



# NEWSLETTER

## NORTH HAVEN PUBLIC SCHOOL

*"THE FUTURE IS OURS"*

17 November 2016  
Term 4 Week 6  
Issue No 37

### Uniform Shop

#### Hours:

Tuesday mornings

8.45 – 9.15 am

Wednesday afternoons

2.30 – 3.15 pm

### TERM DATES

Term 4 10 Oct –  
16 Dec 2016

2017

Term 1 30 Jan –  
7 April 2017

### STUDENT BANKING

Monday is the day for  
student school banking.

### CONTACT US

Phone 6559 9261

Fax 6559 6475

Email  
[northaven-  
p.school@det.nsw.edu.au](mailto:northaven-p.school@det.nsw.edu.au)

Website  
[northaven-  
p.schools.nsw.edu.au](http://northaven-p.schools.nsw.edu.au)

## PRINCIPAL'S MESSAGE

Dear parents, carers and community members,

### YEAR 6 EXCURSION

Reports from Mrs Menzies have confirmed that Year 6 are having an exciting, educational and enjoyable experience in Sydney. The departure on Tuesday morning was seamless and our students were enthusiastically farewelled by family by 7:00 am. They will return to school on Friday night at approximately 7.30 pm.

### PERTUSSIS (WHOOPING COUGH)

We have had several confirmed cases since our alert in the newsletter at the beginning of term. We have contacted NSW Health and followed their directions. Included in this newsletter is another copy of the information for families.

### SWIMMING SCHOOL

Next week this very important program commences for all Year2 students and primary students who need to build their swimming competency to 25 metres.

All permission notes and money must be paid promptly. Please contact me if you need to discuss any issues around this. The program will run for 2 weeks with Ms Dennis and Mrs Manning supervising.

### PRESENTATION DAY

Our special assemblies for K-2 and Years 3-6 will take place on Friday 9th December. More details will be included in the coming newsletters but I thought it worthwhile to remind families of this important date.

Our K-2 assembly will be first up in the morning and then Years 3-6 after recess. Our canteen is most appreciative of donations of morning tea items such as cakes, biscuits and savouries that can be

sold at recess. They are also providing lots of delicious fare you can order and purchase if you stay on and enjoy lunch with us.

The P & C have their major raffle for the year in the way of Christmas hampers. The winning tickets will be drawn after the 3-6 assembly and before we have lunch. Donations for the hampers are very welcomed and details of how and when you can donate items, sell and buy tickets will be forwarded to you very soon.

### STRANGER DANGER

There was an incident earlier this morning in Port Macquarie involving a student. As she was walking to her bus stop, she was approached by an adult who tried to get her to go with him. The student is safe, with the school and the bus company providing exemplary support.

At this time, we ask that you engage in careful discussion with your child/ren, not as to alarm but as to educate them on the actions they should take if this situation happens to them. The stranger danger message we endorse is *"NO GO TELL"*. We want our children to feel safe and also prepared in any situation they encounter.

Encourage your child/ren to walk with someone else, such as a sibling or buddy to and from bus stops and/or school.

Kind regards,

*Christine Wild*  
Principal

## MEET LARRY

Students and staff have enjoyed seeing an unusual visitor in our administration office this week. Meet Larry, the baby tawny frogmouth. Larry was rescued by our office manager Mrs Groves, after repeatedly falling out of his tree as he had trouble gripping his branch. Larry will be returned to his parents when he fledges and able to escape from potential predators. Why is he called Larry? Because he is as happy as .....



## UPCOMING EVENTS AT SCHOOL

<b>Fri 18 Nov</b>	Closing date for 2017 Junior Band Expressions of Interest
<b>21 Nov-2 Dec</b>	Special Swimming Scheme
<b>Thur 24 Nov</b>	Year 6 Fundraising Day – Out of Uniform Day
<b>Thur 24 Nov</b>	Snow Cone Meal Deal
<b>Mon 28 Nov</b>	Last day for school banking
<b>Fri 1 Dec</b>	Gala Night 6.30 pm
<b>Tues 6 Dec</b>	Year 6 Orientation Day at CHHS
<b>Wed 7 Dec</b>	Kindergarten Excursion
<b>Fri 9 Dec</b>	Presentation Day

## REMINDERS

### 10 DAY SPECIAL SWIMMING SCHOOL

The Swimming School commences next Monday 21 November for students in Year 2 and any primary students who cannot swim 25 metres. There are still places available so if you would like your child to participate please collect a permission note from the office.

