



# Sutherland North Public School



*School-talk – 11 September 2017*

## Principal's Message – Fiona Young

### Congratulations

Congratulations to our Year 5 students who participated in the DanceSport Challenge Gala Event on Wednesday evening at Homebush! It was a spectacular night that was enjoyed by all. Take a look at the photos attached to this edition of Schooltalk.

### Good Luck

Josh K, Kosta M, Rachel E, Angus H and Jordan T will be representing our school as part of the Sutherland Zone Team at the Sydney East Athletics Carnival to be held on Tuesday 12 September at Homebush. We wish them the very best of luck.

### NAPLAN Readiness Test

This week students in Year 3 and Year 5 will participate in a school readiness test. Year 3 will practice on Tuesday 12 September and Year 5 on Monday 11 September and Wednesday 13 September.

The school readiness test is a 'practice run' for schools to assess their technology ahead of NAPLAN Online. The readiness test is not an assessment of student ability. The readiness test allows schools to:

- become familiar with the NAPLAN Online test format and processes
- check whether the school has the technical capacity, rooms and devices to administer NAPLAN Online
- provide students in NAPLAN years 3 and 5 with the opportunity to experience the online test question types and format by completing a practice NAPLAN online test.

### 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.

Assembly Awards Term 3 Week 8			
Class	Student of the Week	Class Awards	
KK	Reece Y	Ava P	Beau H
KJ	Ryan B	Liam S	Aiden D
1K	Gabrielle P	Lila H	Adam H
1R	Brielle P	Noah T	Jayden K
2B	Belle G	Eamon O	Jacob P
2/3E	Isabelle N, Arina M	Austin H, Jasper M	Tyler D, Maja M
3F	Riley J	Nelly I	Mya L
4C	Lily Y	Amiel S	Lauchlan C
4/5M	Blake T	Grace C	Liam N
5/6M	Harrison S	Aleeyah D	Kyran C
5/6S	Madi H	Orlando S	Jenya S
Silver Pennants			
Emma K – 4C, Kylie W – 1K, Joshua G – 3F, Liam S – 3F, Keoni S – 1R, Sasha Z – 1K, Abigail H – 5/6M, Audrey L – 5/6M			
Bronze Pennants			
Chloe M – 2/3E, Kiera D – 5/6M			

### Term 3

#### September

**Tuesday 12 September**  
Regional Athletics  
Carnival

#### Friday 15 September

Year 2 – Thomas Holt Visit

#### Friday 22 September

Last Day of Term

#### October

#### Monday 9 October

Staff & Students return for  
Term 4

# DANCESPORT CHALLENGE

## 2017

Congratulations to our students who performed at the DanceSport Gala Evening held on Wednesday night at The Sydney Olympic Sports Centre, Homebush. It was most certainly a spectacular night of entertainment! All of our students tried their very best and looked sensational. They danced five different dance genres in amongst 18 other schools. Congratulations to our finalist couples who represented our school and were outstanding. Special congratulations to Hannah M and Konrad S who placed 8<sup>th</sup> in Jive; and Grace C and Nikora W who placed 6<sup>th</sup> in Salsa. Thank you to our Year 6 boy, Dylan C who also danced on the night, we are very grateful for his help. Another special thank you to Mrs Sier who made our new fabulous costumes for the girls and to Miss Natalia, the dance teacher, who worked extremely hard getting our students ready for the night.









# Book Week Parade



## Deadly Kids Awards

Last Friday, the Deadly Kids Awards were held at the University of Technology in Sydney. The term 'deadly' in Aboriginal English means: doing well, achieving and/or talented. Alex J from 5/6S was the recipient of a Deadly Kids Award for his achievements throughout his school career.

Congratulations Alex!



## Earn & Learn

Thank you to everyone who has brought in their Earn & Learn stickers! We have collected 3811 stickers. Our target is 10000 so please remember to get your stickers in as soon as possible. Stickers and sticker sheets must be in by Tuesday 19 September.

## Assembly Item



Groups of 5/6M children will be presenting short plays in assembly over the next 2 weeks. Parents and caregivers are welcome!!!! Please check with your child which week they are performing.



Thank You To Our Movie Night Sponsors!



