

Wongarbon Public School Newsletter

22 February 2019 ~ Term 1 Week 4

Student Representative Council

Congratulations to the following, recently elected members of our Student Representative Council (SRC). They will have responsibilities in thinking of school improvement, organising school socials and also organising special charity days.



Back row (l-r) Eli, Bonny, Mackenzie, Joseph, Isabella Front row (l-r) Nate, Josh, Courtney and Leah

Principal's Message

Dear Parents and Caregivers

Our Director of Educational Leadership, Mrs Adelia Fuller was delighted to visit our school last Friday. She is always impressed by the manners and attitude of our students and enjoyed our first assembly of the year, even assisting by presenting our Student Representative Council (SRC) member with their badges.

Good luck to Chelsea as she competes in the Dubbo District

Swimming Carnival on Thursday evening. Chelsea's event is the 50m backstroke. It is somewhat weird that you can win races going backwards.

I guess rowers do it all the time.

Regards

Principal

Try Always'

UPCOMING EVENTS

TERM 1

Wednesday.....February 27

Life Education Van visit
P&C AGM and meeting

Thursday.....February 28

Little A's Coaching session
District Swimming Carnival

Friday.....March 1

Fire Safety Day at Geurie

Wednesday.....March 13

School Council meeting

NOTES & PAYMENT DUE

- *Life Education Van
- *Fire Safety Day
- *Permission to publish note
- *Year 7 High School Expression of Interest

SCHOOL TERMS 2019

Term 1.....Jan 29 - Apr 12

Term 2.....April 29 - Jul 5

Thought for the week:

NEVER REGRET ANYTHING
THAT MADE YOU SMILE.
Mark Twain

Life Education



We are all getting very excited with the arrival of Healthy Harold in the Life Education Van. The school is covering the \$10 per student cost for all students to ensure everyone gets to experience the important sessions provided. Please, however, return all permission notes promptly. Children may purchase Life Education souvenirs to assist this excellent program.

2019 Voluntary Contributions

\$50 first child \$40 second child \$30 third child

Parent contributions are once again set at \$50 first child, \$40 second Child and \$30 third child for the 2019 school year.

Funds raised through these contributions will be used to supplement educational resources and programs in our school. Our school would welcome your contribution as this will significantly enhance the resources made available to students.

We have already invested approximately \$10,000 for student books, stationery and texts which is almost \$181 per student to ensure a smooth and fully equipped classroom start to 2019.

Excursions, performances and sport incur additional costs and these will be collected prior to the activity.

Did you know that you can make payments to school online?

Our online payment portal linked to our school's website makes it easier for you to pay for school related payments. This is a secure payment page hosted by Westpac.

What expenses can be paid online?

- Voluntary School Contributions
- Excursions
- Sport
- School hats
- Performances

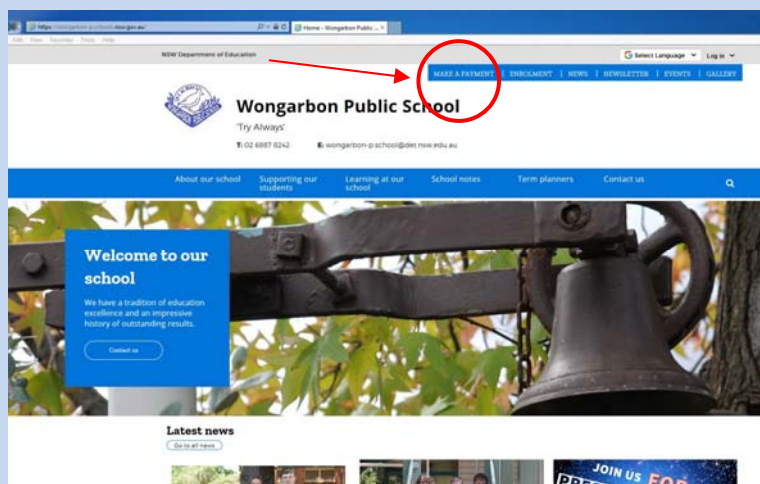
A reminder that any P&C payments (fundraisers and uniforms) are not paid through this portal.

How?

Log onto School site at:

www.wongarbor-p.schools.nsw.edu.au

Click on "Make a Payment" button and follow the prompts to make a payment via Visa or MasterCard.



