

# Coonamble Public School Newsletter

Tuesday 21st March 2017 Term 1 Wk9

We acknowledge the school is built on Wailwan land and the home to many Gamilaroi families.

## Dates to remember

- \* 21-22/03/2017- learning meetings with the classroom teacher.
- \* 23/03/2017 - School Photos
- \* 23/03/2017 - Netball Registration
- \* 24/03/2017 - Assembly
- \* 24/03/2017 - Book Club Due

## PROUD AND STRONG AWARDS

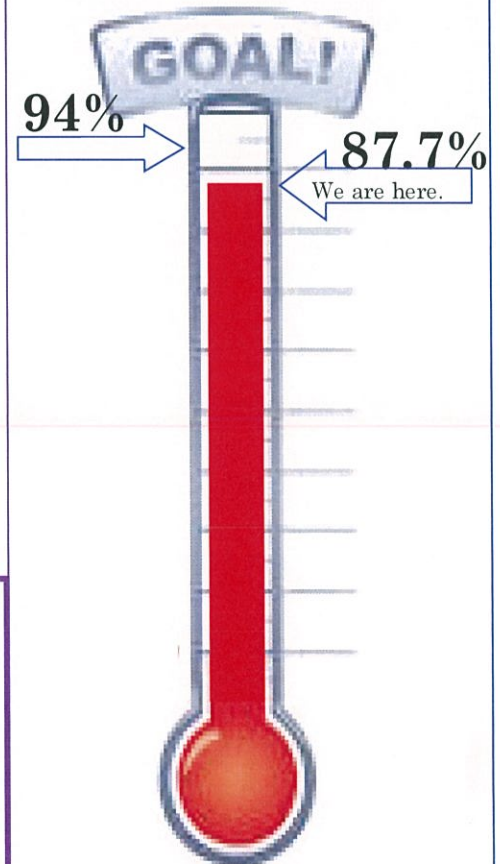


### Week 8 Term 1

**Front row :** Chloe Dixon, Shania Welsh, Emily Wendelin-Craig, Andrew Proctor, Jyerell Boney, Robert Dennis, Georgia Alderton

**Back row :** Mackenzie Kenny, Patrick Forbes, Racheal Jones, Cooper Moran, Willow McKennzie

## ATTENDANCE





## Principals Message

Dear parents, carers, family and friends,

This week is learning meeting week. This is an opportunity for parents/carers and students to meet with the teacher to discuss their learning and establish goals for the year. Students require a learning plan and input from parents and carers is so important in this process. If you haven't made a time at the office with your child's teacher, it isn't too late. Teachers will make sure that you have the opportunity to talk with them. We are sure this will be valuable for parents, carers, students and teachers as we work together to ensure that every child can learn and achieve their own goals.

Tea, coffee and food will be available in the community room so please drop in for a yarn and food between appointments or while you wait. I thank the teachers for their time and preparation to make sure the meetings are productive and also thanks to the parents who have made their appointments.

### **School Photos**

Our school photos will be taken this Thursday- 23<sup>rd</sup> March 2017. Please assist us on the day by making sure your child is on time for school. At 9.05am, the photographer will take a whole school photo and we would like all students to be in the photo. School photos are great memories and students love looking at them for years to come.

### **P&C Disco**

The P&C will be holding a school disco at the Bowling Club on Thursday 30<sup>th</sup> March. All students are welcome and there will be some teachers present during the event. This will be a fundraiser for P&C for air conditioning in more rooms. See the P&C brochure for more details and we look forward to a great night of social fun.

### **Excursions**

Teachers are planning our major excursions for stage 2 (years 3 & 4) and stage 3 (years 5 & 6) for later in the year. We will be finalising numbers and booking the camps soon. If your child will be attending their stage camp, you can start to make payments at the office now towards the excursion. This facility will mean that you won't have to pay the whole amount in one payment. You can pay as little as you like each week or fortnight through the front counter.

### **150<sup>th</sup> Anniversary**

Coonamble Public School is 150 years old in 2017. We will be holding a celebration in October. There will be a community day and dinner/dance on Saturday 21<sup>st</sup> October as well as open classrooms and performances.

Please put this date in your calendar and spread the word to locals, ex- students, ex- staff and other people who may have been connected with the school over the last 150years.

We have a committee to organise the details of the celebration. If you have any mementos, knowledge and ideas, please let us know.

