



SMITHTOWN PUBLIC SCHOOL

Week 6 Term 4 – Monday 13 November 2017
30 – 38 Cannane Street, SMITHTOWN NSW 2440
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TERM 4

WEEK 6

Tuesday 14 November	Chess at SWR Public School Nude Food Day
Wednesday 15 November	Preschool Transition 9.30 am- 11.00 am SRC Lunch - Smoothies
Friday 17 November	Swimming Years 2-6

WEEK 7

Monday 20 November	P & C Meeting 6.00 pm School Staff Room 5/6 Baking Recess for SRC
Tuesday 21 November	Nude Food Day
Wednesday 22 November	SRC Recess - Fruit Kebabs
Friday 24 November	Swimming Years 2-6

WEEK 8

Monday 27 November – Friday 1 December	Intensive Swimming Years K-2
Tuesday 28 November	Nude Food Day
Thursday 30 November	Preschool Transition 9.30 am- 11.00 am Parent Information Session
Friday 1 December	Whole School Assembly 2.30 pm

WEEK 9

Monday 4 December – Friday 8 December	Intensive Swimming Years K-2
Tuesday 5 December	Year 6 Melville Orientation Nude Food Day
Friday 8 December	Year 6 Day Out Big Banana Coffs Harbour

WEEK 10

Monday 11 December	Year 6 Farewell Night
Tuesday 12 December	Presentation Night Year 5/6 Personal Development Nude Food Day
Wednesday 13 December	Hat Head Camp, Whole School
Thursday 14 December	Hat Head Camp, Years 2-6
Friday 15 December	Last day of term

PRINCIPAL REPORT

NUDE FOOD

At first only 18 students participated in the nude food day challenge. On the second nude food day last week, 22 people had healthy wrap free food. We are aiming for 30 people tomorrow, Tuesday 14 November 2017!

Please click on this link for more information, ideas and recipes:

<https://www.nudefoodday.com.au/resources/>

ROTARY SOUTH WEST ROCKS PUBLIC SPEAKING COMPETITION

Congratulations to all our amazing public speakers who participated today against Kinchela and Gladstone Public Schools.

Our students delivered their speeches with eloquence and articulation. A special mention to Ava in Year 4 who placed second overall in her age division. Ava said she had spent a lot of time practising at home and in front of her family. Her persistence and practise ensured a great result.



POSITIVE BEHAVIOUR FOR LEARNING (PBL) –

I will wear my full school uniform with pride.

SMOOTHIES \$2.00 EACH

The SRC boys are making Smoothies for lunch on Wednesday 15 November 2017, at the cost of only \$2.00. Please fill in the order form attached to this newsletter by tomorrow 14 November, to take advantage of this yummy lunch offer.



WHOOPING COUGH

Today we are sending out a letter to all families regarding the reported cases of whooping cough in the Smithtown area. Please refer to page 3 & 4 of the end of this newsletter for more information.

THANK YOU K/1

Last week we had an amazing array of healthy, yummy snack food presented for sale by Ciara, Shara, Skylah, Josie, Angel, Jordan, Lachlan, Caelan, Odessa and Lewis. Together they raised \$33.50 for the SRC.

A huge thank you to all the families who baked and supported the SRC. We are looking forward to the goodies from the 5/6 classes next week.



L:R Amber & Benji with their home baked goodies

YEARS 2/3/4 BAKED TODAY

Thank you to all the parents who baked goodies for the SRC today, we raised \$ 28.70. The Canteen will be open again at recess tomorrow with more goodies for sale for .50 and .20 cents.

Baking Recess Day

5/6 Monday 20 November 2017

SRC will also be hosting:

Date	Menu	Cost
Wednesday 15 November - Lunch	Smoothies with milk, yoghurt and fruit	\$2.00
Wednesday 22 November - Recess	Fruit kebab	\$1.00

UNIFORM ORDERS FOR 2018

Jay would like to place a final order soon to ensure that parents have uniforms ready for the first day back next year. If you require new uniforms, please complete the order form a.s.a.p and return it to the office, with your payment included. Student assistance is available. Please ask Jo at the office for an application form if you require financial assistance.

LUNCHBOXES

This year the school is providing our new Kindergarten 2018 students with a yum box, panino/bento lunchbox as we encourage students to bring healthy, unprocessed food to school.



The cost is \$39.95 each, they are very strong and built to last.

If you are interested, please complete the expression of interest slip attached.

CANTEEN NEWS

Please find attached the orange Meal Deal order form for this week. Please return the order form and the money to the school office by Wednesday 15 November 2017.

Sarah Ashworth and Allyson Hickson will be serving Nachos this Friday, 17 November 2017. Thank you both for being our canteen volunteers this week!



