



# PAGEWOOD PUBLIC SCHOOL NEWSLETTER

TERM 2 WEEK 6 2019

Monday 3 June 2019



## CALENDAR TERM 2

<b>JUNE</b>		
<b>WEEK 6</b>		
Tues 4	Box Day	
	P&C Meeting	7.00pm
Wed 5	Assembly – 1B presenting	2.30pm
Thur 6	KINDERGARTEN 2020 TOUR	10.00am
<b>WEEK 7</b>		
Mon 10	PUBLIC HOLIDAY	
Wed 12	Assembly – School leaders presenting	2.30pm
Thurs 13	NO Uniform Shop - orders left at office will be filled	9.15am
	Athletics Carnival	
<b>WEEK 8</b>		
Tues 18	Mufti – Warm Pyjama Day, gold coin donation	
Wed 19	Assembly - 5/6C presenting	
<b>WEEK 9</b>		
Wed 26	Senior Bandfest Excursion	9.00am
	Assembly – 5/6G presenting	
Thurs 27	Uniform Shop open	9.15am
<b>WEEK 10</b>		
	Parent/Student/Teacher interviews	
Wed 3	Junior Band Assembly Performance	2.00pm

## MERIT AWARDS for last week

KS	Teneale	Cristiano
KT	Anau	Joey
KLR	Russell	Penny
1B	Matthew	Nikoleta
1K	All of 1K	
1/2H	Kayla	Gabriel
2M	Isabella	Neave
3A	Lucy	Leon
3C	Ada	Gypsy
4M	Darren	Ruby
4/5W	Levi	Sena
5/6C	Tora	Jemma
5/6G	Bonnie	Orlando

## RAINBOW AWARDS presented Wednesday

Benjamin (1K)	Tili (1K)
Aidan (2M)	Ada (3C)

## SILVER AWARD presented Wednesday

Zoe (2M)	Aaron (3C)
Alexander (3C)	Jake (1/2H)

## GOLD AWARD presented Wednesday

Isabella (2M)	Harry (3C)
Jeremy (1B)	Rose (1B)

## PRINCIPAL'S NEWS



Our Year 4 students toured our local South Sydney High School today as part of a 'Taster' visit. Students enjoyed visiting the high school facilities including the classrooms, science laboratories, playground and met some of the teachers. This is a first step in familiarising and preparing them for the transition to high school in a few years. Thank you to Miss Wilkinson and Miss Moffatt for taking our students on this tour.

Tomorrow is Box Day! Please remember to pack your empty boxes to make something creative at school for a fun filled day. More details are on page 2.

I look forward to meeting with parents and carers at the P&C meeting tomorrow night at 7pm in the Library.

This Thursday is our Kindergarten Tour for prospective new Kindergarten 2020 students from our local area and current siblings. Parents will be given a tour of our school, visit our vibrant learning centres and ask questions. If your child is intending to start school next year and you have not already submitted an enrolment form, please submit an application so that we can progress with our planning for next year.



A reminder that next Monday is a public holiday so students will return to school on Tuesday.

Have a great week and enjoy the long weekend!

Ms Nicole Mayhew  
Principal

## INFLUENZA – NSW HEALTH WARNING

We have had numerous students and staff unwell during the last two weeks. The NSW Health Unit recommends keeping sick children at home to avoid spreading the virus. Influenza, or flu, is a **highly contagious respiratory illness caused by influenza viruses**. It is more serious than a common cold. In 2017 more than 650 people died in NSW from influenza related complications. Please refer to the Influenza Fact Sheet on pages 7-9 for more information.



## PARENT – TEACHER – STUDENT MEETINGS

During Week 10 there will be an opportunity for parents and students to meet with their class teacher. The purpose of the meeting is to discuss student learning and progress both academically and socially. Ten minutes will be allocated for each family.

