



Gunnedah South Public School

"With oar and sail"

Thursday
6h August 2015
TERM 3 WEEK 4

Special points of interest:

- Life Education Van from 29th July-14 August
- North West Athletics 28th August

Principal: Mrs Emma Jeffery

Deputy Principal: Mr Graham Conn

School Captains: Lucy Jackson and Zachary Griffin

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School Week	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 August	10 Life Education Van	11 Life Education Van	12 Life Education Van Boys & Girls Touch 11.15am Gunnedah South	13 Life Education Van Year 2 Dubbo Zoo 2S & 2W	14 Year 2 Dubbo Zoo 2SW & 2Z
6 August	17	18 PSSA Girls Touch PSSA Rugby Union	19	20	21 Little Athletics Visit
7 August	24	25 PSSA Girls Softball	26	27	28 Northwest Athletics



Gunnedah South Public School

Proud supporters of the

"You Can Do It" Program

CONFIDENCE

Supporting & caring
for your children.

A few words from our Principal...



Dear Parents and Carers,

Education Week

Last week the school celebrated Education Week.

Education week is a celebration which acknowledges the achievements, dedication and commitment by students, staff, parents and school communities. It provides an excellent opportunity for us to open our doors, to showcase the wealth of learning opportunities on offer and reflect on the exceptional achievements of our staff and students.

It was lovely to see so many parents, grandparents and community visiting our open classrooms and taking part in the lessons with students.

Thank you to Mrs Worley and the SRC for running our BBQ.

Education at present is undergoing major reforms and it is an unprecedented time of change, and I believe this is an unprecedented time of opportunity for schools to have greater autonomy in determining school directions. These reforms are evidenced based and are the most comprehensive reforms in NSW in a century, and they are all underpinned by putting students at the centre of every decision.

The students at Gunnedah South arrive at school each day with an open mindset ready to tackle new learning. They are hard working, committed, focused, respectful and caring. Our students are building their capacity under the five keys to success of:

Getting along, Organization, Confidence, Persistence and Resilience.

They have a strong sense of belonging and ownership here at Gunnedah South.

Our teachers and support staff here are an exceptional group of highly trained professionals who are committed to supporting students to reach their full potential. They continue to go above and beyond on a daily basis to meet the learning needs of every student. I would like to publically thank them for making learning fun, challenging and relevant and ensuring our students are confident in the 21st century.

Kindergarten Transition

Yesterday was our Literacy lesson taster for our little Kindergarten students of 2016. I visited all classrooms and they were having a wonderful time, reading books, sequencing stories, cutting and pasting and practising writing their names. I was very impressed with how settled and engaged the students were during the lesson. There were many, many smiling little faces enjoying a taste of 'big' school.

Winter Ball

Another fantastic night at the South winter ball. The night was full of 'Bling and Merriment'. This is an event that is planned months in advance and tickets sell out within a week.

A special thank you to this years committee, Kim Street, Amber Donohue, Carolyn Weara, Amy Perfrement, Rebecca Ryan, Heidi Mainey, Tove Sparkes and Mel McCulloch for organising an outstanding event. Thank you!

Voluntary School Contributions

Each year the school requests a small contribution to assist us in the resources needed to support our extensive programs.

Lead and colour pencils

- Paper
- Glue
- Tissues
- Student exercise books
- Photocopying
- All stationary

And much much more.....

The voluntary contributions are \$40 per student and \$20 per additional child. The school will again be raffling a prize—a huge 42" LED LEC TV, which will be drawn in Friday 11th September during our book week parade. This is a fabulous prize worth \$1000.

All families who pay the voluntary contributions by the end of Wednesday 9th September, will automatically go into the draw. All families have been sent an invoice which includes voluntary school contributions and any year excursions for your children. These payments can be made in cash, eftpos, cheque through the front office or made online with instructions on the back of the invoice.

Thank you for supporting our school.

Kindest Regards

Emma Jeffery

Principal



SCHOOL NEWS...

Canteen Roster

**Volunteers are needed
for term 3.**

If you are interested in helping in
the Canteen please contact
Sharon Tydd or leave a message
with the office.

