



East Hills Public School

'working together for our children's future'

NEWSLETTER

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9 November 2017

Term 4 Week 5

Coming Soon

Creative Dance Concert	17 November
MINECON	20 November
Sports Captain Nominee Speeches	20 November
2018 Swimming Carnival	22 November
School Spectacular Excursion	24 November
Pirate School Excursion	30 November
P&C Carols on the Green	30 November
Yr 6 Mini Fete	6 December

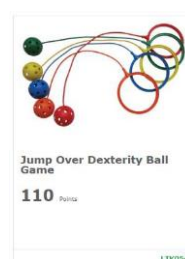
Good afternoon Parents and Carers,

Thank you to Jenny Lonergan for relieving as principal whilst I was in leave. I would like to also congratulate Jenny, who was nominated for "A Day Made Better" teaching award, by someone in our community. This nomination recognises Jenny's commitment and dedication to our students and the East Hills community. Congratulations Mrs Jenny Lonergan.



Thank you to the P&C and our wider school community for your efforts in collecting the Woolworths Earn & Learn stickers this year. I am pleased to advise that we will receive our prizes for the 2018 school year. Additional chalkboards were purchased for the playground, as well as an electric pump for our sports equipment and some other sports

equipment for our students to continue developing their fundamental movement skills.



World teacher's day was celebrated at East Hills Public School on Friday 3 November. We take this day as an opportunity to recognise the dedication and commitment of our teaching staff to the learning and well-being of students and the support they provide families. Thank you to Katherine McGrath and Kate Johnston for organising an inviting holiday themed breakfast, on behalf of the community, in appreciation for the work our teachers do. You both made our teachers day very special.



Just a reminder, if you require assistance solving problems in the school between students, you need to seek teacher support. Teachers will support students in solving the problem or refer the problem to the assistant principals if needed. The assistant principals will notify me if the problem has not been solved or is of a serious nature. Thank you for working with us to help students become problem solvers.

Thank you to the students, parents and staff who were involved in the Bankstown Dance Festival. East Hills Public School performed 3 well-polished and entertaining items. I received many compliments about how well-mannered, resilient and engaging our students were. Congratulations to you all. Thank you Ms Hickman for the choreography, costumes, time and effort put in to encouraging this experience for our students.

Our school creative arts concert is on Friday 17 November at 6.30pm. Community are invited to arrive at 5.30pm for the BBQ at East Hills Boys High School. Students will meet their teachers on the grass area at 6pm, to get ready for the 6.30pm show. Please be mindful that students will remain for the duration of the concert. We all very excited to show you what we have been learning throughout the year in dance and music.

Office staff will call you if your child is sent to the office with any accident that involves their head. Parents will be asked to respond to the needs of their child at this time. All other minor visits to sick bay will be communicated with you via our office notification slip. Students are asked to give these to you at the end of the school day.

It is great to see students working hard to arrive to school on time for their morning routines. Our students are focused on achieving their learning goals before the end of the year.

Kind regards,

Donna Casey

GIRLS TOUCH FOOTBALL

It was an impressive season for our girl Junior and Senior touch football teams. From start to finish, the girls improved their skills and learnt to work together as a team. Although we remained winless throughout the competition, I was so proud of both our teams who showed grit and determination by never giving up. To see them grow and improve was so much fun as a coach. Well done girls on your sportsmanship and the way you represented our school.

SAVE THE DATE

MINI FETE is coming - Wednesday 6 December 2017. It is time to start saving your pocket money for the Stage Three Mini Fete. Notes to purchase ride bands, tokens and sausage sizzles for lunch will be coming home this week. Stage Three students will be raising money for end of year celebrations for Year 6 as well as a gift to the school. We hope to see you there!

INTENTION TO APPLY FOR YEAR 7 ENTRY TO A SELECTIVE HIGH SCHOOL IN 2019

Selective high schools cater for high achieving academically gifted students who may otherwise be without sufficient classmates at their own academic and social level. These schools help gifted and talented students to learn by grouping them with other gifted and talented students, teaching them in specialised ways and providing educational materials at the appropriate level.

