

# WESTPORT

## PUBLIC SCHOOL

EXCELLENCE IN A CARING ENVIRONMENT



**Monday 17<sup>th</sup> September 2018**

Welcome to exciting Week 9! This would have to be one of the most important weeks of the year where we finally see all the hard work the students, staff and parents have done to create our wonderful Splendour at the Glasshouse! The whole school is very excited and looking forward to performing on Tuesday night. There are only a couple of tickets left so get in quickly if you need to grab one.

Some other big events happening this week include the Hockey Gala Day and the Sydney Academy of Chess finals in Sydney.

Just a reminder that students who are sick, should stay at home until they are not contagious. This helps to stop the spread of the sickness and keeps other students safe. Please find a fact sheet attached to this newsletter about infectious diseases of childhood or click on this link to visit the website: [Infectious diseases of childhood fact sheet - Fact sheets](#).

Enjoy your week.

**Tony Johnston**  
Principal

## Westport Public School Award Winners

### Term 3 - Week 8

**3/4 Waratah** - Izy, Lilly  
**3/4 Bottlebrush** - Cory, Darryl  
**3/4 Lilly-Pilly** - Tyler, Indi  
**4 Macadamia** - Logan, Amy  
**5 Melaleuca** - Bailey, RaeVenice  
**5 Hibiscus** - Ruby, Jasmine, Max  
**6 Frangipani** - Byron, Jesse  
**6 Grevillea** - Kaiya, Anthony

**Best & Fairest** - Cricket player of the week - Lilly

**Choir** - Dakota

**Mathletics Award** - Ruby

**House Point House** Winner - Solander

### Kindergarten Enrolments for 2019

2019 Kindergarten enrolment packs are available from the school office. Our Orientation Day is Friday 19<sup>th</sup> October, Week 1 of Term 4.

**Toni Lawes**

## Coming Events for Term 3

Tues 18 <sup>th</sup> Sept	School Splendour Performance – Glasshouse - doors open 5.30pm
Wed 19 <sup>th</sup>	Stage 2/3 Hockey Gala Day
Wed 26 <sup>th</sup>	Gold Award Assembly – Yrs 3-6 at 12pm K-Yr2 at 1pm
Thurs 27 <sup>th</sup>	Stage 2 & 3 Reward Day – Planet X
Fri 28 <sup>th</sup>	K-Yr2 Reward Day – Westport Park
Fri 28 <sup>th</sup>	Last day of school
Mon 15 <sup>th</sup> Oct	Students and Staff return to school
Fri 19 <sup>th</sup> Oct	Kindergarten 2019 Orientation Meeting: 12.30pm (in the school library)
Mon 22 <sup>nd</sup> – Fri 26 <sup>th</sup> Oct	Stage 3 Milson Island Camp

### Stage 3 Milson Island Camp

Medical notes and a list of what to bring to camp were sent home in Week 7. Prior to the camp all students must complete a Medical and Consent.

The information that Sport and Recreation needs about your child includes:

- medical conditions
- food related allergies
- special diets
- medication
- emergency contact details
- media consent

Sport and Recreation needs you to complete this form on behalf of your child. The form is available online and is easy to complete. Once you submit the form the information is sent to the Centre so the staff can prepare for your child's visit.

Please complete the Medical and Consent Form at:

<https://sportandrecreation.nsw.gov.au/facilities/medicalandconsentform>

It is vital that you enter the following details to complete the online form by Friday, 21 September, 2018

Booking Number: 531959  
Booking Start: 22/10/2018  
Booking Venue: Milson Island Sport and Recreation Centre

If you need assistance with completing your child's information, please contact Mrs Osborne.

Final Payment - please finalise all outstanding payment by Wednesday 26 September.



**Ticket information for Splendour 2018 ‘Spirit of Oz’**

Date of Splendour: Tuesday 18th September  
Venue: The Glasshouse  
Start time: 6pm (doors open at 5.30pm to start seating)  
Tickets Cost: \$12 per person

Tickets: Tickets are on sale! Tickets can be purchased via the online Glasshouse box office or in person at The Glasshouse. Three easy ways to book your tickets:

- 1. Visit [www.glasshouse.org.au](http://www.glasshouse.org.au)
- 2. Call 6581 8888
- 3. Drop into the box office Cnr of Clarence & Hay Streets, Port Macquarie

Please be aware that there is a transaction surcharge (\$3 for online and in person, \$5 for over the phone). There is no limit to the amount of tickets you can buy.