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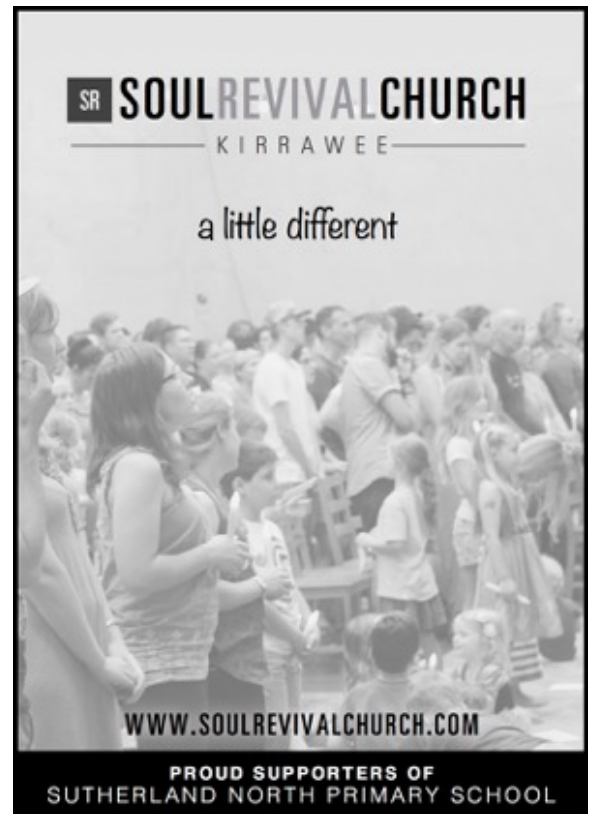


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THE BLACK DOG INSTITUTE PRESENTS

### Breaking Down Depression and Building Resilience

FREE

12:30-3:00PM  
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AFTERNOON TEA PROVIDED  
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RSVP BY OCTOBER 6TH - ANDREA.DJENGE@HEALTH.NSW.GOV.AU



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## BIKE TO THE BEACH

Presented by Sutherland Shire  
Council as part of NSW Bike Week.

Sunday  
17 September  
2017

FREE  
Fitness and Fun  
for the Family



Pump up your tyres, pop on a helmet and get ready to pedal. Bring the family down for a great 5km supervised off-road cycle ride from Woollooware Bay to Wanda Beach and then join the party at Don Lucas Reserve. At the conclusion of the ride, there'll be lots of fun for the kids, such as a face-painting, inflatable rides, giveaways and a free hot dog!

#### RIDE DETAILS

- Registration and ride from 10am to 12pm at Solander Park, Captain Cook Dr, Woollooware
- Free activities for riders until 2pm at Don Lucas Reserve, Mitchell Rd, Wanda

#### WHAT YOU NEED TO KNOW

- All riders MUST WEAR a helmet. Visit our event partner [rideability.com.au](http://rideability.com.au) for information on how to get ready for the ride and other great riding tips.

#### FOR REGISTRATION AND FURTHER DETAILS

Visit [sutherlandshire.nsw.gov.au](http://sutherlandshire.nsw.gov.au) or contact Council's Road Safety Officer on 9710 0341 or [mstuart@ssc.nsw.gov.au](mailto:mstuart@ssc.nsw.gov.au)



Caringbah Markets .com.au

### Family Fun Day

Sunday 24th September

FREE FUN! FREE FUN! FREE FUN!

Car Park behind  
Coles & McDonalds  
Caringbah



serious fun for kids



Mobile Petting Zoo

Charlie J Circus

Games & Prizes!



Markets 7am - 1 pm  
Family Fun Day 9.00 am - 12.30 pm

## SUTHERLAND SHIRE COUNCIL VACATION CARE

### Fun, interactive and safe school holiday care.

- Indoor crafts such as 3D drawing and straw craft.
- Outdoor experiences including sports, games and nature play.
- Excursions to destinations such as Symbio, Sydney Aquarium, bee garden and Mount Annan for some outdoor fun – plus more.

Burraneer Bay: Kindergarten-12 years  
Lucas Heights: Kindergarten-14 years  
Miranda: Kindergarten-14 years

Centres open 7am-6pm.



#### Programs and enrolment:

P: 9710 0466

E: [VacationCare@ssc.nsw.gov.au](mailto:VacationCare@ssc.nsw.gov.au)

W: [sutherlandshire.nsw.gov.au/VacationCare](http://sutherlandshire.nsw.gov.au/VacationCare)



Spring into the School Holidays with heaps of Council-run fun for the kids.  
23 September to 8 October 2017. Tonnes of fun! And one place to find it all.

[sutherlandshire.nsw.gov.au/schoolholidays](http://sutherlandshire.nsw.gov.au/schoolholidays)



#### Menai Indoor Sports Centre

Keep the kids active with a school holiday program that features Bubble Soccer, karate, AcroGym and more.



#### Hazelhurst Regional Gallery & Arts Centre

Visit Hazelhurst these holidays for portrait painting, building clay robots, creating digital cartoons and more.



#### Make a splash at Sutherland Leisure Centre

Let the kids jump around on the giant water inflatable, book them in for learn to swim intensive classes and fitness camps.



#### Explore nature with Bushcare

Hang out with the bats, scamper through the jungle and learn all about seedlings with Bushcare these school holidays.



#### Vacation Care

Indoor crafts and activities, outdoor experiences, and great excursions feature in Council's Vacation Care program. Bookings essential.



#### Sutherland Shire Libraries

Get loud with a drumming workshop, learn visual coding at our Ozobot maze scrambles and much more.





***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.***

# Viral Gastroenteritis

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)