



BARHAM PUBLIC SCHOOL

2019 NSW Term 3 Week 7 Newsletter

3/09/2019

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In this week's issue ...

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- › Crazy Hair Day Wrap Up
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- › Attendance

UPCOMING EVENTS

4 th Sep	Cyber-safety online
4 th Sep	Wellbeing and resilience session
6 th Sep	STEM Open Classroom
10 th Sep	ICAS Writing
12 th Sep	ICAS Spelling
12 th -13 th Sep	Aspire Me Dance Camp
13 th Sep	K/1/2 Excursion – Bendigo
17 th September	ICAS English
19 th September	ICAS Mathematics

PRINCIPAL'S MESSAGE

Welcome to Week 7

Happy Father's Day to all of our fathers and grandfathers. We hope you had a wonderful day on Sunday.

Last week our SRC showed their support for our student Matilda Hollins in her venture to raise money for Cancer research. In the process the students had a wonderful day on Friday out of uniform and with crazy hair. It truly was amazing to see the creativity of students with their hair designs.

A selection of students also travelled to Albury for the Riverina Regional Athletics Carnival and we thank the multitude of parents who made the long trek to Albury to provide such a wonderful experience for their children.

This week, on Wednesday our stage 3 students will join in a wellbeing workshop on resilience with Warren Davies, the unbreakable farmer. An evening session for parents is being held at Koondrook Public School and we encourage you to go along to learn more about developing resilience.

Please call Koondrook School to indicate your attendance at this community event.

The end of winter has come with further illness at school. There have been cases chickenpox and hand, foot and mouth disease in the past week. NSW Health Fact Sheets provide you with information about these diseases so you can be aware of what to look for if your child becomes unwell.

On Friday we are holding an open classroom to showcase the STEM technology kit that we have borrowed for the term. Friday will be our last day with the equipment as it has to be packed up and sent to the next school on Monday. We encourage you to come in on Friday afternoon to share what our students have learnt about using PC Robotics, micro bits, ozobots and makey makey kits.

The sunshine and warm weather of spring is a welcome respite and I hope that you enjoy the energy of the change of season.

Have a great week.

Roslyn Buchanan

PREMIER'S READING CHALLENGE

The Premier's Reading Challenge closed on Friday. Last year we had 48 students complete the challenge. This year we have 56 students who have successfully completed the challenge so our numbers are slowly growing. This week student records will be finalised. If your child has completed their challenge reading but have not recorded their books, please see your classroom teacher before the end of the week so that their student record can be finalised.

CRAZY HAIR DAY WRAP UP

Last Friday Matilda Hollins bravely cut off her beautiful locks to make a wig for a cancer sufferer.

As a representative of the school body, the SRC decided to have a crazy hair day with a gold coin donation with all money raised to be donated to Matilda's cause.

As a school we raised \$261.05. Congratulations and thank you to everyone who made a donation.

Matilda collected a total amount of \$2481.45 with some donations still coming in. Amazing Matilda! Your new haircut looks fantastic.





CRAZY HAIR DAY PHOTOS



THE SCHOOL BELLS

The school bell used to ring once to let students know it was time to get ready to go to class and once to let students know that they should be at class. That has now been replaced with a song. When students hear the start of the song they know it is time to head to class and by the time it is finished they should be ready to learn. How does your child like the new bell?



RIVERINA ATHLETICS – ALBURY

On Friday, 30th August seventeen Barham Public School students ventured to Albury for the Riverina Athletics Carnival.

Everyone represented our school with pride, competed well and had an enjoyable day by all accounts. A huge thank you to all the parents, grandparents and carers who travelled to Albury with our students and were their cheer squad for the day.

Congratulations to our students!



Pictured above: Our Junior Boys Relay Team



WEEK 6 ASSEMBLY AWARD RECIPIENTS



Congratulations to the award recipients for their efforts and achievement in learning.

Celebrate Attendance

Hints and Tips No. 2: Teaching good habits



It is important for parents to make attending school a priority.

Allowing children days off for birthdays, to look after younger children, to go shopping, to keep you company or because they were tired from a late night, not only sends the wrong message to your child, it is also against the law.

Children who get used to having days off school for these kinds of reasons develop an attitude that their attendance at school is not very important. This can become a big issue as a child gets older.

Teach your children that being on time is important. Children that are often late to school miss the part of the school day when the teacher explains new activities. The beginning of the day is also when many students are freshest and can concentrate better.

Students that are late on a regular basis may become the target for comment by other students and often as a result isolate themselves from their peers.