This is a wonderful opportunity to discuss your child's report which will be sent home on Friday 28 June and ask any questions you may have. To book a time to meet with your child's class teacher please see the information in the newsletter. Students are encouraged to attend the meeting, there will be time for parents to speak with the teacher during the meeting as well.

Bookings will be open from Wednesday 12 June at [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au)

## BOX DAY

A reminder that we will be holding 'Box Day' tomorrow, Tuesday 4<sup>th</sup> June. In the morning, the students and teachers can bring empty boxes of various sizes to school. The more the merrier. We ask that the students put the boxes onto the grass oval when you arrive. At recess and lunch, the students will spend their time being very imaginative and just have pure fun playing with all the boxes. At the end of the day, we ask that the children take the same number of boxes home to put in their own recycling bins. As you can imagine, we don't have enough space in our school recycle bin for all of the boxes. The boxes would also get wet if left out overnight.

Mrs Kerves



## PAGEWOOD PLACE

Visionary has just completed the Silkwood by Silkari® residential complex across from the school. Later this year, Visionary is also looking to commence building its retail-led, mixed-use commercial building next to the residential development. This will be on the corner of Green Street and Holloway Street. Visionary wants to gauge the types of outlets and tenancies the school community would like to see in its complex. As such, below is a link to a 10-question survey to gauge your feedback. Please feel free to complete the survey by **Friday 21 June** Close of Business.

<https://www.surveymonkey.com/r/3LMLF8Q>

## SRC MUFTI DAY

On Tuesday 18 June, the SRC are hosting a mufti day for all students. The theme for this year is Pyjama Day! If you wish to wear pyjamas to school, please bring a gold coin donation to be given to your class teacher. Make sure you are dressed warmly! Mrs Bevis and the SRC.

## STATEMENT OF ACCOUNT

Statement of Accounts for Term 2 were sent out in week 4. To pay your child's 'Statement of Account', it is helpful to the school if Parents and Carers use the Parent Online Payment (POP) system. This is to reduce the amount of cash being handled at school by students and staff. To pay by POP, please go to the Pagewood Public School website at <http://www.pagewood-p.schools.nsw.edu.au> and select 'Make a payment'. Parents and Carers are welcome to pay for two or more children in one payment.

## BAND TIME

Both the Junior and Senior Bands will begin their before school ensemble rehearsal at 8:00am. Please ensure your child arrives on time for these rehearsals.

**ASSEMBLY** - Assembly will be held Wednesday 5 June at 2:30pm. 1B will be presenting. Parents/Carers/grandparents are most welcome to attend our assemblies.

### PSSA SPORT – 1pm

Netball	Heffron
Soccer	Coral Sea

### UNIFORM SHOP

The Uniform Shop opens every second Thursday from 9.15 to 9.45am. Our lovely parent volunteers will open the uniform shop on the following dates:

Thursday 13 June - **CLOSED** due to the Athletics Carnival. Orders left at the office will be filled. Please allow a few days.

**Thursday 27 June – OPEN at 9.15am**

### Warburton Polar Fleece Jacket Order

Payments have been processed and orders have been placed. Please allow approx. 2-3 weeks for the jackets to arrive. These will be either given to your child in their classroom or left at the front office, as requested on the order form that you filled out.

The Uniform Order Forms are on the school website under P&C or at the office. You are welcome to drop your orders at the front office any time with correct money and the volunteers will fill orders and call you for collection. Please allow a few days for the order to be returned to the front office. There is also a large selection of second hand uniforms for sale.

### LOST PROPERTY

Could parents please label your child's belongings, including jumpers, hats, lunchboxes, drink bottles, etc, so they can be returned to their owners. Thank you.