Applications for selective high school placement are considered mainly on the basis of the Selective High School Placement Test results and school assessment scores. The Selective High School Placement Test will be held on Thursday 15 March 2018.

If you would like to have your child considered for Year 7 selective high school entry in 2019, you need to apply soon. You will need to apply on the internet using a valid email address (not the student's email address).

Detailed instructions on how to apply online will be available from 10 October 2017 in a printed application information booklet and at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>.

The application website opens at <https://education.nsw.gov.au/selective-high-schools-and-opportunity-classes/year-7> on 10 October 2017 and closes on 13 November 2017. You must apply before the closing date.

There are no paper application forms available. If you do not have internet access, you could apply at a public library or contact the school office for assistance. If you have a disability that prevents you from using a computer, you can contact the Unit or school office for assistance after 10 October 2017. You must submit only ONE application for each student.

Please return your note as soon as possible to indicate your intention to apply.

HEALTH NOTICE

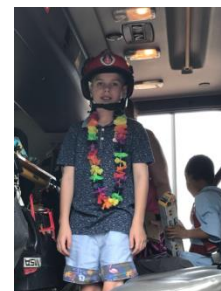
We have been informed by a parent that their child has come down with Chicken Pox.

Attached is an information fact sheet regarding Chicken Pox, please see you GP should you notice any symptoms.

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

BLUE LIGHT DISCO

Last Friday the support unit students enjoyed an amazing day at Caroline Chisholm school for the annual Blue Light disco. This year was just as much fun as last year, but we got to dress up in our beach clothes! The students were able to sit in the police car and use the water hose on the fire engine.



P&C NEWS

On Friday 3 November P&C hosted the Teachers "Thankyou" breakfast as part of World Teachers Day celebrations. Our teaching staff are truly amazing and we had a ball taking them on a "Hawaiian Holiday" to celebrate. We hope they all enjoyed their breakfast.

Wow what an amazing time we had at the Halloween Disco, thankyou to all students and parents that supported the night. It was our most successful Disco yet. The Students and parents looked great in their Halloween outfits and we hope you all enjoyed the entertainment from Bop Till you Drop. We made a **profit of \$530** on the night. Thankyou to all the parents who helped on the night – these events can't be the success they are without your contributions -thankyou.

We would like to advise that there has been a slight change in the date for our annual "Christmas on the Green" celebration – this will be held on **Thursday 30 November**.

After the amazing student performances at last years' events we are very much looking

forward to seeing what the classes prepare for this year's event. Please keep the night free and join us for a fun and enjoyable evening. We have made a special phone call to the North Pole and are pleased to announce that there will be a visit from the "man in the red suit", and this year we will be providing photo opportunities for all kids and families with this special visitor!

Activities and stalls on the night include

- * Raffle – Prizes include 3 large Christmas Food Hampers
- * Soft Toy Pet Adoptions *Lucky Dips
- *Games: Lucky Stick (150 prizes to be won)& Lucky Christmas Number Board – win \$100
- *BBQ *Slushies *Fairy Floss *Face Painting

Come and enjoy a fun night with family and friends as we celebrate the start of the Christmas season.

Entry is gold coin donation at the gate. Hope to see you all there to see our kids perform and celebrate Christmas with family and friends.

The **P&C Secretary** position is still vacant, if you are interested please don't hesitate to contact the committee at easthillspandc@gmail.com or come along to the next meeting. We understand that some people may not come forward due to not being able to attend both day and evening meetings or feel they don't have a lot of time to completely commit to the position, please if you have even a small amount of time come and talk to us it is possible to share the position, any small amount of time helps.

Important Dates

- **P&C General Meeting** - Monday 27 November 9:15am
- **Carols on the Green** – 30 November 5:30pm – 8:00pm

WHOLE SCHOOL ASSEMBLY

Due to our creative arts concert and the associated rehearsals, there will be no Week 6 Friday assembly. Instead we look forward to welcoming our families to the concert on Friday evening.