VACATION CARE NEWS

Vacation Care will be held at Lower Macleay Preschool, 51 Belmore Street, SMITHTOWN.
Dates: Monday, Tuesday, Wednesday 8, 9, 10th January, 2018
15, 16, 17th January, 2018
22, 23, 24th January, 2018

Time: 8am – 5pm

We have a great holiday program organised, including Messy Play Day, movie days, Art the Park, and cooking.

Cost is \$60 per day however Vacation Care is CCB subsidised.

Vacation Care is available for children who will begin Kindergarten in 2018.

Ring the Preschool 6567 4743 to make a booking.

We need a minimum of 6 children so please book early to confirm your place



SRC Smoothie Day - \$2.00 each

Please return by tomorrow, 14/11/17

I would like to order (quantity) **Strawberry Smoothie** (Milk, Yoghurt & Strawberries) for my childin Class.....

I would like to order (quantity) **Blueberry Smoothie** (Milk, Yoghurt and Blueberries) for my childin Class.....

Parent/Carer Signature:

Date:

Communicable Diseases Factsheet

Whooping cough affects people of all ages. It can be especially serious for babies. Vaccination reduces the risk of infection.

Whooping Cough (Pertussis)

Last updated: 20 October 2016

What is whooping cough?

Whooping cough can be a life threatening infection in babies. Whooping cough in babies can lead to apnoea (pauses in normal breathing), pneumonia, feeding problems and weight loss, seizures, brain damage and, in some cases, death. Older children and adults can get whooping cough too and pass it on to babies.

What are the symptoms?

- Whooping cough usually begins like a cold with a blocked or runny nose, tiredness, mild fever and a cough.
- The cough gets worse and severe bouts of uncontrollable coughing can develop. Coughing bouts can be followed by vomiting, choking or taking a big gasping breath which causes a "whooping" sound. The cough can last for many weeks and can be worse at night.
- Some newborns may not cough at all but they can stop breathing and turn blue. Some babies have difficulties feeding and can choke or gag.
- Older children and adults may just have a cough that lasts for many weeks. They may not have the whoop.

How is it spread?

- Whooping cough is spread when an infectious person coughs bacteria into the air which can be inhaled by people nearby. If they are not treated early, people with whooping cough are infectious in the first three weeks of their illness.
- Whooping cough spreads easily through families, childcare centres and at school.

Who is at risk?

- Anyone can get whooping cough. People living in the same household as someone with whooping cough are especially at risk.
- Immunisation reduces the risk of infection but immunity fades over time. You can still get whooping cough even if you've been immunised.

How is it prevented?

Whooping cough vaccines provide good protection from infection but immunity fades which means that boosters are needed.

Immunisation for babies

- Babies need to be immunised at 2 months, 4 months, 6 months and 18 months. The first dose can be given as early as 6 weeks of age.
- Getting your baby vaccinated on time gives them some protection when they are most at risk of severe illness.
- If your baby's vaccines are overdue, see your GP now to catch up.

Immunisation for older children

- A whooping cough booster is needed at 4 years of age.
- Check if your child has been vaccinated. Look at their Blue Book, speak to your GP or ring the Australian Childhood Immunisation Register on 1800 653 809.
- A second whooping cough booster is given in high school through the NSW School –based Vaccination Program.

Immunisation for adults

A booster for adults is recommended for:

- Women who are in the third trimester of pregnancy, preferably at 28 weeks. Free vaccine is provided in NSW through Gps and hospital antenatal clinics.
- Other adult household members, grandparents and carers of infants under 12 months of age.
- Adults working with young children, especially health care and child care workers.

If you are a close contact of someone with whooping cough:

- If you have been exposed to someone with whooping cough early in their illness while they are infectious, watch out for symptoms and see your doctor if you get a new cough.
- Some babies and some pregnant women need antibiotics to prevent whooping cough infection if they have had significant contact with an infectious person.

How is it diagnosed?

Your doctor may ask about your symptoms and whether there you've had any contact with whooping cough. If your doctor thinks you have whooping cough, a swab from the back of the nose or throat can confirm the diagnosis.

How is it treated?

- Some babies may need treatment in hospital or in intensive care.
- Antibiotics are used to treat whooping cough in the early stages and can help prevent spreading whooping cough to others. People who are not treated early with the right antibiotics can spread the infection in the first 3 weeks of their illness. After 5 days of antibiotics, you are normally no longer infectious.
- The cough often continues for many weeks, despite antibiotics.

What is the public health response?

Doctors and laboratories must confidentially notify cases of pertussis to the local Public Health Unit. Public Health Unit staff can advise on the best way to stop further spread.

Infectious children are restricted from going to pre-school and school. Unimmunised contacts may be excluded from child care unless they take the special antibiotics.

Identify - Protect – Prevent

NSW Health whooping cough campaign <http://www.health.nsw.gov.au/PublicHealth/Infectious/whoopingcough/index.asp>

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