### LUNCHTIME PROGRAMS – TERM 2

<b>LUNCHTIME PROGRAMS TERM 2</b>		
Monday	8:45am-9:10am	Film Club in the Library with Miss Grisanti and Miss Moffat
	1:00pm-1:35pm	Senior dance in the hall with Mrs Chrysostomou
	1.25pm- 1:50pm	Library open with Mrs Kerves
Tuesday	1:00pm-1:35pm	Junior Dance in the hall with Miss Grisanti
	1:00pm-1:25pm	Debating in KT with Mrs Thomson
	1.25pm-1.50pm	Mindful colouring in KLR with Mrs Lucas
Wednesday	1:00pm-1:30pm	Choir in 3A with Mrs Arthur
	1.25pm-1.50pm	Drama Club in KS with Miss Shiozawa
	1:25pm-1:50pm	Library open with Mrs Kerves
Thursday	1:00pm-1:35pm	Senior dance in the hall Mrs Chrysostomou
	1.25pm-1.50pm	Book Club in KLR with Mrs Sinkovic
Friday	1.25pm-1.50pm	Sudoku in 1B with Mrs Berman

### WOOLWORTHS EARN & LEARN is back!

We are excited to be taking part in the 2019 Woolworths Earn & Learn program. From now until Tuesday 25th June 2019 when you shop at Woolworths you can collect Woolworths Earn & Learn Stickers. There will be one Woolworths Earn & Learn Sticker for every \$10 spent (excluding liquor, tobacco, and gift cards). Our school will be collecting these stickers to swap for new school equipment like arts and crafts supplies, sports gear, teaching aids and lots more. So for any parents who usually shop at Woolworths, please collect these stickers and drop in our collection box at the store (Eastgardens and Southpoint) or in our collection box in the school office. Ask family and friends who usually shop there to help too. Thanks so much for your support.



Dear Parents,

Parent/Teacher/Student interviews will be held shortly.  
Interviews are strictly 10 minutes and spaces are limited. If you require more time with a particular teacher, please arrange a separate meeting by telephoning the school on 9316 9313.

Go to [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au)

MAKE A BOOKING

enter the code **jvyfh**



Enter your details



Select the teachers you wish to see



Select the appointment times that suit your family best



When you click FINISH your selected bookings will be emailed to you immediately. If you not receive your email, please check your junk-mail, or enter the event code again and check your email address spelling. Update your details if email address is incorrect.

DO NOT DELETE the email you receive. Keep it somewhere safe. You may need to refer back to it at a later date.

REMEMBER TO ADD YOUR APPOINTMENTS TO YOUR CALENDAR - reminders will not be sent home.

**Bookings will open at 9:00am on Wednesday 12 June and close on Friday 28 June at 5:00pm.**

If you need to view, cancel, change or print your bookings:

- Click on the link in the confirmation email you received after you made your bookings
- OR return to [www.schoolinterviews.com.au](http://www.schoolinterviews.com.au) and enter the code and the email address you used when making your bookings.

## TERM 2 CALENDAR 30 April – 5 July 2019

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday/ Sunday
<b>Week 5</b>	May 27 Environmentors Incursion	May 28 Environmentors Incursion	May 29 Environmentors Incursion	May 30	May 31 PSSA	June 1/2
<b>Week 6</b>	June 3 Year 4 to SSHS Taster visit	June 4 7:00pm P&C Meeting  Box Day	June 5	June 6 Kindergarten 2020 Open Day	June 7	June 8/9
<b>Week 7</b>	June 10 QUEENS BIRTHDAY	June 11	June 12	June 13 PPS Athletics Carnival - Hensley	June 14 SEPSSA Cross Country PSSA	June 15/16
<b>Week 8 NAIDOC WEEK Wellbeing Week</b>	June 17 Dental Checks K, 2, 4 & 6	June 18 Mufti – Warm Pyjama Day, Gold coin donation Junior Spelling Bee	June 19 Senior Spelling Bee	June 20 Indigenous incursion 11:30-2:00	June 21 PSSA 9:45am Cricket NSW visiting TBC	June 22/23
<b>Week 9</b>	June 24 Junior Dance to In the Spotlight	June 25 Senior Dance to In the Spotlight	June 26 BANDFEST – PPS Senior Band	June 27	June 28 Reports home PSSA	June 29/30
<b>Week 10</b> Parent/Teacher Interviews this week	July 1 Parent/Teacher Interviews	July 2 Year 1 Hospital Explorer excursion Parent/Teacher Interviews 7:00pm P&C Meeting	July 3 Parent/Teacher Interviews	July 4 Parent/Teacher Interviews	July 5 PSSA	July 6/7



