



# Sutherland North Public School

*School-talk – 14 August 2017*



## Principal's Message – Fiona Young

Thank you Mrs Buckle and Mr Fleming, for the great job they did as relieving Principal in my absence last week. We welcome Mrs Danielle Fuller into the role of relieving School Administration Manager at SNPS. Mrs Fuller comes with a wealth of experience. We hope you enjoy your time in this wonderful school.

A hearty congratulations goes to our PSSA Soccer and Netball teams who have achieved outstanding results this season reaching their respective finals and grand finals. Well done everyone!

### Staff News

Congratulations to Mr Menegazzo and his wife on the birth of their second daughter. Edie and mum and both doing well.

### Sutherland Shire Schools Music Festival

I am looking forward to watching our students perform in their choir and dance items at the Sutherland Shire Schools Music Festival this week. The SSSMF at Sutherland Entertainment Centre is a wonderful way to showcase our student's talents. I wish all of our students' good luck for their performances.

### ICAS English

This Tuesday the ICAS English test is being offered to students who have applied to sit the exam. It will run from 11.30am and students are required to bring a pencil, eraser, ruler and pencil sharpener. Good luck everyone!

### Zone Carnival

Good luck to our 42 students who will be competing at the Sutherland Zone Athletics Carnival this Friday.

### Illness

There is currently a great deal of sickness which can also be highly contagious; vomiting and diarrhoea, heavy coughs and colds, fevers being the most common. To assist the school in minimising the spread of illness amongst the staff and students please keep your child home if they are not well. If your child has had a bout of vomiting and/or diarrhoea please keep them at home for 24 hours after the symptoms have subsided. I have included some fact sheets for your reference.

### School Tours

A reminder for families of new or existing families wishing to enrol for Kindergarten 2018 there will be a school tour, a walk around the school site on Wednesday 16 August, 9.30 to 9.30am.

### DanceSport

Attached is booking information for the DanceSport Gale evening on Tuesday 6 September.

### Term 3

#### August

#### Monday 14

Junior Choir/Dance  
Concert  
DanceSport

#### Tuesday 15

ICAS Maths test

#### Wednesday 16

Kinder 2018 School Tour  
Senior Choir/Dance  
Rehearsal

#### Thursday 17

Senior Choir/Dance  
Concert  
Assembly

#### Friday 18 August

Zone Athletics Carnival

#### Monday 21 August

Dance Sport

#### Wednesday 23 August

Interrelate – Stage 3  
Shazart

#### Thursday 24 August

Assembly

#### Monday 28 August

DanceSport

#### Tuesday 29 August

Zone Public Speaking Finals  
Kurrunulla Eisteddfod

#### Wednesday 30 August

Interrelate – Stage 3

**ASSEMBLY IS HELD ON THURSDAYS AT 12.30 PM – ALL WELCOME**

Assembly Awards Term 3 Week 4			
Award		Student Names	
Principal's Award		Gemma H – 1K	
RFF- Mrs Moseley		Talia G – 2B, Charlie M – 4C	
Library		Kiara T – 1R, Isabella B – 5/6S	
Infants Sport		Alex B – 2B, Elisabeth B – 2B, Felicity T – KJ, Beau H – KK	
Class	Student of the Week	Class Awards	
KJ	Rebecca L	Scarlett O	William H
1K	Julianne V	Lincoln R	Sasha Z
1R	Lucius V	Arlo H	Sebastian C
2B	Ava G	Juliette R	Belle G
2/3E	Bradley S	Kristina M	Chloe M
3F	Tahlissa D	Charlotte C	Joshua G
4C	Ewan M	Lucas P	Broc B
4/5M	Scott R	Brenda V	Lachlan S
5/6M	Joshua K	Aleeyah D	Damien L
5/6S	Samuel K	Connor B	Jordan T
Silver Pennants			
Henry T – 2B, Adam H – 1K, Natsuki F - 5/6M, Jayden G – 5/6M, Blake T – 4/5M, Holly M – 4/5M			
Bronze Pennants			
Alexander B – 2B, Mina W – 4/5M, Hayden S – 4/5M, Joshua M – 4/5M, Dean K – 4/5M, James C – 1K, Harry P – 1K, Christopher M – 1K, Maclaryn H – 2B, Kota F – 2B, Harry K – 3F, Isaac M – 3F, Belle G – 2B, Ronnie J – 2B, Tyler H – 2/3E, Lexi C – 2/3E, Lily Y – 4C, Tyler M – 4C, Evie C – 4C, Jenna F – 4C, Lauchlan C – 4C			
Premier's Reading Challenge			
Black T – 4/5M, Mitchell T – 4C, Zara S – 2B, Belle G – 2B, Samuel N – 4C, Kylie W – 1K, Zara C – KJ, Eamon O – 2B, Liexi C – 2/3E, Aiden D – KJ, Rebecca L – KJ, Scarlett O – KJ, Elliot M – 4/5M, Malcolm S – 4C, Damien L – 5/6M, Mikayla B – 1K, Tyler H – 2/3E, Zac B – 1K, Saxon B – 2/3E, Kosta M – 5/6M, Ryan B – 3F			