P&C Meeting

Our first P&C meeting and AGM will be held next Wednesday 27 February at 7pm in the school library. All are welcome to attend. We will be taking nominations for committee positions at the AGM so if you feel you have something you wish to add to our team and wish to support the students and school, please feel free to join us. Looking forward to seeing you there.

Don't forget to bring \$2 membership fee.

Fire Safety Day

Remember to return your permission notes to attend the 'HANDS ON' Fire Safety Day at Geurie next Friday, March 1. All notes and lunch orders should be returned by Monday.

This will be an engaging day with small groups undertaking 9 activities.

Year 7 EOI

Completed **Expression of Interest Year 7 Enrolment 2020 forms** need to be returned to the school office as soon as possible regardless of students attending a government or private school.

Athletics Training

We are very fortunate to have specialist Little Athletics coaches developing our students running, jumping and throwing skills next Thursday afternoon between 2pm and 3pm



Wongarbor Little Athletics restarts again at 6pm on March 1. New participants are always welcome.

Clothing Bargain

As a Year 6 fundraiser all of our second hand clothing through donation or lost property is up for sale. All clothing will be on display in the school library all of next week.

With winter approaching this is a great time to acquire school jumpers and jackets plus much more. Parents and students alike are encouraged to visit the library for this special week of give-away prices. *Please see note below – Thanks Caleb.*

GOOD QUALITY SECOND HAND SCHOOL CLOTHES!

YEAR 6 FUNDRAISER..... SALE! SALE! SALE!

We have jackets for \$5 😊

Jumpers, T-shirts, Shorts and more for just \$2

They are all school clothes so drop by the Library!!

Get in quick while our sale lasts , it ends on Friday!



For further information or help please see Caleb, Benji, Nate, Chelsea, Leah, Zander, Josh, Courtney or Patrick the Year 6 student fundraisers.

School Banking Day is Thursday

Thursday is School Banking day and students should bring in their weekly deposit to the school office.

If your child has lost their book, they can bring their money to school in a sealed envelope with a note on the next School Banking day.



To sick to go to school?

Sometimes it's hard to know if your child is really coming down with something or just suffering a bout of Monday-itis.

For safety's sake, if your child seems unwell you should always keep them home from school and seek medical advice. However, if they miraculously recover by 11:00am, ready to race around the backyard, keeping them in bed all day may send the message that staying home isn't nearly as much fun as going to school. Either way, our [Too Sick For School? chart](#) - chart attached to this newsletter will help answer your questions about common childhood illness and how long sick kids need to miss school.

PLEASE NOTE: This information has been supplied by [NSW Health](#) and is not intended to replace a visit to your doctor if anyone in your family is unwell.



Letting the school know

If your child is too sick for school (or absent for any other reason, including arriving late or leaving early), please let the teacher or school admin staff know by phone, email or written note as soon as possible, and within seven days.

Assembly Awards

Term 1 Week 3

Class Award

Year 5/6	Joseph, Hannah, Brady
Year 2/3/4	Kiah, Dallas, Ben
K/1	Nate, Charlotte, Alexis, Kahysie

Performance Award

Year 5/6	Blair, Chelsea, Toby
Year 2/3/4	Rueben, John, Chase
K/1	Ruby, Dylan, Edward, Kayden

Book Award

Year 5/6	Zander
Year 2/3/4	Ruby
K/1	Zalyn, Charlie

Principals Award

Benji, Nate



Walleroo Registration Information

Registrations are now open

What is Wallaroo Rugby?

Walleroo Rugby is for players from the ages of 5 to 11 (U7 / U9 / U11) and is played on a Friday nights at Victoria Park No 2 & 3 Ovals from 5pm to 7:30pm.

U7's is two handed touch and U9 and U11 play tackle with modified rugby rules, all players must wear headgear and a mouth guard to train and play, both boys and girls are welcome.

The competition runs for approx. 13 weeks from 3rd May through to end of August. Gala days are held in the region for Wallaroo's most Sundays, but these are optional.

Walleroo Rugby provides a pathway for rugby skills in a great family friendly environment.

TRAINING STARTS

Tuesday 2nd April

At Victoria Park No 2 & 3 Ovals 5pm to 6pm

For info on how to register including any questions please visit our Facebook page: Dubbo Junior Rugby Club Inc



Too sick for school?



Generally if your child feels unwell, keep them home from school and consult your doctor. This chart and the information it contains is not intended to take the place of a consultation with your doctor.