Missing school leaves gaps in your education

MOTIVATING BOYS – ECHUCA



**Thursday 12th September, 2019
7-9pm**

**Mercure Port of Echuca,
465 High Street, Echuca VIC 3564**

Please click the link below for more information about this event.

<https://www.eventbrite.com.au/e/motov8in-g-boys-echuca-tickets-65889034877>



Mon 2nd Sept

Tues 3rd Sept

Wed 4th Sept

Thurs 5th Sept

Fri 6th Sept

Katrina Myers

Sally McDonald

Rita Jones

Jem Boyd

Mon 9th Sept

Tues 10th Sept

Wed 11th Sept

Thurs 12th Sept

Friday 13th Sept

Gloy Chisholm

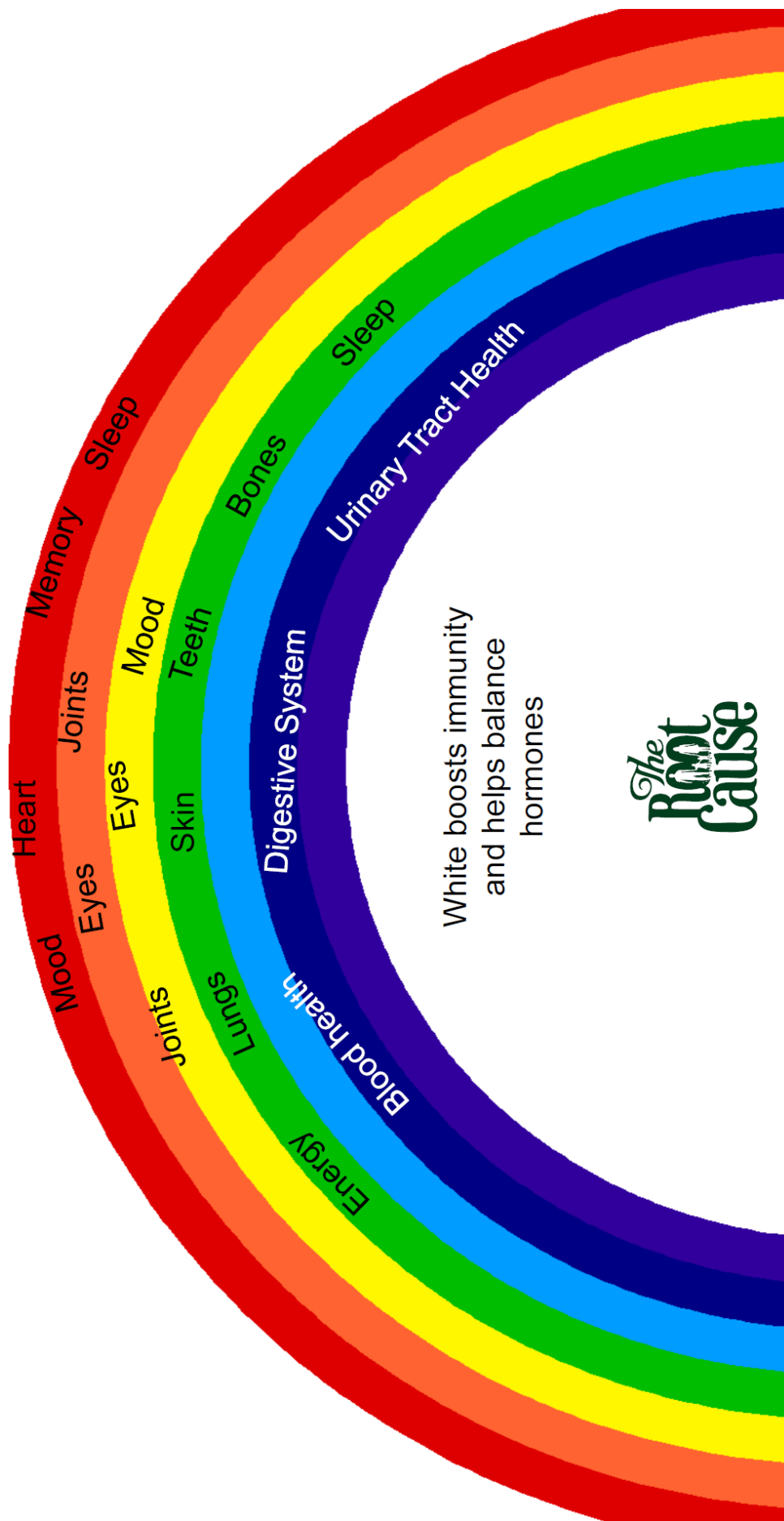
Mandy Anthony

Rae Farrant

Lauren Swan

If you are unavailable, please arrange your own substitute, or contact Sonya at the canteen on 5453 2321

Eat a Rainbow Every Day!

