

WESTPORT

PUBLIC SCHOOL

EXCELLENCE IN A CARING ENVIRONMENT



Monday 4 March 2019

Welcome to week 7 of term 1! Lots of great things have been happening around the school over the last week. We had Westport Club come to present \$5000 worth of library books to our wonderful school. The students were very excited to receive this amazing gift. There is a great video about the presentation here online:

<https://www.thewestportclub.com.au/blog/library-regeneration-program/>

The school would like to thank Miss Kelly our librarian and also Westport Club for their amazing work and support.

We have also had a printing solutions at the school upgraded along with a new phone system installed into all classrooms. This will enhance school security and also improve communication between the office and the classrooms. Please remember to report to the office should you require access to your son or daughter during school time.

School photos have been completed and should be available by the end of the term.

Have a great week.

Tony Johnston
Principal

Term 1 Assembly Timetable:

| K – Yr 2 | Yr 3 – 6 |
|-------------------------|-------------------------|
| | Week 4 – 6 Frangipani |
| Week 5 – 1/2 Paperbark | Week 6 – 5 Hibiscus |
| Week 7 – 1 Acacia | Week 8 – 4/5 Melaleuca |
| Week 9 – 1 Banksia | Week 10 – 3/4 Macadamia |
| Week 11 – Bronze Awards | |

Westport Public School Award Winners

Term 1, Week 6

2/3 Redgum: Indiana

3/4 Bottlebrush: Tyler, Ashton

3/4 Macadamia: Cory, Tyler

3/4 Waratah: Zoe, Jayden

4/5 Melaleuca: Saxon, Iszac

5 Hibiscus: Romone, Britanie

6 Frangipani: Ben, Jasmine

6 Grevillea: John, Isabel

Coming Events for Term 1

| | |
|--------------|---------------------------------|
| Tue 12 March | K – 2 Parent Teacher Interviews |
| Wed 13 March | 3 – 6 Parent Teacher Interviews |
| Tue 20 March | Netball State Cup Yr 5 – 6 |
| Fri 22 March | K – 2 Gruffalo |
| Tue 26 March | Schubert 7's |

Year 6 Shirts!

Our Year 6 students received their shirts on last Wednesday, and they look fantastic! If any year 6 students would like to purchase an extra shirt, or if any year 6 students new to our school would like to buy a shirt, please see Mrs Osborne. The shirts are \$30 each.



The Westport Club Book Donation

We would like to thank The Westport Club for coming to our school on Tuesday 5 March and presented \$5,000 worth of library books.

A special thanks to Jenny Edmunds, who is the Community and Sport Managers of the The Westport Club, who promoted and organised the books for the library regeneration program in association with Dymocks Children's Charities.

Thank you to the team from The Westport Club who visited and read with our children. We are very appreciative of this generous gift, and we look forward to many years of enjoyment with these books.

*Miss Kelly
Librarian*



School Photos

School Photos were taken Wednesday and Thursday last week. If you missed ordering photos, you can still order online by going to www.theschoolphotographer.com.au and select 'Order 2019 Photos'. It will ask you to input a code which was given to you on the school photo envelopes. If you have lost the envelope, the code is X1952VT37W. Then follow the instructions on the screen. If you order 2 – 3 weeks after the school photos, it will cost you an additional \$15.

The Uniform Shop

The uniform shop is now open weekly every Thursday from 8:30 am to 10:00 am.

Chicken Pox

There has recently been one case of chicken pox reported in the school. For more information on chickenpox please see the fact sheet included in this newsletter.

People with chickenpox should avoid contact with others and not attend work, school or childcare until 5 days after the onset of the rash when all blisters have crusted.

The Gruffalo

All tickets for 'The Gruffalo' have been sold.

Community News

Comboyne Show

Saturday 16 March and Sunday 17 March from 9am-3pm

A wonderful family day out – Well worth the drive up to the gorgeous Comboyne Plateau!

Pavilion exhibitions of art, craft, photography, baking, preserves, flowers, fresh produce, and home brew beer, all day both days.