**Assembly Timetable:**

K-Yr2	Yr3-6
Week 9 – Splendour No Assembly	Week 9 – Splendour No Assembly
Week 10 – Gold Awards	Week 10 – Gold Awards



Students planting our ICAN Room seedlings. Thank you to Clarence St Newsagency for donating some extra seeds.

**Josephine Wants to Dance Excursion**

Here are some wonderful photos of the K-Y2 excursion to see the performance “Josephine Wants to Dance” at the Glasshouse.







## SCHOOL HOLIDAY ACTIVITY DAYS – 2<sup>nd</sup> – 12<sup>th</sup> October 2018 at the PMQ Indoor Stadium

The school holiday activity days are designed for all children attending primary school (Kinder to Year 6) in 2018. Activity days involve children in a range of sports & group games, plus jumping castles, arts tables etc.

**Dates of Activity Days for October**  
(Daily from 8.30am to 5pm)  
**Week 1: Mon 2<sup>nd</sup> – 5<sup>th</sup> October 2018**  
**Week 2: Mon 8<sup>th</sup> – 12<sup>th</sup> October 2018**

**WHAT TO BRING & WEAR**  
**provided**

\*Lunch – NOT PROVIDED      Café will be open for snacks,  
\*Water Bottle                      Lunches & Drinks  
\* Sports Shoes (no thongs)

**TIME:** 8.30am to 5pm. Please note, you can drop off and pick up at any time between these hours.

**COST:** \$25.00 per day / per child. **EFTPOS AVAILABLE.**

**BOOKINGS:** Can be made by phone or email though if unable to attend you need to advise the Stadium as we require firm bookings for staffing each day.

**REFUNDS:** Refunds are not possible for 'on the spot' cancellations or 'No Show' bookings. Refunds are possible if cancellations are made with enough time to offer your spot to another child from the waiting list.

**NUMBERS:** We can only accept 56 children per day so book early to avoid disappointment.

### PLEASE CIRCLE DATES WHICH YOUR CHILD WILL BE ATTENDING

WEEK 1	WEEK 2	WEEK 3
Monday 1 <sup>st</sup> Oct (PUBLIC HOLIDAY) 2018	Monday 8 <sup>th</sup> Oct 2018	N/A
Tuesday 2 <sup>nd</sup> Oct 2018	Tuesday 9 <sup>th</sup> Oct 2018	N/A
Wednesday 3 <sup>rd</sup> Oct 2018	Wednesday 10 <sup>th</sup> Oct 2018	N/A
Thursday 4 <sup>th</sup> Oct 2018	Thursday 11 <sup>th</sup> Oct 2018	N/A
Friday 5 <sup>th</sup> Oct 2018	Friday 12 <sup>th</sup> Oct 2018	N/A

### CONSENT AND MEDICAL INFORMATION FORM

All information is confidential and could be important to the welfare of your children.

**Registration details**

Child's name: \_\_\_\_\_  
Postal Address: \_\_\_\_\_ Postcode: \_\_\_\_\_  
Gender: \_\_\_\_\_ D.O.B: \_\_\_\_\_ Age: \_\_\_\_\_ School: \_\_\_\_\_  
Parents Name: \_\_\_\_\_ Phone: H \_\_\_\_\_ W \_\_\_\_\_ M \_\_\_\_\_

**MEDICAL DETAILS**

Please indicate if your child suffers from any of the following:

Heart problems	Yes / No	Respiratory Problems	Yes / No
Allergies	Yes / No	High/ Low blood pressure	Yes / No
Recent surgery	Yes / No	Epilepsy	Yes / No
Diabetes	Yes / No		

If you answered YES to any of the above, please give details: \_\_\_\_\_

Please give any details of any ALLERGIES/ REACTIONS your child may suffer from: \_\_\_\_\_

Is there any other medical or any other information that we should know about? \_\_\_\_\_

**CONSENT AUTHORITY**

As a parent / guardian of \_\_\_\_\_ I \_\_\_\_\_  
Give my consent for him/her to participate in the activities organised by the PORT MACQUARIE SPORTS STADIUM and delegate my authority to the coaches involved.