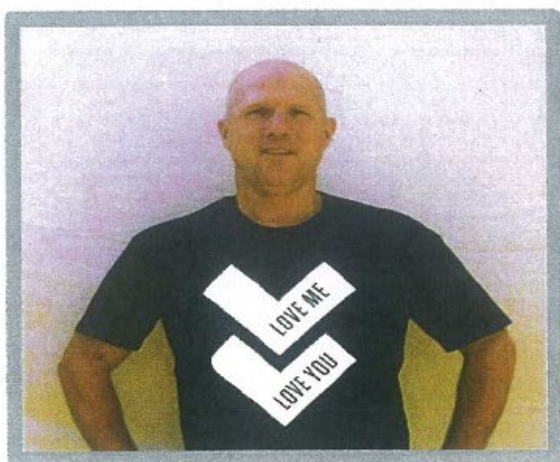


WARREN WILL BE HERE TOMORROW CONDUCTING A SESSION WITH OUR YR4/5&6 STUDENTS.

Warren Davies

The Unbreakable Farmer

RESILIENCE- PERSISTENCE
- DETERMINATION



DATE: Wednesday, September 4, 2019

TIME: 6.30 PM – 7.30 PM

WHERE: Koondrook Primary School
7 Punt Road, Koondrook

REGISTER: To book your seat call **54532428**

COST: Gold coin donation

Koondrook Primary School would like to invite members of the community to this very important event.

Warren's talk will be centred on resilience, persistence, determination, leadership and wellbeing.... as he explains the journey of him piecing back together his life and the life lessons he learnt along the way.

Warren's message is simple and so very important at a time when stress is seen as normal and depression is commonplace.

A focus of Warren's presentation will be to provide parents with mental health knowledge, an ability to recognise persistent and concerning behaviours in their child and skills to seek suitable professional support. The presentation also aims to help parents develop an understanding on childhood mental health as to better equip them to deal with potentially harmful issues. Additionally, parents develop an understanding of how to seek help from health professionals for issues that become more severe.

THIS EVENT IS RECOMMENDED FOR AN ADULT AUDIENCE.
(Warren will be running a separate event for the students at Koondrook Primary school).

Warren Davies - Foundation Development



Love Me Love You is a non-profit organisation that strives to empower and build resilience in young adults so that they may overcome the stigma surrounding mental health and other life hardship

mherv

men's health education rural van
saving men's lives in rural australia



a rotary project
District 9670

FREE men's health checks!

**Moulamein
Sept 11th**



**Wed. September 11th
Moulamein Wharf
10am - 4pm**

**Barham
Sept 12th**



**Thurs September 12th
Outside Elders
10am - 4pm**

Mathoura Sept 13th



**Fri. September 13th
Men's Shed/Bowling
Club 10am - 4pm**

Many men in rural NSW don't pay much attention to their health - 'she'll be right!'... But treatable high blood pressure and diabetes have no symptoms. Don't wait until it's too late... If you don't remember when you last had a checkup... It's time!

Get checked ... see mherv ... its FREE!

mherv

men's health education rural van
saving men's lives in rural australia



a rotary project
District 9670

Free health checks at the Men's Health Education Rural Van include:

- Blood pressure just to check the heart isn't too stressed.
- Blood sugar levels ... just a pin-prick in the finger, to make sure there's no type two diabetes ... which is manageable even if there is.
- Cholesterol ... just another pin-prick to see if levels are high and need attention.

Sponsored by:



Health
Murrumbidgee
Local Health District



**Royal Freemasons'
Benevolent Institution**



Aspire Support Services in conjunction with Intereach are proud to present

Girls and Women with Autism Spectrum Disorders Workshop



Sally Rigley, Developmental and Educational Psychologist from The ASD Clinic and TreeHaus Williamstown will be presenting a workshop on Girls and Women with Autism Spectrum Disorders. Sally has a Masters Degree in Educational and Developmental Psychology specialising in Autism Spectrum Disorders and worked as a specialised therapist for 8 years assisting children and adults with ASD. For the past 15 years, Sally has been working in private practice assessing adults and children with ASD, assisting parents of children with ASD as well as providing counselling for people with ASD.

The workshop will cover:

- A brief description of Autism Spectrum Disorders.
- Why females with an Autism Spectrum Disorder are so difficult to diagnose and how they differ from males.
- How females on the spectrum can present within the school environment.
- How anxiety affects females on the spectrum both at home and at school.
- Strategies for girls on the spectrum both within the home and school environment.