**Lily W and Sophie H participated in the Years 2-3 Primary Dance Workshop. Well done girls!**

### **Premier's Reading Challenge**

The Premier's Reading Challenge is ending soon!

All Student Reading Logs need to be entered online on the NSW Premier's Reading Challenge website <https://online.det.nsw.edu.au/prc/home.html>. Students can enter their books online by using their own school computer/internet "username" and "password" that they use to access the computers at school. Please see the class teacher for this.

Unfortunately it is not possible to access the PRC website after the **closing date on 17 August 2017**. To avoid disappointment please do not leave it to the last minute.

Thank you  
Gaynor Connor  
Teacher Librarian

### **Public Speaking**

Just a reminder that all classes Year 1-6 will be presenting prepared speeches in their classrooms during Weeks 4 and 5.

The speech times your child will need to reach for our school competition are as follows:

<b>Stage 1</b> Years 1 & 2	<b>Stage 2</b> Years 3 & 4	<b>Stage 3</b> Years 5 & 6
<b>2 minutes</b>	<b>3 minutes</b>	<b>4 minutes</b>

Each child will also be expected to do an impromptu speech in their classroom as well as the prepared speech. For impromptu speeches, speakers are given 5 minutes to prepare their speech and then speak. Years 1-4 are expected to speak for approximately 1 minute and Years 5 and 6 for 1 ½ minutes.

Thank you  
Kath Dugan  
Public Speaking Coordinator

### **Fundraising Chocolate Drive**

The P&C still have three boxes of chocolates to sell. If you are able to take another box it would be greatly appreciated. Please send a note to the office, phone or speak to Mrs Beth Kendrick to organise. If you have not already returned your money could you please do so as soon as possible. Thank you for your support.

## PSSA NETBALL

Congratulations to all the girls who competed in the PSSA Netball competition. The girls displayed utmost sportsmanship and teamwork throughout the season and represented the school in a fantastic manner; well done girls. A big congratulations to the Junior A Netball team who made it to the finals, coming third on the ladder.

This team consisted of Tara A, Evie C, Samara D, Abigail H, Tamara G, Grace P, Madi H and Emma K. On Friday the girls played against Miranda North Public School in a very close game! The girls took out the game winning 11 points to 8, they progressed to the finals where they played Kurnell Public School. The girls defeated Kurnell 18 points to 11 and became the 2017 Division 3 Junior A premiers! Well done for all your teamwork throughout the entire day, a special mention to parents and family for coming to support the girls on the day!





## PSSA Soccer

On Friday, 11<sup>th</sup> August, the Junior and Senior A soccer teams played in the PSSA Grand Final. The Senior As played very well against Cronulla but unfortunately lost 5-2. The Junior As played remarkably well against Cronulla South and won 1-0! Congratulations to both teams on a brilliant season!





## PREHISTORIC ADVENTURES IN 2B



In creative arts 2B explored silhouettes by creating a scene of dinosaurs and asteroids with watercolour backgrounds (above) as well as white silhouettes left behind once a stencil was carefully removed after being painted (below).



The students have also been having fun with mass in maths and discovering the weights of items in the classroom.