Very entertaining variety of horse events in the show ring over both days

Agricultural equipment displays. Demonstrations of setting up a bee hive, hand churned ice cream making (with free samples for the kids) spinning and felt making, cheese and sourdough bread making, preserving vegetables just on Saturday.

Pony rides, face painting, amusement rides, poultry, dog championships just on Saturday.

Coffee cart - Great food – ploughman's lunch, barbecue, freshly made salad rolls, Devonshire teas, Asian food, famous Comboyne homemade cakes and slices.

\$5 per adult. Children under 16 free. Free parking.

Chickenpox and Shingles

Last updated: 08 April 2018

Chickenpox is a common viral infection that can reappear later in life as shingles. Vaccination is recommended for all infants and non immune adults.

What is chickenpox?

- Chickenpox is a viral illness caused by the herpes zoster virus (also known as the Varicella-Zoster virus)
- In children it usually causes a relatively mild illness.
- Chickenpox in adults and immunosuppressed people can be severe.
- Infection in pregnancy can cause foetal malformations, skin scarring, and other problems in the baby.
- Before routine vaccination began in November 2005, chickenpox was a very common illness. The incidence of chickenpox appears to have decreased as more people receive the vaccine.

What are the symptoms?

- Chickenpox (varicella) begins with a sudden onset of slight fever, runny nose, feeling generally unwell and a skin rash.
- The rash usually begins as small lumps that turn into blisters and then scabs.
- The rash appears over three to four days. At any one time, the lesions of the rash vary in stages of development.
- Symptoms usually occur two weeks after exposure to the virus.
- Most people recover without complications, but sometimes the infection can lead to serious complications, such as pneumonia and inflammation of the brain. Rarely, the infection can be fatal.
- Persons who are previously vaccinated can still get chickenpox. If chickenpox occurs in a vaccinated person it is usually mild and less contagious than in an unvaccinated person.

How is it spread?

- Early in the illness, the virus is spread by coughing.
- Later in the illness, the virus is spread by direct contact with the fluid in the blisters.
- The infection is highly contagious to people who have never had chickenpox or who have not been vaccinated.
- People are infectious from one or two days before the rash appears (that is, during the runny nose phase) and up to five days after (when the blisters have formed crusts or scabs)
- Chickenpox infection triggers an immune response and people rarely get chickenpox twice.

Who is at risk?

- Anyone who has not had chickenpox or been vaccinated in the past can get chickenpox.
- People with a past history of chickenpox are likely to be immune to the virus. Even adults with no history of chickenpox have a chance of being immune (because of past infection that was mild). Doctors sometimes perform a blood test to see if these people need a vaccination.

How is it prevented?

- A free varicella containing vaccine (MMRV) is now recommended for all children at 18 months of age.
- The Varicella vaccine is recommended for all non-immune adolescents (>14 years) and adults. This involves two doses, at least 1 month apart. It is especially recommended for people at high risk, for example, health care workers, people living with or working with small children, women planning a pregnancy, and household contact of persons who are immunosuppressed.
- People with chickenpox should avoid others (and not attend childcare or school) until at least five days after onset of the rash and all the blisters have dried.
- People with chickenpox should cover the nose and mouth when coughing or sneezing, dispose of soiled tissues, wash their hands well and not share eating utensils, food or drinking cups.
- Pregnant women should avoid anyone with chickenpox or shingles and should see their doctor if they have been around someone with these illnesses.
- Children with an immune deficiency (for example, leukaemia) or who are receiving chemotherapy should avoid anyone with chickenpox or shingles as the infection can be especially severe.

How is it diagnosed?

Most cases can be diagnosed based on the symptoms and by appearance of the rash. Sometimes the diagnosis is confirmed by testing samples taken from the rash or from blood.

What is Shingles?

- Shingles is caused by the reactivation of the virus that causes chickenpox, usually in adulthood and many years after the initial chickenpox illness.
- The illness is characterised by a painful chickenpox-like rash on a small area of skin, usually on one side of the body.
- Pain and tingling associated with the rash may persist for weeks or months after the rash has cleared. This is called post-herpetic neuralgia.
- The virus can be spread by direct contact with the skin rash of infected people. This causes chickenpox in people who are not immune.
- Shingles develops more commonly in people who are immunosuppressed.