Bronchitis	Symptoms are coughing, a runny nose, sore throat and mild fever. The cough is often dry at first, becoming moist after a couple of days. There may be a slight wheeze and shortness of breath. A higher fever (typically above 39°C) may indicate pneumonia.	 ... until they are feeling better. Antibiotics may be needed.
Chickenpox (Varicella)	Slight fever, runny nose, and a rash that begins as raised pink spots that blister and scab.	 ... for 5 days from the onset of the rash and the blisters have dried.
Conjunctivitis	The eye feels 'scratchy', is red and may water. Lids may stick together on waking.	 ... while there is discharge from the eye unless a doctor has diagnosed a non-infectious cause.
Diarrhoea (no organism identified)	Two or more consecutive bowel motions that are looser and more frequent than normal and possibly stomach cramps.	 ... for at least 24 hours after diarrhoea stops.
Fever	A temperature of 38.5°C or more in older infants and children.	 ... until temperature is normal.
Gastroenteritis	A combination of frequent loose or watery stools (diarrhoea), vomiting, fever, stomach cramps, headaches.	 ... for at least 24 hours after diarrhoea and/or vomiting stops.
German measles (Rubella)	Often mild or no symptoms: mild fever, runny nose, swollen nodes, pink blotchy rash that lasts a short time.	 ... for at least 4 days after the rash appears.
Glandular Fever (Mononucleosis, EBV infection)	Symptoms include fever, headache, sore throat, tiredness, swollen nodes.	 ... unless they're feeling unwell.
Hand, Foot and Mouth Disease (HFMD)	Generally a mild illness caused by a virus, perhaps with a fever, blisters around the mouth, on the hands and feet, and perhaps the nappy area in babies.	 ... until all blisters have dried.
Hayfever (Allergic rhinitis) caused by allergy to pollen (from grasses, flowers and trees), dust mites, animal fur or hair, mould spores, cigarette smoke	Sneezing, a blocked or runny nose (rhinitis), itchy eyes, nose and throat, headaches.	 ... unless they feel unwell or are taking a medication which makes them sleepy.
Head lice or nits* (Pediculosis)	Itchy scalp, white specks stuck near the base of the hairs; lice may be found on the scalp.	 ... while continuing to treat head lice each night. Tell the school.

Hepatitis A	Often none in young children; sudden onset of fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine, pale stools.	 ... for 2 weeks after first symptoms (or 1 week after onset of jaundice). Contact your doctor before returning to school.
Hepatitis B	Often no symptoms in young children. When they do occur, they can include fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine.	<div>  ... if they have symptoms. Contact your doctor before returning to school. </div> <div>  ... if they have a chronic infection (not the first outbreak) and no symptoms. </div>
Impetigo (School sores)	Small red spots change into blisters that fill up with pus and become crusted; usually on the face, hands or scalp.	 ... until antibiotic treatment starts. Sores should be covered with watertight dressings.
Influenza	Sudden onset fever, runny nose, sore throat, cough, muscle aches and headaches.	 ... until well.
Measles	Fever, tiredness, runny nose, cough and sore red eyes for a few days followed by a red blotchy rash that starts on the face and spreads down the body and lasts 4 to 7 days.	 ... for at least 4 days after the rash appears.
Meningococcal Disease	Sudden onset of fever and a combination of headache, neck, stiffness, nausea, vomiting, drowsiness or rash.	Seek medical attention immediately. Patient will need hospital treatment. Close contacts receive antibiotics.
Molluscum Contagiosum	Multiple small lumps (2–5mm) on the skin that are smooth, firm and round, with dimples in the middle. In children, occur mostly on the face, trunk, upper arms and legs. Symptoms can last 6 months to 2 years.	
Mumps	Fever, swollen and tender glands around the jaw.	 ... for 9 days after onset of swelling.
Ringworm* (tinea corporis)	Small scaly patch on the skin surrounded by a pink ring.	 ... for 24 hours after fungal treatment has begun.
Runny nose or common cold		 ... unless there are other symptoms such as fever, sore throat, cough, rash or headache. Check with school.
Scabies*	Itchy skin, worse at night. Worse around wrists, armpits, buttocks, groin and between fingers and toes.	 ... until 24 hours after treatment has begun.
Shigella	Diarrhoea (which may contain blood, mucus and pus), fever, stomach cramps, nausea and vomiting.	 ... until there has not been a loose bowel motion for 24 hours. Antibiotics may be needed.
Slapped Cheek Syndrome (Parvovirus B19 infection, fifth disease, erythema infectiosum)	Mild fever, red cheeks, itchy lace-like rash, and possibly cough, sore throat or runny nose.	 ... as it is most infectious before the rash appears.
Whooping Cough (Pertussis)	Starts with a running nose, followed by persistent cough that comes in bouts. Bouts maybe followed by vomiting and a whooping sound as the child gasps for air.	 ... until the first 5 days of an antibiotic course has been completed. Unimmunised siblings may need to stay home too until treated with an antibiotic.
Worms (Threadworms, pinworms)	The main sign of threadworms is an itchy bottom. Sometimes children feel 'out of sorts' and do not want to eat much. They may also have trouble sleeping, due to itching at night.	 ... and tell the school as other parents will need to know to check their kids.