Date: Friday 6 September 2019
Registration: 9:30am
Workshop: 10am - 3pm (luncheon included)
Venue: Commercial Club Albury, 618 Dean Street, Albury
Cost: Parents/Carers - \$25.00, Professionals - \$60.00
Enquiries: Sue Pringle, Family Support Coordinator,
sue.pringle@aspiress.com.au

Please include any personal/dietary requirements when booking.

Bookings essential

Contact the Aspire Customer Service Team.

T 02 6058 4000

E customerservice@aspiress.com.au

www.aspiress.com.au



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

Communicable Diseases Factsheet

Hand, foot and mouth disease

Hand, foot and mouth disease is a very common viral disease of childhood which is easily passed from person to person. It usually causes a mild illness but rarely causes serious illness. It is not related to the foot and mouth disease that affects animals. Good hygiene helps prevent infection.

Last updated: 10 August 2016

What is hand, foot and mouth disease?

Hand, foot and mouth disease is generally a mild illness caused by enteroviruses, including coxsackieviruses. It is usually not a serious illness and is not related to the foot and mouth disease that affects animals. It mainly occurs in children under 10 years of age but can also occur in older children and adults.

What are the symptoms?

- Hand, foot and mouth disease starts with blisters that begin 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 palms of the hands and soles of the feet. In infants, blisters can sometimes be seen in the nappy area. Blisters usually last for 7 to 10 days
- Children can sometimes have a low fever, sore throat, tiredness, feel off colour and may be off their food for a day or two
- Very rarely, enteroviruses can cause other illnesses that affect the heart, brain, lining of the brain (meningitis), lungs, or eyes.

How is it spread?

- Hand, foot and mouth disease is usually spread by person-to-person contact. The virus is spread from the faeces of an infected person to the mouth of the next person by contaminated hands. It is also spread by secretions from the mouth or respiratory system, and by direct contact with the fluid from blisters
- It usually takes between three and five days after contact with an infected person before blisters appear. The virus can remain in faeces for several weeks.

Who is at risk?

- The viruses that cause hand, foot and mouth disease are common and particularly affect children.
- Many adults, including pregnant women, are often exposed to them without symptoms. There is no clear evidence of risk to unborn babies from hand, foot and mouth disease. However, infected mothers can pass the infection onto newborn babies who rarely can have severe disease.
- Outbreaks may occur in childcare settings.

How is it prevented?

- Good hygiene is the best protection. Wash hands with soap and water after going to the toilet, before eating, after wiping noses, and after changing nappies or soiled clothing
- Avoid sharing cups, eating utensils, items of personal hygiene (for example: towels, washers and toothbrushes), and clothing (especially shoes and socks)
- Thoroughly wash any soiled clothing and any surfaces that may have been contaminated.
- Teach children about cough and sneeze etiquette.

- o Cover coughs and sneezes with a tissue. Coughing into an elbow is better than coughing into your hands.
- o Dispose of used tissues in the bin straight away.
- o Wash your hands afterwards with soap and water.

How is it diagnosed?

- Your doctor can diagnose hand, foot and mouth disease based on the symptoms. Laboratory tests are not usually necessary.

How is it treated?

- Usually no treatment is needed. Paracetamol will relieve fever and discomfort. Do not give children aspirin.
- Allow blisters to dry out naturally. The blisters should not be deliberately burst because the fluid within them is infectious.
- Make sure young children are drinking enough as painful mouth sores can make some children reluctant to swallow liquids.

What are the signs of a serious infection?

Signs that an infant or older child might have a more serious form of hand, foot and mouth disease include any of the following:

- Persistent fever (38°C or above for 72 hours or more)
- Abnormal movements / jerking movements
- Rapid breathing
- Excessive tiredness, drowsiness
- Excessive irritability
- Difficulty walking.

If any of these signs are present then the child should be seen by a doctor urgently even if they have been checked earlier in the illness.

How long should children stay away from childcare and school?


Children with hand, foot and mouth disease should be excluded from school or childcare facilities until their blisters have dried-up, and any rash (if present) has gone and any fever has settled.

What is the public health response?

Hand, foot and mouth disease is not a notifiable disease under the Public Health Act. However, to help prevent spread parents should report the illness to the director of the childcare centre or the school principal.

Further information

For further information please call your local public health unit on 1300 066 055.



Open Classroom Technology Showcase

This Friday 6th September, 2019
2pm - 3pm
All Welcome

Students will be sharing
their "Stem Kit"
experiences from this
term.

Made with PosterMyWall.com