**Caringbah  
High School  
Open Day**

For Year 5 Students & Parents  
Thursday 24th August  
9:30 – 11:30am  
85 Willarong Road, Caringbah

*Become a Part of Our Learning Community Today*

[www.caringbah-h.schools.nsw.edu.au](http://www.caringbah-h.schools.nsw.edu.au)



**PLEASE HELP KEEP THE  
ANIMALS WARM THIS WINTER !!!**



**\*\*\*ONESIE NIGHT\*\*\***

**FRIDAY 25<sup>TH</sup> AUGUST 2017  
5.00PM – 10.00PM**

Our aim is to help keep the animals warm this winter.

We are hosting a onesie's night and asking our customers to kindly donate any unwanted blankets, sheets and towels to donate to our local animal shelter.

Customers are welcome to bring in their unwanted linen prior to the event.

**PRIZE GIVEAWAYS**

On the night of the event we will be giving away prizes to our customers that come dressed in their Onesie's.

Don't forget to tell all your Family and Friends, as we are hoping to receive many much needed Blankets to keep the animals snuggly and warm.

We look forward to seeing you all on the night and supporting us here at Flip Out Taren Point helping the Animals in need.



**PLEASE THINK OF US  
WE FEEL THE COLD TO.**



**The Stone's**  
soccer agility school

Come along and enhance your skills  
with a **FREE** introductory session



**Thursday 10th August**  
Engadine Community Centre,  
1034-1036 Old Princes Highway,  
Engadine

**REGISTER ONLINE  
FOR YOUR FREE SESSION**  
[www.thestones.net.au](http://www.thestones.net.au)

**Training in small groups  
for boys and girls aged  
5 to 13yrs.**

**Set in an indoor environment,  
building player  
skill and technique.**

SUTHERLAND LITTLE ATHLETICS



**2017 / 2018**

**Season Starts 2<sup>nd</sup> September**

Waratah Park – Rawson Avenue, Sutherland

**Saturdays from 8am**

**REGISTER ONLINE ANYTIME**

[www.sutherlandlac.org.au](http://www.sutherlandlac.org.au)

(to pay by credit card)

**REGISTRATION DATES**

**Wednesday 16th August 6:30pm-8:30pm**

**Saturday 19th August 3pm-6pm**

**Sunday 27th August 3pm-6pm**

Registration days are at Club on East (Formerly known as Sutherland United Services Club)

Enquiries: 9521-1374

SUTHERLAND LITTLE ATHLETICS

**DANCESPORT CHALLENGE GALA**  
**2017 TICKET BOOKING INFORMATION**  
**Wednesday 6 September**

**Dear Parents and Carers**

Below is information for purchasing tickets to the “DanceSport Challenge 2017” Gala Evening 6:00pm to 9:00pm on **Wednesday, 6 September 2017, Sydney Olympic Park SPORTS CENTRE, Sydney Olympic Park.**

**TICKET PRICES:**

Performers do **NOT** require the purchase of a ticket

**\$20.00** - Adult (18yrs+)

**\$15.00** - Junior (5 -17yrs) Children under 5 need to sit on an adult's lap.

**\$16.00** - Concession (Senior & Pensioner - Valid Id Required to be shown)

**\$60.00** - Family (2A + 2J) – No Concession

**BOOKING DETAILS:**

**Tickets to this event are only available online**

Ticket Sales for the “DanceSport Challenge Gala Public Schools NSW 2017” will be available from  
**Monday 14 August from 10:00am**

Go directly to - [www.ticketbooth.com.au](http://www.ticketbooth.com.au)

Or

Ticketbooth call centre phone number -1300 762 344

**Please check that you have selected the correct night for your child**

**BOOKING SERVICE FEES WILL APPLY:**

\$1.00 per ticket – online booking fee

\$2.00 per ticket – Box Office booking fee (open on event day)

\$3.00 per ticket- Telephone sales booking fee

A 2.5% credit card processing fee will be charged on all credit card transactions.

**The following Services Fees apply** if you choose NOT to print off your own ticket:

Print at Home - \$0.00

Internet Service Fee - \$2.00

A flat mailing fee of \$6.00 does apply if you wish to have your tickets sent via Australia Post.