**STARTING  
MONDAY!!**

### YEAR 6 FUNDRAISING DAY OUT OF UNIFORM DAY

Next Thursday 24 November will be an out of uniform and Year 6 fundraising day. A note will be sent home with students on Monday giving details of the day.

### SNOW CONE MEAL DEAL

The canteen is holding a Snow Cone Meal Deal on Thursday, 24 November. The meal deal includes a tray of potato wedges with sour cream and a choice of sauces and a snow cone for \$5.00. Order forms were sent home with students yesterday and should be returned to the canteen by Monday, 21 November. Spare notes are available from the office.

### SCHOOL BANKING

The last day for school banking in 2016 will be Monday 28 November. We take this opportunity to thank our community volunteer Mrs Karen Smith who comes in each week to provide this valuable service for our families. Thank you also to Mrs Tracey Maruszak who filled this role in Karen's absence. We appreciate their effort.

### JUNIOR BAND IN 2017 EXPRESSION OF INTEREST

Expressions of interest are being taken for students who will be in primary in 2017 to join the Junior Band. Copies of the application form are available from the office for interested students.

The Expression of Interest forms are due back at school by tomorrow **Friday 18 November**.

**CLOSING  
TOMORROW!**

### SENIOR BAND CONTINUING IN 2017

Current band members wishing to continue in band in 2017 are asked to please return their Continuation Notification form to school by **Friday 2 December**.

### BUS TRAVEL YEAR 2 STUDENTS PROGRESSING TO YEAR 3 IN 2017

Transport NSW requires a new application for free travel from students who progress to Year 3 in 2017.

From May 2016 Transport NSW require all travel applications to be completed online at –

[www.transportnsw.info/school-students](http://www.transportnsw.info/school-students)

When you have completed the application, print off the form and **return it to school** to be endorsed and sent to Transport NSW.

**DO NOT SEND APPLICATIONS TO BUSWAYS**

# Tinkers Club

We have recently started a Tinker Room at school! The purpose of this room is to give students an opportunity to work with their hands to problem solve as part of a team. This is in line with our school direction of creating 21st century learners. The room is open at lunch times on Monday, Tuesday and Wednesday.

All of the students that who have attended have had opportunities to pull apart appliances such as computers, toasters, typewriters and mobile phones. Stage 3 students have built a model car that runs off salt water and the circuit kits that the school purchased have been a big hit.

Mr McGrath  
Assistant Principal



## ASSEMBLY AWARDS



	Student of the Week	Values Awards	Class Merit Awards	
<b>KB</b>	Bessie Walker	Kaiden Johnston	Willow Hanington	Akayla Bevan
<b>K/1H</b>	Austin Abbott	Archer Thoms	Nathan Gardner	Sunnah Hedges
<b>1M</b>	Willow Lawrence	Rory Toogood	Bella Lahey	Ashur Gallagher
<b>1/2D</b>	Ruby Cameron	Joshua Hoffman	Zachariah Moir	Matilda Ray
<b>2F</b>	Abbey Lenane	Luca Burnham	Hayden Byrnes	Skye Ferguson

BAND MUSICIANS OF THE WEEK				
Junior	Senior	Remembrance Day Buglers		
Tallin Ives	Oscar Spinks	Nick McLaren Ritchie	Jonah Garven	Ben Jenkins
Abigail Pearse	Jesse Bell	Charlotte Rumbelow	Jack Downing	Maya Bulley

**VALUE OF THE WEEK**

**Care and Compassion**



## Communicable Diseases Factsheet

# Whooping Cough (Pertussis)

Last updated: 30 March 2015

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

## 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 and 6 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](http://www.health.nsw.gov.au)





# Remembrance Day



*11.00 am  
Friday  
11 November*





Yesterday all of Stage 1 went to Billabong Zoo. We left school to catch the bus at 9.15 and came back at 2.30.