I also authorise those persons to obtain such medical assistance they deem necessary should an accident occur. I undertake to pay all medical expenses incurred on behalf of the above participant. I further authorise qualified practitioners to see to my child if such an incident arises.

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

**OFFICE USE ONLY**

RECEIPT NO: \_\_\_\_\_ AMOUNT PAID: \_\_\_\_\_ DATE: \_\_\_\_\_ STAFF MEMBER: \_\_\_\_\_

**Note:** Forms can be dropped into the Stadium weekdays between 9am-9pm or email us at [portstad@bigpond.net.au](mailto:portstad@bigpond.net.au) or call us on (6583 2501) and leave a message if unattended.



## Community News

**Thursday 11<sup>th</sup> October**



**Family Fun Day @ Westport Park Port Macquarie**

\* 10.30am to 1.30pm – Everybody welcome to share a very special gathering – lots of fun activities for all ages & special entertainment. Join in all the fun at **Westport Park**

**Also on Thursday 11<sup>th</sup> October**

**Glasshouse Sprouts @ Wauchope Library 11am to 12**

\* For 4 to 9 year olds with carers to stay – Bookings via Glasshouse on 6581 8888 - \$5 per child. *Be inspired by the Archibald Exhibition and create your own portrait*

*Glasshouse Sprouts provides art activities brought to you by the Glasshouse Regional Gallery Staff helping children grow their creativity, learn new skills and make new friends!*

**Friday 12<sup>th</sup> October**

**Music For Toddlers ~ 1 year olds & Fun With Music ~ 2 & 3 year olds @ Port Macquarie Library**

\* Bookings essential – 6581 8755 or <https://musicfortoddlers2018.eventbrite.com.au> & <https://funwithmusic2018.eventbrite.com.au> Each session gives parents lots of fun & practical ideas to try at home. Sessions focus on rhythm, cooperation, listening & social skills, expressing ideas through movement & action...plus it is lots of fun!

**Also on Friday 12<sup>th</sup> October**



**Little Bang Discovery Club @ Wauchope Library**

~ 10.30am to 11.30am

Hands on interactive **Science Workshop for 4 to 7 years olds and their Parents/Carers.** Bookings essential 6581 8162

**Sunday 14<sup>th</sup> October**

**HSC Study Day**

Looking for a quiet study space? Port Macquarie Library will be open for HSC students from 10am to 4pm.

**All activities free** (except for Glasshouse Sprouts) [www.mnclibrary.org.au](http://www.mnclibrary.org.au)

Port Macquarie Library - Corner Gordon & Grant Streets  
Wauchope Library - High Street (near Post Office)  
Laurieton Library - Laurie Street (near School of Arts Hall)



**October School Holidays 2018 @ Your Library!**



**Tuesday 2<sup>nd</sup> October**

**Meet the Author & Book Signing @ Wauchope Library 10.30am**

All welcome to meet Rob Tickle, Author of *John Oxley, a new perspective*. Rob is a Consulting Archaeologist, Historian and Paleoanthropologist

**Also @ Wauchope Library 10.30am to 11.30am - Zentangling**

Join in a Zentangling Workshop for **8 years plus**. Help to decorate the Mural to commemorate John Oxley's journey. Bookings 6581 8162

**Wednesday 3<sup>rd</sup> October**



**Family Fun Day @ Bain Park Wauchope**

\* 10am to 1pm – Everybody welcome to share a very special gathering – plenty of food, activities for all ages & special entertainment. Join in all the fun at Bain Park

**Thursday 4<sup>th</sup> October**

**Baby Bounce @ Port Macquarie Library - 10.30am**

30 minutes of songs, rhymes and fun for babies & carers.