### **Tell Them From Me Survey**

This term, our school, like many other public schools in the state, will participate in a Department of Education initiative: the *Tell Them From Me* student feedback survey. The survey measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.

More information about the survey is available at: <http://surveys.cese.nsw.gov.au>

The survey is a great opportunity for our students to provide us with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. Schools in Australia and around the world have used the *Tell Them From Me* survey to help improve how they do things at school.

I want to assure you that the survey is confidential. The survey is conducted online and will typically take less than 30 minutes to complete. It will be administered

Have a great week

Annette Thomson  
Principal

# **School Photos**

MUST be in by Wednesday 22nd March.

**NO EXCEPTIONS**

Please ensure your child has the correct order envelope with their name on it.

Order envelopes MUST have the correct money

***A Whole School Photo will be taken at 9am  
Please ensure your child is at school on time***



## Bronze Awards for Week



*Front Row: Jurnee Smith, Brailee Boney*

*Middle Row: Cooper Jackson Travis Jones, Declan Dixon, Destiny Wright*

*Back Row: Patrick Forbes, Jyrell Coppini*

## Netball Registration

Registration for netball will be held at Smith Park.

Thursday 23rd March 4pm till 6pm ,  
and

Thursday 30th March 4pm till 6pm ,  
this will be the last day for Registrations



## Coonamble Junior Soccer

AGM

Tuesday 21st March At Coonamble Bowling Club  
Time 5.45pm





# Book Club

Due Friday 24th March

## Expression of Interest

Aboriginal Parent Rep

Coonamble Public School Reference Group

If you are an Aboriginal Parent or Carer and would like to be a member of the SRG.

Please contact Josh Fernando on 0268221966

or email [joshua.k.fernando@det.nsw.edu.au](mailto:joshua.k.fernando@det.nsw.edu.au)

## Whooping Cough

The School has been advised of a case of Whooping Cough.

If your child is displaying symptoms described on the fact sheet attached, please seek medical advise.

If your child is not immunised for whooping cough, please seek medical advise as to whether they should attend school or not.



# Whooping Cough (Pertussis)

Last updated: 20 October 2016

## What is whooping cough?

Whooping cough can be a life threatening infection in babies. Whooping cough in babies can lead to apnoea (pauses in normal breathing), pneumonia, feeding problems and weight loss, seizures, brain damage and, in some cases, death. Older children and adults can get whooping cough too and pass it on to babies.

## What are the symptoms?

- Whooping cough usually begins like a cold with a blocked or runny nose, tiredness, mild fever and a cough.
- The cough gets worse and severe bouts of uncontrollable coughing can develop. Coughing bouts can be followed by vomiting, choking or taking a big gasping breath which causes a "whooping" sound. The cough can last for many weeks and can be worse at night.
- Some newborns may not cough at all but they can stop breathing and turn blue. Some babies have difficulties feeding and can choke or gag.
- Older children and adults may just have a cough that lasts for many weeks. They may not have the whoop.

## How is it spread?

- Whooping cough is spread when an infectious person coughs bacteria into the air which can be inhaled by people nearby. If they are not treated early, people with whooping cough are infectious in the first three weeks of their illness.
- Whooping cough spreads easily through families, childcare centres and at school.

## Who is at risk?

- Anyone can get whooping cough. People living in the same household as someone with whooping cough are especially at risk.
- Immunisation reduces the risk of infection but immunity fades over time. You can still get whooping cough even if you've been immunised.

## How is it prevented?

Whooping cough vaccines provide good protection from infection but immunity fades which means that boosters are needed.

## Immunisation for babies

- Babies need to be immunised at 2 months, 4 months, 6 months and 18 months. The first dose can be given as early as 6 weeks of age.
- Getting your baby vaccinated on time gives them some protection when they are most at risk of severe illness.
- If your baby's vaccines are overdue, see your GP now to catch up.

## Immunisation for older children

- A whooping cough booster is needed at 4 years of age.
- Check if your child has been vaccinated. Look at their Blue Book, speak to your GP or ring the Australian Childhood Immunisation Register on 1800 653 809.
- A second whooping cough booster is given in high school through the NSW School -based Vaccination Program.

## Immunisation for adults

A booster for adults is recommended for:

- Women who are in the third trimester of pregnancy, preferably at 28 weeks. Free vaccine is provided in NSW through GPs and hospital antenatal clinics.
- Other adult household members, grandparents and carers of infants under 12 months of age.
- Adults working with young children, especially health care and child care workers.

