



# Keeping In Touch

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**Warragamba Public School**

Term 3 Week 2

6 August 2009

*Welcome back to one and all!*

*I trust that you all had a relaxing and energising holiday and are good to go for the rigours of term 3; keep in mind that we've seen to our two 11-weekers, so a ten week term should be a piece of cake. A very large piece, granted.....*

## **BER**

*Well as the more perceptive of you would no doubt have gathered, construction of our hall is yet to commence. I have been assured that there is no tragic reason for the delay and that construction will commence as soon as all the requisite red tape has been addressed. Construction of the COLA over the netball court will commence in the next few weeks.*

## **Glenmore Park High School**

*As you are aware, our move to Western Sydney Region in 2010 comes with a new designated local high school, Glenmore Park HS. As of year 7 2011 all of our year 6 students will have GPHS as their designated local government high school. I have spoken at length with the principal, Ms Natalie Brookton, and she has advised me that any current year 6 students wishing to attend as of year 7 2010 are more than welcome to do so. If as a parent you are considering sending your child to GPHS and do not have much information about the school, please inform me as Ms Brookton has indicated to me that she'd be more than happy to meet with a group of parents and give them a tour of the school.*

## **Interrelate Sessions**

*Interrelate will be visiting our school on the evening of Thursday, September 10. Interrelate Family Centres provide a range of services; the one we are utilising revolves around the delicate issue of sexuality education for students in year 3-6. Although I'm sure that many of you look forward to the "how does this happen?" and "why would that happen?" discussions that the onset of puberty invariably provides, Interrelate provide a non-confrontational yet informative opportunity for such issues to be addressed. We will be running two sessions: "Where Did I Come From?" is for students in years 3-6 explains the differences between male and female bodies while the "Preparing for Puberty" session is for children in years 5 and 6 and helps to prepare children and parents for the emotional, social and physical changes associated with puberty. The sessions run for 60 minutes and are \$15 each or \$20 for both. **Please send your permission notes and payments directly to the office, NOT to your child's class teacher.** For more information please visit [www.interrelate.org.au](http://www.interrelate.org.au).*

## **Interactive White Boards**

*An interactive white board (IWB) is essentially a touch screen linked to a computer via a specialised projector, enabling the teacher and students to engage in computer-based teaching and learning activities on a broader scale. Later this month we will be having two such items installed; one in 5K's room (Block O) and one in 3/4E's room (Block J). This will be a steep learning curve for all but will be an excellent addition to the school's Information and Communication Technology resources. There is already an IWB in 6F's room (Block H) and we hope to purchase more of these items in the coming 12 months.*

### **Vandalism**

*Unfortunately our school fell victim to the mindless actions of vandals over the school holidays. Although no significant damage was caused it's disheartening to know that there are individuals in the local area who would seek to damage our school in any way, shape or form. If anyone has any information regarding the recent vandalism I would love to hear from you; all such information would of course be treated in the strictest confidentiality. I would like to thank those of you – and I know that there are many – who always keep an eye on our school after hours, your commitment and attention is greatly appreciated.*

### **Miss Barton**

*I am happy to be able to report that Miss Barton is recuperating slowly after breaking her wrist while playing netball. At this stage it is envisaged that Miss Barton will return to school during week 4; Mrs Pollock will continue teaching 1B until Miss Barton's return. I would like to thank Mrs Pollock for the fantastic job she is doing with the children.*

### **40 Hour Famine**

*At the urging of Annalise Seguna from 4B, a representative from World Vision spoke to the 3-6 children at today's assembly to encourage the students to participate in this year's 40 Hour Famine. In accordance with the event's guidelines, primary age children only fast for 8 hours, due to health concerns over fasting for such an extended period. More information regarding the school's participation will be sent home shortly; the 40 Hour Famine is held from August 21<sup>st</sup> – 23<sup>rd</sup>.*

### **30 Years of Service**

*Congratulations are in order for Mrs Cottam and Miss Hopkins, both of whom this week received their 30 Years Service certificates from the Department of Education and Training. Thank you Mrs Cottam and Miss Hopkins for your service to the DET and contributions to the education of our students past and present.*

### **Year 5 Canberra Excursion**

*Year 5 trekked to Canberra for the last 3 days of term 2, in support of the stage 3 HSIE unit "Democracy/State and Federal Government" unit. The children visited a number of significant destinations including Parliament House, the Australian War Memorial, the National Gallery, the Electoral Education Centre and Questacon. The children were well-behaved and received compliments on their conduct at numerous attractions; congratulations boys and girls and thank you for being such wonderful ambassadors for our school. Thank you to Mr Smith, Mrs Bogart, Mrs Allen and Mrs Summerhayes for taking time out of their "normal" lives (whatever that means...!) to accompany the children and ensure that they received a rewarding and educational experience. The PACER (Parliamentary and Civics Education Rebate) of \$20 per child was deducted from the excursion's initial overall cost.*

### **A Social Conscience....**

*Last term a friend of mine from school took her own life after battling depression and bipolar disorder for many years. As confronting an issue as this is, after consultation with Miss Foster and Mrs Barlow I decided to address the issue with the children of 6F and 5/6B, given that they are only a few years younger than my friend was when she first began her battle. Depression is becoming increasingly common and I wanted to draw the children's attention to the fact that this is a very real and very debilitating issue that can often have tragic consequences. Of course I was very careful in the way in which I discussed the issue however the message clearly got through to many of the students. Jordan McMillan from 6F took it upon himself to research Beyond Blue ([www.beyondblue.org.au](http://www.beyondblue.org.au)) and went about raising funds for this fantastic organisation, via his father Darren's soccer team. Jordan managed to raise over \$500! What a fantastic effort from Jordan; it's wonderful to know that we have at our school such motivated and compassionate young thinkers. Congratulations on your efforts Jordan and thank you for being such a great role model for our students.*

*Have a great weekend everyone*

**Ben Matthews**

*Principal*

# Swine flu alert!

## How to best avoid it -

Statistics over the past decade show that asthma-related hospital visits do rise in the weeks after school holidays but given the severity of this year's flu epidemic and the presence of the swine flu virus, parents, teachers and child workers should be particularly vigilant.