The Week 6 merit awards will be presented on Tuesday morning next week (20/11) at morning lines.

The following children will receive an Award for Excellence at next Friday's assembly:

Charlise Brown
Isabella Ly

The following children will receive a Principal Award at next Friday's assembly:

Dominic Hristova
Isabella Ly
Hailee Wilson

The following children will receive a Gold Dollarmite Certificate:

Ayse Aslan
Jemma Earl

The following children will receive a Silver Dollarmite Certificate:

Taylan Bozat

The following children will receive a Dollarmite Gift:

Ayse Aslan
Taylan Bozat
Chantelle Dempster
Jemma Earl
Praise Joseph



Chickenpox is a common viral infection that can reappear later in life as shingles. Vaccination is recommended for all infants and non immune adults.

Chickenpox and Shingles

Last updated: 22 April 2014

What is chickenpox?

- Chickenpox is a viral illness caused by the herpes zoster virus (also known as the Varicella-Zoster virus)
- In children it usually causes a relatively mild illness.
- Chickenpox in adults and immunosuppressed people can be severe.
- Infection in pregnancy can cause foetal malformations, skin scarring, and other problems in the baby.
- Before routine vaccination began in November 2005, chickenpox was a very common illness. The incidence of chickenpox appears to have decreased as more people receive the vaccine.

What are the symptoms?

- Chickenpox (varicella) begins with a sudden onset of slight fever, runny nose, feeling generally unwell and a skin rash.
- The rash usually begins as small lumps that turn into blisters and then scabs.
- The rash appears over three to four days. At any one time, the lesions of the rash vary in stages of development.
- Symptoms usually occur two weeks after exposure to the virus.
- Most people recover without complications, but sometimes the infection can lead to serious complications, such as pneumonia and inflammation of the brain. Rarely, the infection can be fatal.
- Persons who are previously vaccinated can still get chickenpox. If chickenpox occurs in a vaccinated person it is usually mild and less contagious than in an unvaccinated person.

How is it spread?

- Early in the illness, the virus is spread by coughing.
- Later in the illness, the virus is spread by direct contact with the fluid in the blisters.
- The infection is highly contagious to people who have never had chickenpox or who have not been vaccinated.
- People are infectious from one or two days before the rash appears (that is, during the runny nose phase) and up to five days after (when the blisters have formed crusts or scabs)
- Chickenpox infection triggers an immune response and people rarely get chickenpox twice.

Who is at risk?

- Anyone who has not had chickenpox or been vaccinated in the past can get chickenpox.
- People with a past history of chickenpox are likely to be immune to the virus. Even adults with no history of chickenpox have a chance of being immune (because of past infection that was mild). Doctors sometimes perform a blood test to see if these people need a vaccination.

How is it prevented?

- A free varicella containing vaccine (MMRV) is now recommended for all children at 18 months of age.
- Students in their first year of high school who have not previously received varicella vaccine and who have not had chickenpox are offered a varicella vaccine.
- The Varicella vaccine is recommended for all non-immune adolescents (>14 years) and adults. This involves two doses, at least 1 month apart. It is especially recommended for people at high risk, for example, health care workers, people living with or working with small children, women planning a pregnancy, and household contact of persons who are immunosuppressed.
- People with chickenpox should avoid others (and not attend childcare or school) until at least five days after onset of the rash and all the blisters have dried.
- People with chickenpox should cover the nose and mouth when coughing or sneezing, dispose of soiled tissues, wash their hands well and not share eating utensils, food or drinking cups.
- Pregnant women should avoid anyone with chickenpox or shingles and should see their doctor if they have been around someone with these illnesses.
- Children with an immune deficiency (for example, leukaemia) or who are receiving chemotherapy should avoid anyone with chickenpox or shingles as the infection can be especially severe.

How is it diagnosed?

Most cases can be diagnosed based on the symptoms and by appearance of the rash. Sometimes the diagnosis is confirmed by testing samples taken from the rash or from blood.

What is Shingles?

