

# Howlong Public School Newsletter

Thursday 25 July 2019



## Dates For Your Calendar

<b>Friday 26 July</b>	Tony Lockett Shield Football Knockout
<b>Monday 29 July</b>	Kinder 2020 Taster Day
<b>Tuesday 30 July</b>	Albury Wodonga Eisteddfod
<b>Friday 2 August</b>	5/6S Assembly & Kinder 2020 Taster Day
<b>Monday 5 August</b>	Years K-6 Opera - The Barber of Seville
<b>Friday 9 August</b>	5/6S Oolong Visit
<b>Friday 9 August</b>	Scholastic book club orders due in

### Principals Report

#### Welcome Back!!

Welcome back to all students and families. I do hope everyone has had a restful and enjoyable holiday and all are refreshed and ready for what promises to be an exciting and eventful term. Some of the events we look forward to include: Education Week, Kinder Taster Days, Book Week, Australian Opera Performance and Stage 2 & 3 Excursions.

#### What is Influenza?

Please find attached with this newsletter a fact sheet on influenza provided by the NSW Government Health. This year's winter season has certainly brought an increase in the number of cases of children and adults having had the flu. We hope that this fact sheet will provide parents with important information about the flu.

### Bouts Sayasenh

#### Principal

## 2019 Premier's Spelling Bee!

Over the next two weeks, Stage 2 and Stage 3 classes will be holding their class spelling bees to determine 2 finalists to compete in the school competition.

The school final will be held on Wednesday 7<sup>th</sup> August at 12pm in the hall.

Parents and friends of finalists are welcome to watch the competition. Two successful competitors from each stage will then progress to the regional finals in September.

Keep your eye out on Facebook, Seesaw and in the newsletter for more information to come!

Students can be practicing for the spelling bee using the junior (years 3 and 4)

or senior (years 5 and 6) lists accessible from the artsunit website: [https://](https://www.artsunit.nsw.edu.au/premiers-spelling-bee)

[www.artsunit.nsw.edu.au/premiers-spelling-bee](https://www.artsunit.nsw.edu.au/premiers-spelling-bee)

Use the password "pizza" to access the word lists.

Happy Spelling!



**Proud Member of Crossing Point Learning Community "Creating our Future"**

# PBL Wristbands

Congratulations to the following students who received there PBL Wristbands.

**Green** – Emily Knight, Adam Ballentine, Jonty Hoskin, Harry Thompson, Olivia White and Emma Gardiner.

**Blue**– Mikaela Farnsworth, Ella McDonell, Chase French and Jonty Hoskin.

**Red**– Allira Watts

**Yellow**– Harry Thompson.



## Term 2 Week 10 Assembly Awards:

### **Congratulations to the following students who received a Class Merit Certificate:**

Charlotte Bell, Teddy Cann, Piper MacDonald, Bonnie Forrest, Ronan Simpson, Maddison Taggart, Bella Lions, Raymond Knight, Declan Carter, Charlie McNamara, Pearl Marriott-Stratham, Evie Porter, Tom Ballintine, Charlie Marks, Isaac White, Ethan Henson, Lachlan McCormack, Mikaela Farnsworth, Violet Reid, Beau Willmott, Olivia Farnsworth, Nate Gray, Jed Kohn, Mia Beardall, Charlie Pumpa, Brandi Chisnall, Lyla McNamara, Ava Britt, Ellie Lawrence, Robbie Bailey and Nicholas Tukuniu.

### **Congratulations to the following students who received an Improvement Award:**

Blake Alchin and Allira Watts.

