11	8	Parent Teacher Interviews 9	Parent Teacher Interviews Mrs Smith EV Training 10	Easter activities – Parents Welcome 11	Pick Up Pie Orders! Crazy Hair Day 12	13	14

Term 2 2019

April/ May	1	School Development Day (Pupil Free) 29	30	Personal Development Teacher led Y-PET 1	2	P&C General Meeting 4pm 3	4	5
May	2		Years 3-6 Coonamble Netball and Rugby League Gala Day 7	K-6 Excursion Billionaire Boy at DRTCC 8	9	10	11	12
May	3			Naplan Y-PET lesson 15	Naplan 16	17	18	19
May	4	John Fleming Gilgandra PS 20	21	Y-PET 22	Western Plains Principals Network Meeting 23	Western Plains Principals Network Meeting 24	25	26
May/ June	5		28	Teacher led Y-PET 29	30	31	1	2
June	6		4	5	6	P&C Special Meeting with Director Chris Shaw 4pm 7	8	9
June	7	Queen's Birthday 10	11	12	13	14	15	16
June	8		18	19	20	21	22	23
June	9		25	Life Education Van 26	27	28	29	30
July	10		2	3	4	5	6	7



FREE FOOTBALL TICKETS

Hyundai A-League 2018/19 Western Sydney Wanderers v Sydney FC Saturday 13 April 2019 7.50pm ANZ Stadium

Thanks to the Western Sydney Wanderers, the NSW Premier's Sporting Challenge and ANZ Stadium, students and staff at your school have the opportunity to witness these two Sydney giants go head to head!

As your school is participating in this year's NSW Premier's School Sport Challenge, up to **four (4) FREE tickets** are available for *each* student and staff member to redeem for the match.

Tickets are limited so be sure to secure them quickly for what will be a great evening of rugby league. To take up this fantastic offer, students and their parents should follow the below easy steps:

1. Simply go to the website: <http://www.anzstadium.com.au/premiers-sporting-challenge/>
2. Register details.
3. Print out the voucher and bring it with them on the day to enter ANZ Stadium via the gate listed on their vouchers to sit in general admission seating.

For additional information, please visit the ANZ Stadium website by [clicking here](#).

Please note:

- *Students must have parental permission to participate in this offer.*
- *Each student is entitled to up to four (4) free tickets (limited to one registration per student).*
- *Match ticket voucher must be printed and presented at Stadium entry gates for entry to this match.*
- *There is a limit of 8,000 vouchers/tickets (redemption available to 2,000 individuals).*
- *Entry may be refused if match ticket vouchers are damaged or defaced in any way or redeemed in an unauthorised manner.*
- *If a match ticket voucher is resold or redeemed in an unauthorised manner it may be cancelled and the bearer of the ticket refused entry.*
- *Accessible seating is available within the allocated general admission seating area.*

Chickenpox is a common viral infection that can reappear later in life as shingles. Vaccination is recommended for all infants and non immune adults.

Chickenpox and Shingles

Last updated: 08 April 2018

What is chickenpox?

- Chickenpox 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, and other problems in the baby.
- 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 (varicella) 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.
- The 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 it 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.

What is Shingles?

- Shingles is caused by the reactivation of the virus that causes chickenpox, usually in adulthood and many years after the initial chickenpox illness.
- The illness is characterised by a painful chickenpox-like rash on a small area of skin, usually on one side of the body.
- Pain and tingling associated with the rash may persist for weeks or months after the rash has cleared. This is called post-herpetic neuralgia.
- The virus can be spread by direct contact with the skin rash of infected people. This causes chickenpox in people who are not immune.
- Shingles develops more commonly in people who are immunosuppressed.

How are shingles and chickenpox treated?

Shingles can be treated with special antiviral drugs such as acyclovir. Your general practitioner can advise on ways to minimise the discomfort associated with the symptoms of infection.

Chickenpox infection usually resolves without treatment.

What is the public health response?

Chickenpox is not currently notifiable in NSW but the incidence is monitored through the number of patients attending emergency departments and the number of patients who are hospitalised with chickenpox or shingles.

- Varicella vaccine protects against chickenpox, even if given up to five days after exposure.
- Short-term immunisation with varicella-zoster immunoglobulin (VZIG) - which is made from antibodies in donated blood - can prevent illness in people at high risk of complications. This needs to be given within 96 hours of exposure to the virus to be effective. People at high risk of complications following exposure include pregnant women who have not had chickenpox and who have not been immunised, newborn babies, and some immunosuppressed patients.

For further information please call your local Public Health Unit on 1300 066 055 or visit the New South Wales Health website www.health.nsw.gov.au



Anzac Day

My Child(ren) _____

☐ will attend the Anzac Day Service in Tooraweenah on Thursday 25th April 2019.

☐ will not be attending

Signed _____

Date: _____