Merit Certificates

Silver

Kayden Sutcliffe, Harry Capper, Claire Varcoe,
Tahlia Newman, Jack Hunt, Claire Barnes,
Aisha Anwari, Liam Duff, CJ Lim, Joslyn Bard,
Sophie Bush, Brodie Coombs, Flyn Harrison,
Kalan Southwell, Mika Conti- Nibali,
Lilly Unicom- Mills,
Rihari Bowater- Gudsell, Annie Walsh

Gold

Ryan Weekes, Kayden Sutcliffe, Claire Varcoe,
Aisha Anwari

Stage 3 Rotations 2015

Term 3

Week 5—A	Monday - 10/8	Tuesday - 11/8	Wednesday - 12/8	Thursday- 13/8	Friday - 14/8
Mr Sumpter - Tech	5/6S	5S	5M		S
Mrs Conn -Science	6C	5/6S	5S		P
Miss Flannery - CAPA	6F	6C	5/6S		O
Mrs Michelsen-PD/H/PE	5M	6F	6C		R
Miss Small -HSIE	5S	5M	6F		T

GUNNEDAH ZONE PSSA
ATHLETICS PROGRAM 2015
FRIDAY 7TH AUGUST 2015

8:45am: Teams Assemble

9:00am: Carnival Begins

1ST Rotation

BOYS TRACK EVENTS

EVENTS

200m Finals- Jun, 11 yrs, Sen

100m Heats- Age Races

100m Finals- Age Races

GIRLS FIELD

Long Jump- Junior

Discus- 11 years

Shot Put- Seniors

High Jump

(High jump will be held after other field events. As children complete each field event they will rotate onto the next)

2nd Rotation

GIRLS TRACK EVENTS

EVENTS

200m Finals- Jun, 11 yrs, Sen

100m Heats- Age Races

100m Finals- Age Races

BOYS FIELD

Long Jump- Junior

Discus- 11 years

Shot Put- Seniors

High Jump

(High jump will be held after other field events. As children complete each field event they will rotate onto the next)

3rd Rotation

800m Events

Boys- Senior, 11 years, Junior

Girls- Senior, 11 years, Junior

Relays

Boys- Junior, Senior

Girls- Junior, Senior

PP5 and PP6 Relays

Presentation of Ribbons

Presentation of field event ribbons will take place by the teacher in charge of each event. Ribbons for track events and trophies for age champions and overall winning schools will be awarded at the end of the day.

Gunnedah High School will be providing a BBQ on the day and we are able to access their school canteen however at designated times- the time for recess is 10am and the time for lunch will be 12.30. Please note we are not stopping for designated break times, these times are available to us because that is when the high school students are in class.

PARKING- Entry to the oval is via South St. Please ask your parents to park along South Street as well and ask that they do not park at the rural health centre.

Infants Athletics Carnival



Kitchen Cook-off #4



Last Monday night, stage 3 participated in the highly acclaimed, kitchen cook-off. 6 students were chosen from years 5 and 6 and each 6 were able to choose a sous chef to help them in their endeavour to win this challenge.

All of the children showed maturity beyond their years and managed to amaze those who watched and judged. Their concentration and their attention to detail was what really shone.

The teams cooked beef chow mein in 45 minutes. This involved plenty of cutting, reading and comprehending the recipe and timing. The end result was amazing.

Well done to all the teams: Aidan R De Luzuriaga and Jake Jamieson, Steph McArthur and Lucy Jackson, Annie Lyne and Sienna Miller, Jack Trappel and Brodie Riley, Austin and his dad Michael Bryers, and Charley Atkins and Mackenzie Leader.

As always, there was only 1 winning team and that team was...

CHARLEY ATKINS AND MACKENZIE LEADER IN THE BLUE KITCHEN!!!

Well done girls!

SAKG NEWS!



\$1 cup Minestrone Soup days–

Tuesday 11th Aug (Primary)

Wednesday 12th (infants).



Preserves for sale.

Relishes, pickles, chutneys.

From \$3.

Head down to the kitchen to purchase

Life Education Visit 2015

The Life Education Van is currently visiting our school. Life Education is the largest, independent, Australian, health and drug education provider for school children aged 5-13 years

Students have been busy meeting Tim and Healthy Harold and learning important life lessons focusing on issues around: food and nutrition; personal safety; physical activity; cyber safety; and safety with medicine and legal drugs- tobacco, alcohol and caffeine. By taking a comprehensive approach to drug and health education the Life Education Lessons help children to develop relationship skills, positive communication problem solving and decision making skills.