## PPS P&C NEWS

Next P&C Meeting will be held on 4<sup>th</sup> June at 7pm in the School Library



### MARKET CARNIVAL - UPDATE

**Class stalls** - We now have a representative for each class who will coordinate the organisation of their stall. Below is the list so that you know what your class is up to!!

TEACHER	CLASS	STALL	PARENT REP
Miss Shiozawa	KS	Sideshow Alley - Gone fishing, Pick a duck	Katie
Mrs Thomson	KT	Sideshow Alley - Noodle javelin, mini golf	Lisa
Mrs Lucas & Mrs Sinkovic	KLR	Sideshow Alley - ping pong darts	Nerida
	KLR	Sideshow Alley - ring toss, nerf gun	Annette
Mrs Berman	1B	Bottle Lotto	Louise
Ms Kelly	1K	Soccer Shootout	Renee
Mrs Hawkes	1/2H	BBQ	Galit
Ms McLean & Ms Zancanaro	2M	2nd hand Books/Toys	Nicky
Mrs Arthur	3A	Nails/Hair/Face painting	Sharon
Mrs Chrysostomou	3C	Chocolate Toss	Bronwyn
Miss Moffatt	4M	Carnival Treats	Cynthia
Ms Wilkinson	4/5W	Cake Stall	Michelle
Mrs Cianciolo	5/6C	Pizza	Rebekah
Ms Grisanti	5/6G	Waffles	Alessia

**2nd hand books, toys & DVDs** - a great opportunity for a winter cleanout! If you have any items in good condition, please drop them off to the 2M classroom

**External Stalls** - We are looking for external stalls and would love to hear from anyone selling craft, produce and novelties.

**Donations/ Sponsors** - do you know any businesses for any leads or donations that we may be able to use in our raffle/silent auction?

Please contact us at [pagewoodpandc@gmail.com](mailto:pagewoodpandc@gmail.com) <https://www.facebook.com/PPSMarketCarnival/>

# Influenza

Last updated: 1 May 2019

*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 two main types of influenza virus that cause infection in humans – types A and B – and many sub-types or strains. Flu can occur throughout the year but flu activity usually peaks in winter.

Flu is a vaccine-preventable illness but a new vaccine needs to be given each year because influenza viruses change (mutate) constantly. A new flu vaccine is prepared each year to best match the strains predicted for the coming influenza season.

## What are the symptoms of flu?

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 flu 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 of flu?

While anyone can get influenza, people at higher risk of complications from influenza infection (and who are eligible for free annual flu vaccine) include:

- children aged 6 months to 5 years
- people aged 65 years and older

- Aboriginal and Torres Strait islander people aged 6 months and over
- 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 flu prevented?

### Get a flu shot

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>

### Sneeze into your elbow

Sneeze into your elbow instead of your hands, or cover your face with a tissue when you cough or sneeze and throw used tissues in a rubbish bin.

### Clean your hands

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 if sick

If you are sick with flu, stay at home and avoid close contact with other people to prevent them from also becoming sick. Keep sick children away from school and other activities. Wait at least 24 hours after fever resolves so you that you are unlikely to infect other people.

This is especially important if you visit people who are more likely to get really sick if they get the flu - including pregnant women, infants, older people or people in hospital or residential aged care. Similarly, if you think you may have influenza and you need to see a doctor, call ahead so the clinic can take precautions to reduce the risk to other people.



## How is flu 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 flu 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 - <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)