This term Asthma Foundation NSW is asking parents of children with asthma to get prepared by following a back to school asthma checklist:

Your child should see their doctor and get an Asthma Action Plan, which is an asthma management plan tailored to their individual circumstances. If they already have one it should be reviewed at least once a year.

Find out if your school is in the Asthma Friendly Schools program run by Asthma Foundation NSW. Asthma Friendly Schools have record cards detailing each child's asthma symptoms and treatment, the appropriate medication on-site and staff are trained to handle an asthma emergency.

If your school is not Asthma Friendly, suggest they join the program and establish what emergency procedures they have in place. Check if your school is asthma friendly by logging onto: [www.asthmafriendlyschools.org.au](http://www.asthmafriendlyschools.org.au)

Parents must ensure their children always take the prescribed preventer medication and always take their reliever medication to school.

Watch for asthma symptoms, especially in the first two weeks. In young children symptoms include wheezing, shortness of breath, tightness in the chest or persistent coughing.

Parents should respond promptly with medication and seek medical attention if the symptoms persist.

The presence of "swine flu" is an added complication this year as people with underlying medical conditions are more vulnerable.

In New York over 40% of people hospitalised with swine flu had asthma. Parents should take the following measures to help reduce exposure to the virus: Keep your hands away from your eyes, nose and mouth. Wash your hands regularly with soap and water or an alcohol-based gel that does not require water. Use tissues to wipe your nose, then discard them. Wash your hands after blowing your nose or covering your mouth for a cough or sneeze and before eating or preparing food. Do not share cups or cutlery. Clean surfaces in your home if a member of your household is sick. If you feel unwell, stay home rather than spreading your germs.

## EXERCISE INDUCED ASTHMA (EIA)

- Major trigger for many people with asthma
- Can occur during and/or after exercise
- More likely if unwell or asthma is poorly managed

Students should have a written Asthma Action Plan to best manage EIA. Exercise is the one asthma trigger NOT to be avoided.

### Asthma

### Emergency Kits

#### How many do you have?

To be Asthma Friendly you must have at least 2 but we recommend

that your school has enough to ensure a kit is available for all groups leaving the school as well as always having at least one at school at all times.

### Good News Stories

Have you helped a child with asthma at your school? If you have, we want to hear about it! Please email your story to [afs@asthmansw.org.au](mailto:afs@asthmansw.org.au). Help other schools to learn how becoming Asthma Friendly can benefit their school. **BEFORE:**

- Always warm up before activity.
- Use blue reliever or doctor recommended medication if required around 5-10 minutes before warm up.

### DURING:

If symptoms occur:

- Stop activity and take blue reliever medication.
- Return to activity only if free of symptoms.
- If symptoms recur, take blue reliever or doctor recommended medication. Do not return to activity.

### AFTER:

- Cool down and be alert for asthma symptoms.

### **Asthma Foundation Entertainment Books – Worth their weight in gold!**

*Asthma Foundation NSW is pleased to be offering the popular Entertainment Books to help with our fundraising goals this year.*

*For only \$65.00 you can purchase a Sydney or Sydney North Entertainment Book which contains hundreds of 25 – 50% discounts and two-for-one offers from popular restaurants, cinemas, hotel accommodation, the arts and sporting events. There is something for everyone with high value offers from Avis, Warner Bros., Movie World, Crown Towers, Hamilton Island and many more.*

*Entertainment Books for other states and areas may also be purchased.*

*To order your copy visit [www.asthmansw.org.au](http://www.asthmansw.org.au) and follow the prompts. For any queries call 02 9906 3233.*

### **Father's Day Stall**

*Father's Day is fast approaching and the P & C are once again organising a Father's Day Stall to be held on Wednesday 2 September 2009. The selected gifts are of a good quality and will be sold at a cost of \$6.00. Further information will be included in the next newsletter.*

### **Lunch Box Ideas**

Healthy lunches and snacks are important for your active child. Eating healthy food helps your children concentrate and learn. Here are some suggestions of foods to put in your child's lunchbox at school:

- \* Crunchy vegetables and fresh fruit
- \* Dairy foods such as cheese sticks or slices, milk or yoghurt
- \* Starchy food such as bread, a roll, pita or flat bread, fruit bread or crackers
- \* A frozen drink such as water or milk, an icepack or freezer pack
- \* Meat or protein food such as slices of lean meat or hard-boiled egg

It is very important that your child still has time to relax, play outside and do the things that they enjoy. For more information please visit: [www.betterhealth.vic.gov.au/bhcv2/bharticles.nsf/\(Pages\)/Lunchbox\\_tips](http://www.betterhealth.vic.gov.au/bhcv2/bharticles.nsf/(Pages)/Lunchbox_tips)

### **Dates to Remember**

Wednesday 12 August - "Ditto's Keep Safe Show" K-2

Friday 14 August – Gala Day 3 (soccer and netball)

Tuesday 18 August – Cricket Clinics (Stage 3 Girls)

Wednesday 19 August – ICAS – Maths Competition

- Yr 4 Botany Bay Excursion

Thursday 20 August – Zone Athletics (Field Events)