**Also on the 4<sup>th</sup> October**

**Glasshouse Sprouts @ Laurieton Library ~ 11am to 12 noon**

\* For 4 to 9 year olds with carers to stay – Bookings via Glasshouse on 6581 8888 - \$5 per child. *Be inspired by the Archibald Exhibition and create your own portrait*

*Glasshouse Sprouts provides art activities brought to you by the Glasshouse Regional Gallery Staff helping children grow their creativity, learn new skills and make new friends!*

**Friday 5<sup>th</sup> October**

**Pop Up IT @ Port Macquarie Library 10am to 11.30am**

Try the Virtual Reality Glasses, 3D Printer and Makey Makey.



**Tuesday 9<sup>th</sup> October**

**Book Folding @ Port Macquarie Library 10am to 11.00am**

Join Makayla as she demonstrates the Art of Book Folding to create beautiful sculptures. You may have met Mikayla at our recent Makers' Market. She will display her wonderful creations and you will have a chance to make a Hedgehog and a Fairy House. You will be truly inspired!

**\*Strictly 10 years up** and bookings required 6581 8755



## Infectious diseases of childhood

Last updated: 22 July 2012

### Chicken Pox

**Time from exposure to illness**

10 to 21 days, usually 14 to 16 days.

**Symptoms**

Slight fever, runny nose, and a rash that begins as raised pink spots that blister and scab.

**Do I need to keep my child home?**

Yes, for 5 days from the onset of the rash and the blisters have dried.

**How can I help prevent spread?**

Immunise your child at 18 months of age. Immunisation is recommended for children at 12 years if they are not immune.

### Conjunctivitis

**Time from exposure to illness**

1-3 days.

**Symptoms**

The eye feels scratchy, is red and may water. Lids may stick together on waking.

**Do I need to keep my child home?**

Yes, while there is discharge from the eye.

**How can I help prevent spread?**

Careful hand washing; avoid sharing towels. Antibiotics may be needed.

### Gastroenteritis

**Time from exposure to illness**

Depends on the cause: several hours to several days.

**Symptoms**

A combination of frequent loose or watery stools, vomiting, fever, stomach cramps, headaches.

**Do I need to keep my child home?**

Yes, at least for 24 hours after diarrhoea stops.

**How can I prevent spread?**

Careful hand washing with soap and water after using the toilet or handling nappies and before touching food.

### German Measles (Rubella)

**Time from exposure to illness**

14 to 21 days.

**Symptoms**

Often mild or no symptoms: mild fever, runny nose, swollen nodes, pink blotchy rash that lasts a short time. Can cause birth defects if pregnant women are infected.

**Do I need to keep my child home?**

Yes, for at least 4 days after the rash appears.

**How can I help prevent spread?**

Immunisation (MMR) at 12 months and 4 years of age.

### Glandular Fever

**Time from exposure to illness**

4 to 6 weeks.

**Symptoms**

Fever, headache, sore throat, tiredness, swollen nodes.

**Do I need to keep my child home?**

No, unless sick.

**How can I help prevent spread?**

Careful hand washing, avoid sharing drinks, food and utensils, and kissing.

### Hand Foot and Mouth Disease

**Time from exposure to illness**

3 to 5 days.

**Symptoms**

Mild illness, perhaps with a fever, blisters around the mouth, on the hands and feet, and perhaps the nappy area.

**Do I need to keep my child home?**

Yes, until the blisters have dried.

**How can I help prevent spread?**

Careful hand washing especially after wiping nose, using the toilet and changing nappies.

### Head Lice

**Time from infestation to eggs hatching**

Usually 7 to 10 days.

**Symptoms**

Itchy scalp, white specks stuck near the base of the hairs; lice may be found on the scalp.

**Do I need to keep my child home?**

No, as long as head lice management is ongoing.

**How can I prevent spread?**

Family, friends and classroom contacts should be examined and treated if infested. Clothing and bedding should be washed in hot water.

### Hepatitis A

**Time from exposure to illness**

About 4 weeks (can range from 2 to 7 weeks).

**Symptoms**

Often none in small children; sudden fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine, pale stools.

**Do I need to keep my child home?**

Yes, for 2 weeks after first symptoms or 1 week after onset of jaundice.

**How can I help prevent spread?**

Careful hand washing; those that have had close contact with an infected child may need to have an injection of immunoglobulin; immunisation is recommended for some people.

### Impetigo (school sores)

**Time from exposure to illness**

1 to 3 days.