Please Note:

\* INFORMATION related to this event other than ticketing should be directed to your child's school

\* NO REFUNDS for incorrect choice or change of mind

**SEATING**

***There is no allocated seating for this event.*** All tickets are general admission only. Both entry doors will open **at 5:00 pm** at which time, staff and security will scan your tickets. The gala performance will begin promptly at **6:00pm**.

For wheelchair, limited mobility and or any venue specific information, please call the Sydney Olympic Park Sports Centre on 02 9714 7600. Hours: 9am – 5pm, Mondays to Fridays

As we anticipate this will be a sell out, and to avoid disappointment, don't leave your ticket purchase to the last minute.

**For further information please contact your school coordinator**



# Viral Gastroenteritis

***Gastroenteritis is commonly caused by viral infections resulting in vomiting and diarrhoea. The viruses are easily spread from person to person. Thorough washing of hands with soap and running water are vital to prevent spread.***

Last updated: 1 July 2012

## What is viral gastroenteritis?

Viral gastroenteritis is a common infection of the stomach and intestines that results in vomiting and diarrhoea. It can be caused by a number of different viruses, such as rotavirus and norovirus (previously known as Norwalk-like virus). There are many other causes of gastroenteritis including bacteria, toxins, parasites, and some non-infectious diseases.

## What are the symptoms?

The main symptoms of viral gastroenteritis are vomiting and watery diarrhoea. Other symptoms may include nausea, fever, abdominal pain, headache, and muscle aches. Dehydration can follow. Symptoms can take between one and three days to develop and usually last between one and two days, sometimes longer.

## How is it spread?

Viral gastroenteritis is highly infectious and is spread by the vomit or faeces of an infected person through:

- person-to-person contact, for example shaking hands with someone who has been sick and has the virus on their hands
- contaminated objects
- contaminated food or drink

Infection may also be spread through aerosolised particles when people vomit.

In most cases, spread occurs from a person who has symptoms. Some people can pass on the infection without symptoms, particularly in the first 48 hours after recovery.

## Who is at risk?

Viral gastroenteritis can affect people of all ages.

## How is it prevented?

After using the toilet, changing nappies, and before eating or preparing food, wash your hands thoroughly with soap and running water for at least 10 seconds and dry them with a clean towel.

## How is it diagnosed?

A diagnosis of viral gastroenteritis is usually based on the person's symptoms. Laboratory confirmation is important during outbreaks, and involves testing samples of stool (faeces).

## How is it treated?

There is no specific treatment for viral gastroenteritis except rest and drinking plenty of fluids. Most people will recover without complications. However, viral gastroenteritis can be serious for infants, people with suppressed immune systems and the elderly. People with vomiting or diarrhoea should:

- rest at home and not attend work while sick. Infants and children attending childcare or school should be excluded from attending for 24 hours after the resolution of symptoms
- not prepare food for others or care for patients, children, or the elderly. These precautions should continue until 48 hours after diarrhoea or vomiting ceases. This includes people who prepare food in the home or working in the food industry.
- wash hands thoroughly with soap and running water for 10 seconds after using the toilet
- drink plenty of clear fluids, for example juice or soft drink diluted 1 part to 4 parts water, to prevent dehydration. Avoid undiluted fruit juice and soft drinks as they may increase dehydration and diarrhoea. Rehydration drinks that replace fluids and salts are available from chemists. Intravenous fluids may be needed in severe cases of dehydration.

People caring for those with gastroenteritis should wash hands thoroughly with soap and running water after any contact with the sick person. Cleaning soiled surfaces and clothing reduces further spread of the virus.

When cleaning up vomit or faeces:

- wear gloves
- wash hands with soap and running water for 10 seconds after gloves are removed and disposed
- use disposable paper towels or rags to remove any solid material and seal them in a plastic bag before placing in the rubbish bin
- clean any soiled object or surface with hot water and detergent and allow to dry thoroughly
- some people also recommend wearing a mask.