### **Congratulations to the following students who received a Sports Award:**

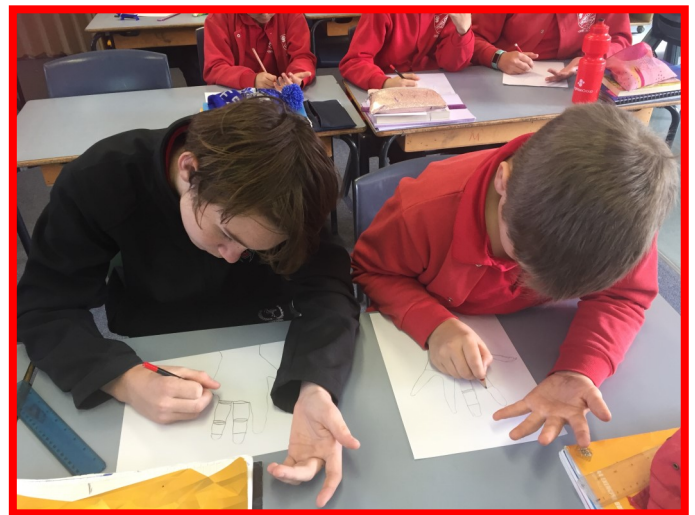
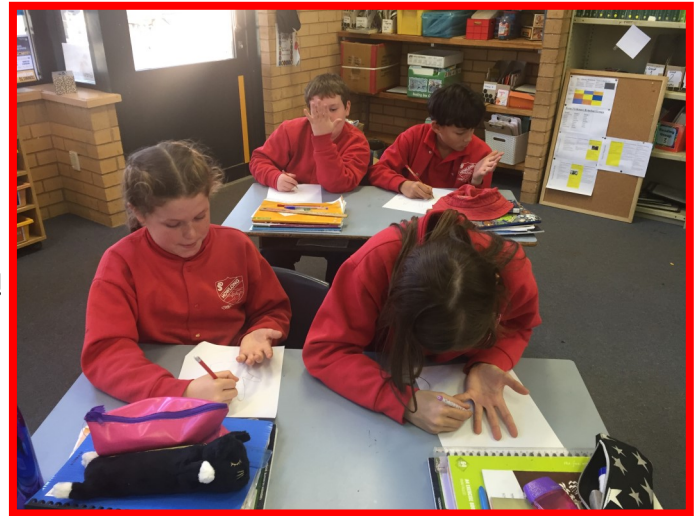
Alicia Laundess and Noah Orchard.





# 5/6J

5/6J discussed values that are important to them and why. Students completed an activity, where they drew their hand and the lines on their palms and labelled each line with a value that is important to themselves. Great start to the term!!!



## Howlong Toy Library

*Why buy toys when you can borrow them?*

We have a range of great toys available including trikes, jumping castles, water tables, costumes, baby toys and snow gear!

Join us for our free Stay & Play session on the first Saturday of every month from 10-11.30am at St Andrew's Church Hall, Howlong.



For more information get in contact via  
[howlongtoylibrary@gmail.com](mailto:howlongtoylibrary@gmail.com)  
or find us on Facebook [@Howlongtoylibrary](https://www.facebook.com/Howlongtoylibrary)



**Proud Member of Crossing Point Learning Community "Creating our Future"**



# Minnie the Lamb



Today KCN and KA were able to meet Molly's lamb Minnie.

Mrs Pargeter kindly brought her in so all of KA and KCN could watch her drink from a special bottle. Once Minnie was finished all of the children had an opportunity to pat Minnie. We can't wait to write about our experience meeting Minnie in L3 tomorrow. Thanks Mrs Pargeter and Molly for bringing her in for us all to meet :)



**Proud Member of Crossing Point Learning Community "Creating our Future"**



# HOWLONG PUBLIC SCHOOL

## Canteen MENU 2019



### Monday Only

#### HOT FOOD Available

Chicken Schnitzel Roll (no salad)	\$4.50
Chicken Schnitzel Roll (lettuce, tomato, mayo)	\$5.00
Chicken Schnitzel (lettuce, tomato, cheese, beetroot, carrot, cucumber, mayo)	\$6.50
Homemade Lasagne	\$4.50
Homemade Lasagne & Salad	\$6.00
Homemade Spaghetti Bolognese	\$4.50
Homemade Soup & Roll (T2 & T3 only)	\$4.50
Homemade Zucchini Slice	\$3.50
Homemade Zucchini Slice & Salad	\$4.50
Muffin Pizza	\$4.00
Muffin Pizza & Pineapple	\$4.50
Sausage Roll	\$3.50
Traveller Beef Pie	\$4.50
Chicken Nuggets x 3	\$3.00
Chicken Nuggets x 6	\$6.00
Sauce sachets Tomato or BBQ	20c