How are shingles and chickenpox treated?

Shingles can be treated with special antiviral drugs such as acyclovir. Your general practitioner can advise on ways to minimise the discomfort associated with the symptoms of infection.

Chickenpox infection usually resolves without treatment.

What is the public health response?

Chickenpox is not currently notifiable in NSW but the incidence is monitored through the number of patients attending emergency departments and the number of patients who are hospitalised with chickenpox or shingles.

- Varicella vaccine protects against chickenpox, even if given up to five days after exposure.
- Short-term immunisation with varicella-zoster immunoglobulin (VZIG) - which is made from antibodies in donated blood - can prevent illness in people at high risk of complications. This needs to be given within 96 hours of exposure to the virus to be effective. People at high risk of complications following exposure include pregnant women who have not had chickenpox and who have not been immunised, newborn babies, and some immunosuppressed patients.

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



Dear Principals, Music teachers and Band directors.

The Conservatorium High School would like to inform your talented music students that:

AUDITIONS NOW OPEN FOR 2020

Application to AUDITION for Con High entering 2020 are now open.

Go to <https://conhigh.nsw.edu.au>

APPLY tab then 2020 Entry Application.

Closing date for registration is 7th June 2019.



Ethics Teacher Training Port Macquarie



Primary
ETHICS

16 & 17 MARCH, 2019

Have you got an hour each week to support children to learn thinking, reasoning & decision-making skills?

apply now: primaryethics.com.au/volunteer

RELAXATION TIP

A way your child can feel relaxed is to do something they enjoy and find relaxing. Every child is different, so talk with your child and identify what is relaxing for them. It might be reading a book, jumping on the trampoline, playing with their dog or cat, going for a swim, drawing, listening to some music, or just lying down. You might refer to it as "quiet time." Avoid activities such as watching television, using the computer, or playing video games.

This can help when children get worked up. Try implementing relaxation techniques before the child gets too upset, angry or behaves in a negative way.

IT'S ALL ABOUT RELAXATION

Being stressed and worried can have major physical and psychological health effects, and can affect our ability to perform and achieve our best. Relaxation techniques release endorphins that make us feel calm and happy, helping us to gain control over our body, and manage our feelings and situations more effectively.

4 WAYS TO HELP YOU AND YOUR CHILD RELAX

- Breathe slowly from your stomach. Lay down, pop a box of tissues on your stomach and watch it rise and fall as you breathe in for 3 counts and out for 4 counts.
- Lay or sit down in a quiet place, tense every muscle in your body and hold for 5 counts, then release the tension while slowly breathing in and out. Repeat 5 times.
- Try scripted meditation CD's for children, and other's for adults.
- Carry out gentle muscle stretching and remember to breathe with each stretch!

Practicing relaxation techniques will assist your child to focus better on tasks, improve their sleep during the night, more effectively handle stressful situations, and be happier in general!

FOR MORE INFORMATION CONTACT
YOUR SCHOOLS GOT IT! CLINICIAN



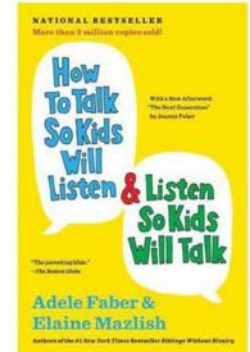
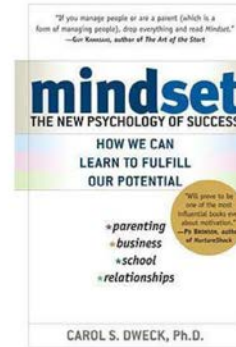
Some Helpful Parenting Resources from Got It!

Websites:

Mindfulness - <https://www.smilingmind.com.au/>

Growth mindset - <https://www.mindsetkit.org/growth-mindset-parents>

Books:



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