## What is the public health response?

Outbreaks of viral gastroenteritis increase in winter and are common within families and group settings including nursing homes, hospitals, childcare centres, and schools. Doctors and hospitals are required to notify their local public health unit whenever there are at least two cases of gastroenteritis that are linked.

Public health units are able to:

- advise on how to identify an outbreak
- advise on how to control the outbreak
- help investigate outbreaks to determine the source and mode of transmission
- advise on the exclusion of people with viral gastroenteritis from work, school or other public gatherings.

## For more information

- Norovirus Factsheet <http://www.health.nsw.gov.au/factsheets/infectious/norovirus.html>
- Controlling outbreaks <http://www.health.nsw.gov.au/factsheets/infectious/gastroenteritiscontr.html>
- Guidelines for the public health management of gastroenteritis outbreaks due to norovirus [http://www.health.gov.au/internet/main/publishing.nsf/content/F2A4C351C705B6C6CA257783000C24CA/\\$File/norovirus-guidelines.pdf](http://www.health.gov.au/internet/main/publishing.nsf/content/F2A4C351C705B6C6CA257783000C24CA/$File/norovirus-guidelines.pdf)



- How to look after children with gastroenteritis  
<http://www.chw.edu.au/parents/factsheets/gastroj.htm>
- Hospital Gastro Pack  
[http://www.health.nsw.gov.au/resources/publichealth/infectious/diseases/hospital\\_pack\\_pdf.asp](http://www.health.nsw.gov.au/resources/publichealth/infectious/diseases/hospital_pack_pdf.asp)
- Gastro Info Kit for Aged Care Facilities  
[http://www.health.nsw.gov.au/publichealth/Infectious/diseases/gastro\\_in\\_aged\\_care\\_facilities.asp](http://www.health.nsw.gov.au/publichealth/Infectious/diseases/gastro_in_aged_care_facilities.asp)
- Petting Zoos and Personal Hygiene  
[http://www.health.nsw.gov.au/factsheets/general/pettingzoo\\_fs.html](http://www.health.nsw.gov.au/factsheets/general/pettingzoo_fs.html)

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)

**Communicable Diseases Factsheet**

# Influenza

**Last updated: 06 September 2016**

***Influenza (flu) is a contagious respiratory illness caused by influenza viruses. Most people recover after a few days but for some people it can be fatal. An influenza vaccination each year provides the best protection against influenza.***

## What is influenza?

Influenza, or flu, is a highly contagious respiratory illness caused by influenza viruses. There are three main types of influenza virus that cause infection in humans – types A, B and C – and many sub-types or strains. Influenza can occur throughout the year but influenza activity usually peaks in winter.

Influenza is a vaccine-preventable illness but a new vaccine needs to be given each year because influenza viruses change (mutate) constantly. A new influenza vaccine is prepared each year to best match the strains predicted for the coming influenza season.

## What are the symptoms?

People with influenza typically experience some or all of the following symptoms for at least a week:

- fever and chills
- cough, sore throat and runny or stuffy nose
- muscle aches, joint pains, headaches and fatigue (feeling very tired)
- nausea, vomiting and diarrhoea (more common in children than adults)

Some symptoms may last for more than a week. Some people may also experience very mild symptoms, particularly if they have some immunity from a previous infection or vaccination.

Seek immediate medical advice if the illness quickly becomes worse or if any of the following occurs:

- shortness of breath or rapid breathing
- chest pain
- confusion or sudden dizziness
- persistent vomiting.

## How is it spread?

- Influenza viruses are mainly spread by droplets made when an infected person coughs or sneezes
- Influenza can also spread after touching surfaces where infected droplets have landed
- Influenza can be spread to someone by an infected person even before their symptoms begin
- Adults with influenza are infectious from the day before their symptoms start until 5-7 days later
- Young children and people with weakened immune systems may be infectious for longer.