## If you are a close contact of someone with whooping cough:

- If you have been exposed to someone with whooping cough early in their illness while they are infectious, watch out for symptoms and see your doctor if you get a new cough.
- Some babies and some pregnant women need antibiotics to prevent whooping cough infection if they have had significant contact with an infectious person.

## How is it diagnosed?

Your doctor may ask about your symptoms and whether there you've had any contact with whooping cough. If your doctor thinks you have whooping cough, a swab from the back of the nose or throat can confirm the diagnosis.

## How is it treated?

- Some babies may need treatment in hospital or in intensive care.
- Antibiotics are used to treat whooping cough in the early stages and can help prevent spreading whooping cough to others. People who are not treated early with the right antibiotics can spread the infection in the first 3 weeks of their illness. After 5 days of antibiotics, you are normally no longer infectious.
- The cough often continues for many weeks, despite antibiotics.

## What is the public health response?

Doctors and laboratories must confidentially notify cases of pertussis to the local Public Health Unit. Public Health Unit staff can advise on the best way to stop further spread.

Infectious children are restricted from going to pre-school and school. Unimmunised contacts may be excluded from child care unless they take the special antibiotics.

## Identify - Protect - Prevent

NSW Health whooping cough campaign <http://www.health.nsw.gov.au/PublicHealth/Infectious/whoopingcough/index.asp>

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](http://www.health.nsw.gov.au)

Coonamble Public School P & C Association



# Disco



All money raised will go towards air conditioning/heating the remainder of our wonderful classrooms.

**Who:** Preschool to Year 6 students



Coonamble Public School

St Brigid's Catholic School



Coonamble Preschool Service

**When:** 30<sup>th</sup> March 2017

**Where:** Coonamble Bowling Club

**Time:** 5:30pm to 8pm



**Theme:** Easter



Prizes to be won

Hope to see you with your dancing shoes on!





Health

# Have you got what it takes to **Make Healthy Mob Normal?**

Join a team to be crowned the Coonamble MHN Koori Cook Off champions or show us your moves at MHN Koori Moves activity with John Leha.

When: 11am – 2pm Tuesday 4<sup>th</sup> April 2017

Where: McDonald Park, Aberford St, Coonamble.

## How will the cook off work:

- Four teams of four people work to cook a quick healthy meal.
- Each team will draw a recipe from a hat.
- Ingredients and equipment are provided.
- Teams will then follow the recipe, cook the meal, and present it to be judged by local elders. Points are given for taste, colour and presentation.

Register your team of 4 for the cook off with Uncle Jay (Stephen Smith) at the AMS on 02 6822 0000 or email him: [StevenS@cahs.net.au](mailto:StevenS@cahs.net.au) By: Friday 24<sup>th</sup> March

Or, just come along and enjoy the Make Healthy Normal (MHN) day, watch the MHN Cook Off, take home healthy recipes or practice your MHN Koori Moves with John Leha.

For more information on the Make Healthy Mob Normal Event contact Harp Kalsi on 0402 249 058 or [harpreet.kalsi@coxinallridgeway.com.au](mailto:harpreet.kalsi@coxinallridgeway.com.au)

#MakeHealthyMobNormal 

[www.makehealthynormal.nsw.gov.au](http://www.makehealthynormal.nsw.gov.au)



In Partnership with







# Operation SHOUT!

BLUE LIGHT GOES WEST

## Mar-Apr 2017

Fri Mar 31	Nyngan High School gym
Sat Apr 1	Brewarrina community centre
Mon Apr 3	Lightning Ridge Aboriginal child and family centre
Tues Apr 4	Coonamble Bowling Club
Wed Apr 5	Gilgandra basketball stadium
Fri Apr 7	Coonabarabran youth centre

**Start/finish - 6:30pm - 9pm**

**UNDER 18S | NO ALCOHOL | NO DRUGS | NO PASSOUTS**

ALL BLUE LIGHT EVENTS ARE DRUG AND ALCOHOL  
FREE AND SUPERVISED BY POLICE OFFICERS



POLICE CITIZENS  
YOUTH CLUBS

A charity empowering young people through  
Police and community partnership

[pcycnsw.org.au](http://pcycnsw.org.au)