Kindergarten students Elsa Sparkes and Cobi Joliffe enjoyed meeting Tim & Healthy Harold this week.

Year Six Excursion

An information evening will be held on Thursday 6th August beginning at 6pm. The information session will be held at the Gunnedah South School Hall. Mr Humphries will be there to outline the activities that will be undertaken whilst on the excursion and address any concerns or questions.

Parents, carers and students are welcome to attend.

A friendly reminder that another instalment was due last Friday. Please ensure you are making regular payments towards your child's excursion.

Term 3 Week 1 Friday 17 th July	\$50 payment
Term 3 Week 3 Friday 31 st July	\$50 payment
Term 3 Week 5 Friday 14 th August	\$50 payment
Term 3 Week 7 Friday 28 th August	\$50 payment
Term 3 Week 9 Friday 11 th September	\$100 payment

For your information...

A confirmed case of Scarlet fever has been confirmed in our school.

Scarlet fever

Time from exposure to illness

1 to 3 days

Symptoms

Sudden onset sore throat, high fever and vomiting, followed by a rash in 12 to 36 hours.

Do I need to keep my child home?

Yes, until at least 24 hours of treatment has begun and the child is feeling better.

How can I help prevent spread?

Careful hand washing. Sick contacts should see their doctor.

Anne Singleton Cup

On Saturday the 1st August, Gunnedah South Netball Team competed against St Xaviers Netball Team in the final of the Anne Singleton Cup. We came away victorious with a 5 goal difference. The game was evenly matched, and the girls, in both teams, displayed a high level of skills. Our girls were very hungry for the ball and pounced on any loose balls. There were many crucial touches causing turnovers, and the defence was tight on their partner, causing pressure on our opponents passes. It was great to see staff and parents supporting our team on the sideline..



There have been confirmed cases of Hand, Foot and Mouth disease here at Gunnedah South School.

If your child has any of the signs or symptoms please make an appointment to visit your local GP. A doctor's certificate should be requested and brought in to school when your child returns.

Hand foot and mouth disease (HFMD) is a viral infection. It is not linked to the foot and mouth disease that affect animals. HFMD is mainly seen in children under the age of ten or in young adults. It is easily spread from one person to another.

Signs and symptoms

Symptoms usually start three to seven days after catching the infection and can last between seven to 10 days. Admission to hospital is rarely needed. The common signs and symptoms include:

- high temperature (fever)
- sore throat
- small blisters on the inside of the mouth, the sides of the tongue, palms of the hands, fingers, soles of the feet and nappy area (the blisters should not be itchy like chickenpox blisters).
- poor appetite
- drinking and eating can be painful because of the mouth blisters
- tiredness

How is it spread

The main way HFMD is spread is by touching the fluid from inside the blisters, and fluids from the nose, mouth and chest (spread from sneezing and coughing). It can also be in bowel movements (poo) for up to several weeks after being infected.

How to stop it spreading

- Washing hands after touching these bodily fluids is the best way to prevent the spread of HFMD.
- Not sharing items like cutlery, drinking cups, towels, toothbrushes and clothing will help to reduce the spread to others.
- Your child should stay home from school, crèche, play group, kindergarten, or child care until all the fluid in the blisters has dried.

Treatment

- There is no treatment for HFMD. Because it is a virus antibiotics will not work to treat it.
- Give pain relief for mouth blisters. Ask your pharmacist or family doctor about what medicines are good to use.
- Give your child frequent sips of water. This will stop them from becoming dehydrated.
- Leave blisters to dry naturally. Do not pierce them.
- If your child gets a headache, stiff neck or back pain immediately seek medical advice from your family doctor or an emergency department

Key points to remember

- Hand foot and mouth disease is easily spread from one person to another
- It is not life threatening
- There are no specific treatments, vaccine or cure
- If your child has symptoms of a headache, stiff neck or back pain, immediately seek medical advice.
- There is no known risk to pregnant women or their unborn babies.