- Shingles is caused by the reactivation of the virus that causes chickenpox, usually in adulthood and many years after the initial chickenpox illness.
- The illness is characterised by a painful chickenpox-like rash on a small area of skin, usually on one side of the body.
- Pain and tingling associated with the rash may persist for weeks or months after the rash has cleared. This is called post-herpetic neuralgia.
- The virus can be spread by direct contact with the skin rash of infected people. This causes chickenpox in people who are not immune.
- Shingles develops more commonly in people who are immunosuppressed.

How are shingles and chickenpox treated?

Shingles can be treated with special antiviral drugs such as acyclovir. Your general practitioner can advise on ways to minimise the discomfort associated with the symptoms of infection.


Chickenpox infection usually resolves without treatment.

What is the public health response?

Chickenpox is not currently notifiable in NSW but the incidence is monitored through the number of patients attending emergency departments and the number of patients who are hospitalised with chickenpox or shingles.

- Varicella vaccine protects against chickenpox, even if given up to five days after exposure.
- Short-term immunisation with varicella-zoster immunoglobulin (VZIG) - which is made from antibodies in donated blood - can prevent illness in people at high risk of complications. This needs to be given within 96 hours of exposure to the virus to be effective. People at high risk of complications following exposure include pregnant women who have not had chickenpox and who have not been immunised, newborn babies, and some immunosuppressed patients.

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



Families Together
FairfieldCity
Celebrating diversity

Bringing Up Great Kids

FREE 4 WEEK PARENTING PROGRAM

Fairfield/Liverpool Supported Playgroups in partnership with Families Together invites mothers, fathers, carers and grandparents with children up to the age of 12 to this 4 week parenting program facilitated by

Dina Greenland – Families Together - Fairfield City Council
Debbie Nguyen – Fairfield/Liverpool Supported Playgroups - Fairfield City Council

The Bringing Up Great Kids program uses ideas of mindfulness and reflection to support parents to review and enhance their interaction and connection with their children.

Through the program parents of 0-12 year olds will explore:

- * Your parenting style.
- * Important messages that children communicate to their parents and how they do this.
- * The importance of building self-esteem in children.
- * Ways for carers/parents to take care of themselves and to find support when they need it.
- * Brain development in children and its influence on their thoughts, feelings and behaviour.

4 week Parenting Program
Please note you must attend all four sessions.



Thursday 9th November 2017	6.00-8.30pm
Thursday 16th November 2017	Revesby Uniting Church
Thursday 7th December 2017	219 The River Road, Revesby
Thursday 14th December 2017	

Families Together is for mothers, fathers, grandparents and carers living in the Fairfield, Liverpool and the former Bankstown local government areas. Children's services workers, teachers, family support workers and other professionals will not be given a place.

Bookings are essential and places are limited. Please call 0407 708 626 to book your place.

Child minding is not available for this parenting program.

Families Together is funded by the NSW Department of Education and sponsored by Fairfield City Council.

Milperra Public School
Presents
Milpy Under The Stars

NOW SHOWING

Rides & Games

17th NOV
Gates Open at 5pm

BBQ, Food & Drink Stalls

Market Stalls

Something for Everyone

Entry \$2pp

Pozieres Avenue Milperra NSW 2214 | Phone: 02 9773 8112
This is an Alcohol & Drug Free Event | Parental Supervision is Required

Gallipoli News!

Hello Parents, Carers and the Wider Community!

4/5 Gallipoli have been very busy this term engaging in lots of learning! Our main focus in literacy has been informative writing.

Students have worked very hard in learning the correct text structure while also developing their technical language through lots of informative reading and group discussions. In Geography, students have paired up and are working on a presentation on a country of their choice using PowerPoint, which they will present to the class.

Last week Gallipoli had the opportunity to participate in a whole stage discussion on cyber safety led by a sergeant from our local area police command. It was a highly engaging and informative experience for our students.

Congratulations to all the students from Gallipoli and other classes on their amazing performances last week at the Bankstown Dance Festival! What a night to remember! ☺

- Mrs Leatherbarrow