### Thursday & Friday Only

#### HOT FOOD Available

Chicken Schnitzel Roll (no salad)	\$4.50
Chicken Schnitzel Roll (lettuce, tomato, mayo)	\$5.00
Chicken Schnitzel (lettuce, tomato, cheese, beetroot, carrot, cucumber, mayo)	\$6.50
Homemade Lasagne	\$4.50
Homemade Lasagne & Salad	\$6.00
Homemade Spaghetti Bolognese	\$4.50
Homemade Soup & Roll (T2 & T3 only)	\$4.50
Homemade Zucchini Slice	\$3.50
Homemade Zucchini Slice & Salad	\$4.50
Muffin Pizza	\$4.00
Muffin Pizza & Pineapple	\$4.50

### DRINKS

Hot Chocolate (T2 & T3 Only)	\$2.00
Flavoured Milk 250ml (chocolate, strawberry)	\$3.00
Water 600ml	\$2.00
Juice 200ml (orange, apple, apple blackcurrant)	\$2.00
Slushy (Coke, Strawberry, Raspberry & Tropical) T1 & T4	\$1.50

### COLD FOOD

#### Sandwiches

Made fresh daily on white or wholemeal bread Fresh Toasted

Vegemite	\$2.00	\$2.50
Cheese	\$2.00	\$2.50
Ham	\$3.00	\$3.50
Ham/Cheese	\$3.50	\$4.00
Ham/Cheese/Tomato	\$4.00	\$4.50
Chicken	\$3.50	\$4.00

#### Rolls

Made fresh daily on white or wholemeal bread

Egg and Lettuce	\$3.50
Salad	\$4.00
(lettuce, tomato, cucumber, cheese, carrot, beetroot)	
Ham and Salad	\$5.00
Chicken	\$4.00
Chicken and Salad	\$6.00

### Over Counter Snacks

Popcorn	50c
ANZAC Biscuits	50c
Bliss Balls	50c
Muffins Small	30c
Muffins Medium	\$1.00
Slinky Apple	\$1.00
Pinwheels	\$1.50

### Frozen Snacks

Quelch Stick (Strawberry, Raspberry, Blackcurrant & Apple)	50c
Frozen Orange 1/4's	50c
Pineapple Ring	\$1.00
Frozen Yoghurt (Strawberry/Vanilla & Watermelon/Mango)	\$2.50
Moosies (Chocolate & Blue Moon)	\$1.50

Canteen is open Monday, Thursday and Fridays for Lunch and Wednesday for Recess. If you would like to be placed on our roster please contact Kayleen Peacock on 0417 310 298.  
All orders must be written up on a brown paper bag with child's name and class or re-usable lunch bags which can be purchased through the canteen for \$6.00. Available in pink, green, blue, red, yellow & purple. Students can drop their lunch orders into the canteen from 8.45am.  
The Howlong Canteen is proud to have a working relationship with the Howlong Bakery, Howlong Butchers & Howlong IGA.  
Canteen Co-Ordinator - Kayleen Peacock

CANTEEN	ROSTER
2 August	Jo Merritt
9 August	Claire Taggart
16 August	Regan Lions
23 August	Carley Alchin
30 August	Fiona Ballintine
6 September	Jo Merritt
13 September	Regan Lions
20 September	Carley Alchin
27 September	Claire Taggart, Fiona Ballintine



## Canteen News

Reminder that we have a new menu at the canteen, some items and prices have changed. A hard copy if required is available from the school office. Kayleen has the Fresh Kids program running again, In Term 3 this year, Fresh for Kids will once again be running our 'Eat Fresh and Win' Canteen Campaign. This year we have some awesome new prizes up for grabs, to reward kids for eating fresh.

### Finance News

Thank you to everyone who has paid their voluntary school contributions \$40 for first child, \$20 for siblings.

These voluntary school contributions go towards resources for our students to improve their learning.