For more information

- **It is most beneficial to gain further information from your family doctor (GP) or Maternal and Child Health Nurse**
- www.health.vic.gov.au/ideas
- www.cdc.gov/ncidod/
- www.health.nsw.gov.au

Impetigo - school sores

Impetigo is a skin infection caused by the *Staphylococcus* or *Streptococcus* bacteria. It is also known as 'school sores', because it commonly affects school-aged children. Impetigo is more common during the warmer months.

Staphylococcus or *Streptococcus* bacteria can live harmlessly on and inside various areas of the body, such as the skin surface and nose. However, cuts and abrasions or eczema may allow the bacteria to cause infection to deeper skin tissues. Healthy, intact skin can sometimes develop impetigo too. The condition is characterised by collections of small, crusting blisters that usually form on the face or limbs.

Impetigo looks unsightly, but it isn't dangerous and doesn't cause any lasting damage to the skin. However, it is highly contagious. A child with impetigo should be kept home from school or day care until appropriate treatment has begun and the sores on exposed areas are covered with a waterproof dressing.

Common symptoms

Impetigo takes up to four days to develop the signs of infection. This is called the 'incubation period'. Following this:

- The skin itches and reddens
- A collection of blisters forms, commonly around the nose and mouth
- The blisters pop and weep a yellow, sticky fluid
- The area develops a raised and wet-looking crust
- The scab dries and falls off
- The skin completely heals after a few days.

Symptoms of severe infection

If large areas of the skin are affected, symptoms may also include:

- Fever
- Swollen lymph glands
- General feeling of unwellness ('malaise').

Impetigo is very contagious

Impetigo blisters and crusts are filled with bacteria. This makes the condition highly contagious, particularly when the site is weeping. The skin is usually itchy, so the child scratches and spreads the infection from under their fingernails to other areas of the body or to another person. Infection can also be spread by handling contaminated clothing or articles.

Diagnosis

Impetigo may be diagnosed by taking a swab of the blisters or crust, and checking for the presence of bacteria.

Treatment

Impetigo can be treated with prescription antibiotic ointments or creams, which need to be reapplied until the sores have completely healed. Antibiotic syrups or tablets may also be prescribed. It is important to complete any course of antibiotics you are prescribed. If left untreated, impetigo can lead to skin abscesses.

Care of the infection at home

Suggestions for home care include:

- Apply a waterproof dressing to stop further spread of the infection.

- Wash the sores (lesions) with an antibacterial or antiseptic soap every eight to 12 hours.
- After each wash, pat the lesions dry.
- See your doctor if the sores spread and get worse despite treatment, or if the child becomes unwell with fever.

Avoid spreading the infection

Suggestions to reduce the risk of transmission to other family members include:

- Encourage everyone to wash their hands with soap frequently.
- Cut your child's fingernails short and encourage them not to scratch scabs or pick their nose.
- Avoid scratching or touching the sores to prevent spread to other areas of the body.
- Keep affected areas of skin clean and covered to minimise the chance of spreading the infection.
- Always wash your hands with soap after touching sores or scabs.
- Encourage children to use their own towel and face cloth.
- Wash the child's linen, towels and clothes separately.
- Dispose of used dressings promptly and thoroughly wash hands with soap after the dressings have been disposed of.

Impetigo is dangerous for newborns

Keep the infected person well away from young babies. Impetigo is a serious condition for newborns because the child's reduced immunity can't keep the infection in check. Without prompt treatment, a severe case of impetigo may threaten a baby's life.

Where to get help

- Your doctor
- Your pharmacist
- Your local Maternal and Child Health nurse
- Maternal and Child Health Line (24 hours) Tel. 132 229
- Nurse-on-Call Tel. 1300 60 60 24 – for expert health information and advice (24 hours, 7 days)

Things to remember

- Impetigo (school sores) is a highly contagious type of skin infection caused by the *Staphylococcus* or *Streptococcus* bacteria.
- The infection is characterised by inflamed blisters that pop, weep and form crusts.
- Treatment options include antibiotic creams or ointments and/or antibiotic syrup or tablets.

Want to know more?

Go to [More information](#) for support groups, related links and references.

This page has been produced in consultation with, and approved by:

DHS - Communicable Disease Control

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