We saw lots of animals at Billabong Zoo. We got to pat a dingo, a koala, a crocodile, blue tongue lizard and a python. Lots of us liked seeing the big cats at the zoo. There were cheetahs, lions and snow leopards. The meerkats were very protective of their exhibit. The wombats were sleeping in their burrows and it was very smelly.

We saw Shrek the enormous crocodile being fed. He is about 4 metres long and can jump really high.

We had lots of fun going to Billabong Zoo.

Report written by  
Isaac Luke and Jasmine Avelin 2F



## BILLABONG ZOO







Port Macquarie Hastings  
domestic & family violence  
specialist service

WHITE  
RIBBON

is proud to once again present the

## 2016 WHITE RIBBON COASTAL WALK

Sunday 27 November 2016

Lighthouse Beach to  
Town Green

OR

Flynns Beach to  
Town Green

OR

Town Beach  
Kiosk

7.30am - bus departs Town Green  
7.30am - morning children's walk from Lighthouse Beach  
8.00am - walk commences from Lighthouse Beach

8.00am - bus departs Town Green  
8.30am - walk commences from Flynns Beach

10.00am - walk commences from  
Town Beach Kiosk to Town Green

The White Ribbon Coastal Walk is a FREE community event consisting of walking the Coastal Walk from Lighthouse Beach, Flynns Beach OR Town Beach Kiosk to the Town Green to raise awareness about **White Ribbon Day, the International Day for the Elimination of Violence Against Women**. It is for anyone with at least moderate fitness to undertake the 9km walk from Lighthouse Beach, the 3km walk from Flynns Beach or enjoy the paved surface from Town Beach Kiosk to the Town Green.

**FREE** buses will depart from the TOWN GREEN, taking participants to their choice of start for the walk, either Lighthouse Beach or Flynns Beach. Buses are not available to Town Beach Kiosk.

**Registration is essential** and must be received no later than Friday 25 November 2016. You can register online at [www.pmhastingsidv.com.au](http://www.pmhastingsidv.com.au) or 08 13 13 13 13 @ registration form, available from Liberty Cottage 155 Gordon St, SWAMP 110, William St or Telmo Store Port Central.

To participate, we request people wear a white t-shirt. It is also recommended that participants bring a water bottle and wear a hat and sunscreen (slip, slop, slap).

**Please Note - This Is Not A Race!**

For further information, go to:

[www.pmhastingsidv.com.au](http://www.pmhastingsidv.com.au) or contact 6584 9102

Unfortunately, **pets are not allowed** between Lighthouse and Nobbys beaches, the walk from Town Beach Kiosk is suitable for strollers, prams & mobility aids.

Proudly sponsored by



## SNOW CONE MEAL DEAL

Thursday 24 November

Tray of potato wedges  
with sour cream &  
a choice of sauce

Snow Cone for desert

**\$5.00**



**CASH ONLY**

**SORRY NO EFTPOS, NO ONLINE PAYMENT**

Orders must be pre-ordered and paid for by  
Monday 21 Nov.

Name:			Class:
SAUCE (please tick one)	Sweet Chilli	BBQ	Tomato

**FREE FAMILY TENNIS DAY  
AT LAURIETON TENNIS CLUB  
TUNIS STREET LAURIETON  
FROM 10AM NOVEMBER 13TH 2016**

**A fun day of tennis for everyone.**

- ☐ All ages and standards welcome.
- ☐ Free Sausage sizzle
- ☐ Fun games for kids with prizes.
- ☐ Some Children's Racquets Supplied.
- ☐ Free Coaching.
- ☐ Play any way you like

Join us for a fun, free day of tennis with your family and friends. A great way to meet new people.

For more information please call David on 0410628251

**LAURIETON TENNIS CLUB INC**

## Gingerbread House Workshop

Saturday 19 November 2016. 2pm



\$30 per kit - includes lolly bag and refreshments

Maximum 3 people per kit

Guest speaker

Tickets essential and available from church office  
Camden Haven Anglican Church, 2 Mission Tce, Lakewood  
6559 5036 // [info@havenanglican.com](mailto:info@havenanglican.com)

## North Haven Public School Student Absence Note

My child \_\_\_\_\_ of class \_\_\_\_\_

was absent from school on the following date/s \_\_\_\_\_

for the following reason \_\_\_\_\_

Parent/Carer Signature : \_\_\_\_\_

Date: \_\_\_\_\_