**Stage 2 – Borambola Sport & Recreation Excursion in Week 6, Term 3.** Payments can be made in full, weekly or fortnightly.

**Stage 3 – Echuca/Bendigo/Ballarat Excursion in Week 9, Term 3.**

Payments can be made in full, weekly or fortnightly.

Reminder advanced payments can be made at any time for any upcoming activities/excursions. These advanced payments will stay as a credit against your child until the activity is invoiced and the permission note has been signed and returned by parent/carer.

All school payments can be paid at the office by cash, cheque, EFTPOS or Parent Online Payment (POP) on our webpage.

**Please note: Canteen orders, P&C Uniform, P&C membership can only be paid at the canteen with cash or EFTPOS.**



**Proud Member of Crossing Point Learning Community "Creating our Future"**

# FACTSHEET



This fact sheet is for education purposes only. Please consult with your doctor or other health professionals to make sure this information is right for your child. If you would like to provide feedback on this fact sheet, please visit: [www.schn.health.nsw.gov.au/parents-and-carers/fact-sheets/feedback-form](http://www.schn.health.nsw.gov.au/parents-and-carers/fact-sheets/feedback-form).

## Influenza

Influenza, commonly called the 'flu', is an infection caused by influenza A or B viruses. It mainly affects the nose, throat and lungs, although it can involve other parts of the body. In healthy children, it is much like a bad cold, however influenza can cause more serious illness in very young children and those with chronic medical conditions.

Influenza occurs mainly during the winter months. Each year, infections are caused by slightly different strains of the virus. Occasionally, one of these strains can cause a more widespread or severe outbreak, similar to the 2009 H1N1 (swine flu) pandemic.

### Symptoms and signs:

Influenza usually begins with a sudden onset of fever and at least two or three of the following symptoms:

- general aches and pains
- headache
- cough or noisy breathing
- sore throat and runny nose
- low energy
- nausea, vomiting and/or diarrhoea

### Children at risk of severe illness:

Influenza can be more serious in children with chronic medical conditions including:

- chronic respiratory conditions (including asthma)
- chronic heart disease
- chronic neurological or metabolic conditions

- chronic kidney or liver problems
- diabetes mellitus
- a lowered immune system, due to medicines or illness

Warning signs of severe illness include poor feeding, dehydration, difficulty breathing and decreased responsiveness to caregivers/their surroundings.

### Treatment:

Most children recover within seven days without any treatment. Ensure your child has plenty of bed rest, encourage them to drink lots of fluids and use paracetamol for pain or discomfort. Give your child the dose that is recommended on the packaging for their age and weight. Do not give aspirin to your child if they have influenza as this can lead to serious side effects.

Antibiotics are not helpful for influenza and will not be prescribed unless your child also has a bacterial infection. Antiviral medications (such as 'Tamiflu') are generally not given to children who have influenza and who are otherwise fit and healthy. This is because they do not usually make a significant difference to the duration of the illness.

### When to seek medical treatment:

If your child's symptoms are getting worse instead of better, it is best to see a doctor. Seek urgent medical advice if your child experiences chest pain, is having breathing difficulties, is dizzy or confused, or is vomiting a lot or not drinking enough. Similarly, seek medical advice

the  
children's  
hospital at Westmead

The Sydney children's  
Hospitals Network

SYDNEY  
CHILDREN'S  
HOSPITAL  
RANDWICK

The Sydney children's  
Hospitals Network

Kaleidoscope  
CHILDREN, YOUNG PEOPLE AND FAMILIES



Proud Member of Crossing Point Learning Community "Creating our Future"

if your child has a chronic condition and is at risk of severe illness.

### How is it spread?

Influenza is very infectious. It can spread through the air by coughing and sneezing and by touching objects that have been in contact with an infected person's mouth or nose. A person with influenza is contagious from the day before symptoms begin, until a few days after.

### Prevention:

The best way to prevent influenza is the influenza vaccine (see below).