**Symptoms**

Small red spots change into blisters that fill up with pus and become crusted; usually on the face, hands or scalp.

**Do I need to keep my child home?**

Yes, until antibiotic treatment starts. Sores should be covered with watertight dressings.

**How can I prevent spread?**

Careful hand washing.

### Influenza

**Time from exposure to illness**

1 to 3 days.

**Symptoms**

Sudden onset fever, runny nose, sore throat, cough, muscle aches and headaches.

**Do I need to keep my child home?**

Yes, until they look and feel better.

**How can I prevent spread?**

Careful hand washing, especially after coughing, sneezing or wiping your nose. Immunisation is recommended for children with chronic illnesses.

### Measles

**Time from exposure**

About 10 to 12 days until first symptoms, and 14 days until the rash develops.

**Symptoms**

Fever, tiredness, runny nose, cough and sore red eyes for a few days followed by a red blotchy rash that starts on the face and spreads down the body and lasts 4 to 7 days.

**Do I need to keep my child home?**

Yes, for at least 4 days after the rash appears.

**How can I prevent spread?**

Immunisation (MMR) at 12 months and 4 years. Childcare/school attendees who are not immune may be excluded for 14 days after onset in the last case at the facility.

### Meningococcal Disease

**Time from exposure to illness**

Usually 3 to 4 days (can range from 2 to 10 days).

**Symptoms**

Sudden onset of fever and a combination of headache, neck, stiffness, nausea, vomiting, drowsiness or rash.

**Do I need to keep my child home?**

Seek medical attention immediately.

**How can I help prevent spread?**

Individuals who have had close contact with the infected child should see their doctors urgently if symptoms develop, and may need to have a special antibiotic. Immunisation with Meningococcal C vaccine at 12 months of age.

### Molluscum Contagiosum

**Time from exposure to illness**

7 days to 6 months.

**Symptoms**

Multiple small lumps (2-5mm) on the skin that are smooth, firm and round, with dimples in the middle. Lumps in children are mostly on the face, trunk, and upper arms and legs. Symptoms can last 6 months to 2 years without treatment.

**Do I need to keep my child at home?**

No.

**How can I help prevent spread?**

Avoid contact sports when a child has uncovered lumps.

### Mumps

**Time from exposure to illness**

Usually 16 to 18 days (can range from 12 to 25 days).

**Symptoms**

Fever, swollen and tender glands around the jaw.

**Do I need to keep my child home?**

Yes, for 9 days after onset of swelling.

**How can I prevent spread?**

Immunisation (MMR) at 12 months and 4 years of age.

### Ringworm

**Time from exposure to till illness**

Varies (may be several days).

**Symptoms**  
Small scaly patch on the skin surrounded by a pink ring.

**Do I need to keep my child home?**  
Yes, until the day after fungal treatment has begun.

**How can I help prevent spread?**  
Careful hand washing.

**Scabies**

**Time from exposure to illness**  
New infections: 2 to 6 weeks; reinfection: 1 to 4 days.

**Symptoms**  
Itchy skin, worse at night. Worse around wrists, armpits, buttocks, groin and between fingers and toes.

**Do I need to keep my child home?**  
Yes, until the day after the treatment has begun.

**How can I prevent spread?**  
Individuals who have had close contact with the infected child should be examined for infestation and be treated if necessary. Wash linen, towels and clothing worn in the past 2 days in hot water and detergent.

**Scarlet Fever**

**Time from exposure to illness**  
1 to 3 days.

**Symptoms**  
Sudden onset sore throat, high fever and vomiting, followed by a rash in 12 to 36 hours.

**Do I need to keep my child home?**  
Yes, until at least 24 hours of treatment has begun and the child is feeling better.

**How can I prevent spread?**  
Careful hand washing. Sick contacts should see their doctor.

**Slapped Cheek**

**Time from exposure to illness**  
1 to 2 weeks.

**Symptoms**  
Mild fever, red cheeks, itchy lace-like rash, and possibly cough, sore throat or runny nose. Can cause foetal disease in pregnant women if they have not been previously infected.

**Do I need to keep my child home?**  
No as it is most infectious before the rash appears.

**How can I prevent spread?**  
Careful hand washing; avoid sharing drinks.

**Whooping Cough**