***It is important that the rest of the family is checked for head lice, scabies and ringworm**

Walking together safely to and from school

Walking to school and back home again is a great way to spend time with your children and encourage safe and healthy behaviours.

Here are a few things you can do to help keep your children safer as a pedestrian:

- Talk with your children about being alert in the road environment.
- Plan and practice your trip to school so you use pedestrian crossings where possible.
- Always hold your child's hand. Children need your help to spot dangers such as vehicles coming out of driveways. They can also be easily distracted and wander into traffic.
- Meet your child near the school gate and don't call them from across the road.
- Explain why the place you have chosen is the safest place to cross.
- Remind your child to **STOP! LOOK! LISTEN! THINK!** every time they cross the road and keep checking until safely across.
- Talk to them about why they should stop, look, listen, think before crossing a driveway, road or carpark.

Young children can learn and practice these safe pedestrian behaviours with you. This will help them to be safer pedestrians when they are old enough to travel alone.

For more information on keeping our kids safe around schools visit the parents section on safetytown.com.au



Messages to share with your children in Kindergarten to Year 2

- Hold a grown up's hand when:
 - you cross the road
 - you're on the footpath
 - you're in a car park

Messages to share with children in Years 3 to 6

- Use a safe place to cross the road
- **Stop! Look! Listen! Think!** every time you cross the road and keep checking until safely across

STOP!

one step back from the kerb

LOOK!

continuously both ways

LISTEN!

for the sounds of approaching traffic

THINK!

whether it is safe to cross and keep checking until safely across



Wearing helmets and riding safely

Wearing helmets

Your child must wear a helmet when riding a bike in any public place – it's the law. The helmet must comply with the Australian and New Zealand standards and needs to be securely fitted and fastened on your child's head. It should be buckled firmly so it fits without wobbling or slipping to the sides.

Always remember to check that your child is wearing a helmet whenever they're playing or riding on wheels –

- Bikes
- Foot scooters
- Rollerskates
- Skateboards
- Rollerblades.

Riding safely

Although children quickly learn to pedal, steer and brake, they aren't ready to cycle near traffic or on the road. Until they are at least 10 years old, your child should ride off-road away from vehicles and driveways.

The safest places to ride bikes, scooters and skateboards are within fenced areas. This helps your child from riding or falling onto the footpath or the road. Children under 12 and their

accompanying supervising adult riders may ride on the footpath, unless there are signs specifically prohibiting cycling. Riders need to take special care at driveways where vehicles may be driving in or out.

At intersections, riders must dismount and wheel the bicycle across the road as a pedestrian, following the **STOP! LOOK! LISTEN! THINK!** procedure.

For more information on keeping our kids safe around schools visit the parents section on [safetytown.com.au](https://www.safetytown.com.au)

Messages to share with your children in Kindergarten to Year 4

- Always wear a helmet when you ride or skate
- Ride your bike away from the roads

Messages to share with your children in Years 5 and 6

- Always wear a helmet when you ride or skate
- Ride your bike away from busy roads

EVERY DAY COUNTS...

A day here or there doesn't seem like much, but

When your child misses just.....	that equals.....	which is.....	And therefore, from Kindy to Year 12, that is.....	This means that the best your child can achieve is.....
1 day each fortnight	20 days per year	4 weeks per year	Nearly 1 ½ a years of school	Equal to finishing Year 11
1 day a week	40 days per year	8 weeks per year	Over 2 ½ years of school	Equal to finishing Year 11
2 days a week	80 days per year	16 weeks per year	Over 5 years of learning	Equal to finishing Year 7
3 days a week	120 days per year	24 weeks per year	Nearly 8 years of learning	Equal to finishing Year 4

Give your child every chance to succeed....

Every day counts!