Good hygiene habits can also reduce the chance of getting influenza or passing it to others. These include:

- regular hand washing
- not sharing cups or cutlery
- covering your mouth when you cough or sneeze

### Influenza vaccine (the flu shot):

The influenza vaccine can be given to any child over six months of age to reduce the chance of becoming sick with influenza. Vaccination is voluntary but vaccination is encouraged for everyone.

If your child has a chronic medical condition, it is strongly recommended that they have an annual influenza vaccination. All household members should also be vaccinated to decrease the chances of your child being exposed to influenza.

Because the influenza virus changes (or mutates) slightly from year to year, your child will need a new and updated influenza vaccine at the beginning of each influenza season.

Side effects of the vaccine include pain and redness at the site of injection. Less commonly, children may develop fever or aches and pains which last one to two days. The vaccine cannot cause influenza as it contains killed or inactivated influenza virus. There are now studies suggesting children with egg allergy can be safely immunised for influenza. These children recommended for influenza immunisation should be referred to a specialist clinic.

### Key points to remember:

- Vaccination is the best way to prevent influenza
- Influenza is very infectious so good hygiene is important
- Influenza is caused by a virus so antibiotics cannot be used to treat it
- Influenza can be more serious in children with chronic medical conditions
- Contact your family doctor if your child has influenza and has a chronic medical condition, or signs of severe illness

### Where can I find more information?

- See your family doctor
- Seasonal Flu factsheets from the Department of Health: <http://www.health.nsw.gov.au/infectious/influenza/pages/default.aspx>
- Health Direct Information:
- Influenza - <http://www.healthdirect.gov.au/influenza-a-flu>
- Fever in Children - <http://www.healthdirect.gov.au/fever-in-children>
- Fever in Children Symptoms - <http://www.healthdirect.gov.au/fever-symptoms-in-children>

Written by the Emergency Department, The Children's Hospital at Westmead

References: Royal Children's Hospital Melbourne  
Influenza fact sheet

NSW Government Influenza fact sheet.



# Howlong Public School



## TERM 3, 2019

Month	Week	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
JULY	1	22 SDD	23	24	25	26	27/28
JULY/ AUGUST	2	29 Taster Day 10:30-11	30	31	1	2 Taster Day 10:30-11 5/6S Assembly Kinder Exc	3/4
AUGUST	3 <b>EDUCATION WEEK</b>	5 Visiting Show - Opera 12:30pm	6 Taster Day 10:30-11 @ Preschool	7 Yrs 3-6 Spelling Bee Finals 12-1pm	8	9 5/6S Oolong	10/11
AUGUST	4	12	13 Taster Day 10:30-11	14	15	16 KCN Oolong Bernie O'Connor Cup	17/18
AUGUST	5 <b>BOOK WEEK</b>	19	20	21	22 BookWeek Parade 9:30-10 Taster Day 9:30-10	23 3/4B Assembly	24/25
AUGUST/ SEPTEMBER	6	26 Yrs 3 & 4 Borambola Excursion	27 Yrs 3 & 4 Borambola Excursion	28 Yrs 3 & 4 Borambola Excursion	29	30 Riverina Athletics KA Oolong	31/1
SEPTEMBER	7	2	3 ICAS Computer	4	5 ICAS Science Taster Day 10:30-11 @ Preschool	6 5/6J Assembly 3/4B Oolong	7/8
SEPTEMBER	8	9 Taster Day 10:30-11	10	11	12 ICAS Spelling	13 3/4M Assembly	14/15
SEPTEMBER	9	16 Yrs 5 & 6 Echuca/ Bendigo/ Ballarat Exc	17 Yrs 5 & 6 Echuca/ Bendigo/ Ballarat Exc ICAS English	18 Yrs 5 & 6 Echuca/ Bendigo/ Ballarat Exc	19 ICAS Maths	20 3/4M Oolong	21/22
SEPTEMBER	10	23	24	25	26	27 3/4C Assembly Taster Day 2:20-3	28/29
SEPT/OCT	HOLIDAYS	30	1	2	3	4	5/6
OCTOBER	HOLIDAYS	7	8	9	10	11	12/13

**Respectful, Responsible, Safe, Active Learners**



**Proud Member of Crossing Point Learning Community "Creating our Future"**