## Who is at risk?

While anyone can get influenza, the following people are at higher risk of complications from influenza infection (and who are eligible for free annual influenza vaccine):

- All individuals aged 65 years or older



- All Aboriginal and Torres Strait islander people aged 6 months to <5 years or aged 15 years and older
- Pregnant women

Individuals aged 6 months and over with certain medical conditions predisposing to severe influenza are also at increased risk (and who also eligible for free annual influenza vaccine). These conditions include:

- Individuals aged 6 months and over with medical conditions predisposing to severe influenza, namely:
  - Cardiac disease, including cyanotic congenital heart disease, coronary artery disease and congestive heart failure
  - Chronic respiratory conditions, including suppurative lung disease, chronic obstructive pulmonary disease and severe asthma
  - Other chronic illnesses requiring regular medical follow up or hospitalisation in the previous year, including diabetes mellitus, chronic metabolic diseases, chronic renal failure, and haemoglobinopathies
  - Chronic neurological conditions that impact on respiratory function, including multiple sclerosis, spinal cord injuries, and seizure disorders
  - Impaired immunity, including HIV, malignancy and chronic corticosteroid use
  - Children aged 6 months to 10 years on long term aspirin therapy.

## How is it prevented?

Influenza vaccination each year before winter arrives is the best way to prevent influenza.

- Seasonal influenza vaccination is available for anyone aged 6 months and over to protect against influenza, provided they do not have a medical reason that precludes them from receiving influenza vaccines.
- People at higher risk of influenza complications (see “Who is at risk”) are strongly recommended to have an annual influenza vaccination, and are eligible for free influenza vaccine under the National Influenza Vaccination Program (available at [http://www.health.nsw.gov.au/immunisation/Pages/seasonal\\_flu\\_vaccination.aspx](http://www.health.nsw.gov.au/immunisation/Pages/seasonal_flu_vaccination.aspx)).
- In addition to people eligible for free vaccine, influenza vaccination is also recommended for those who frequently come in to close contact with other people at higher risk of influenza complications (such as health care workers and family members), to help protect vulnerable people from infection.

For more information on general influenza vaccine recommendations refer to The Australian Immunisation Handbook (9th edition, 2008) available at: <http://immunise.health.gov.au>

### Take action to stop the spread of influenza by remembering to:

- **Cover your face when you cough or sneeze** and throw used tissues in a rubbish bin
- **Wash your hands thoroughly and often.** Wash hands for at least 10 seconds, especially after coughing, sneezing or blowing your nose, or use an alcohol-based hand rub
- **Stay at home until you're well.** Wait at least 24 hours after your fever resolves so you that you aren't likely to infect other people. Keep sick children away from school and other activities
- **Call ahead to see a doctor.** If you think you may have influenza and you need to see a doctor, remember to call first so the clinic can take precautions to reduce the risk to other people.

## How is it diagnosed?

Doctors usually diagnose influenza based on symptoms. The diagnosis can be confirmed by testing a sample of fluid taken from the back of the nose and throat or a blood sample. These tests are usually only needed if the illness is severe or if there is an increased risk of complications.

## How is it treated?

The symptoms of influenza are usually managed by bed rest, drinking plenty of fluids, and taking simple analgesics for muscle aches and pains. Children under 16 years of age must not be given aspirin-containing medications while ill with influenza. This is due to the increased risk of children developing Reye syndrome, a form of encephalitis and liver degeneration.

Specific influenza antiviral medicines can reduce the severity and the duration of influenza but need to be taken within 48 hours of the first symptoms. These medicines need to be prescribed by a doctor, and are usually considered for people at higher risk of complications from influenza infection.

## What is the public health response?

Laboratories must notify cases of influenza to their local public health unit. Individual cases are managed by their health care provider.

Public health action focuses on outbreaks in high-risk settings such as health care facilities, special schools, residential care facilities, and Aboriginal communities.

## Further information

- NSW Health Influenza home page - <http://www.health.nsw.gov.au/infectious/influenza/pages/default.aspx>
- NSW Health Influenza surveillance reports - <http://www.health.nsw.gov.au/Infectious/Influenza/Pages/reports.aspx>
- NSW Health Influenza in travel groups fact sheet - [http://www.health.nsw.gov.au/Infectious/factsheets/Pages/influenza\\_outbreaks\\_in\\_travel\\_groups.aspx](http://www.health.nsw.gov.au/Infectious/factsheets/Pages/influenza_outbreaks_in_travel_groups.aspx)

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)