



# Barooga Public School Newsletter

Winner of the 2015 Tidy Towns Sustainable Communities Award For Environmental Education

Thought for the Day: The most I can do for my friend is simply be his friend. ~Henry David

## Dates to Remember...

|                                      |  |
|--------------------------------------|--|
| Wednesday 14 <sup>th</sup> September | Parent/Teacher Interviews                  |
| Monday 12 <sup>th</sup> September    | P&C Meeting                                |
| Friday 16 <sup>th</sup> September    | Last Day Term 3 - Footy <b>COLOURS</b> Day |
| Monday 3 <sup>rd</sup> October       | NSW Labour Day                             |
| Tuesday 4 <sup>th</sup> October      | First Day Term 4 - Students and Staff      |
| Friday 7 <sup>th</sup> October       | 2017 Kinder Transition Program 1.30pm-3pm  |
| Friday 14 <sup>th</sup> October      | 2017 Kinder Transition Program 1.30pm-3pm  |
| Friday 21 <sup>st</sup> October      | 2017 Kinder Transition Program 11.30pm-3pm |
| Friday 28 <sup>th</sup> October      | 2017 Kinder Transition Program 11.30pm-3pm |

Kitchen  
Week



## Principal's Report

Dear Parents,

Last Friday's Book Fair and Book Character dress up was a huge success, despite the wet weather. Thank you to everyone for making it the success it was, especially the library and office staff.

This Wednesday 14<sup>th</sup> September, we will be holding Parent (Carer)/Teacher Interviews. Our confirmation of times will be sent home today. This is an important chance for you to discuss your child's progress with their teacher. If you haven't already arranged a time please contact your class teacher as there may still be some times available.

Good luck to Will Brooks, Jai Nolan, Daniel Campbell, Savannah Zoch and Taiten Rudd who are all representing our school and Finley PSSA at the Riverina Athletics Carnival in Albury this Friday.

This Friday is also Footy Colours Day so don't forget to come dressed up to support your team, even if it's not a footy team. It is a gold coin donation which goes to the Fight Cancer Foundation.

Good Luck to Emmily Woodhead, Daniel Campbell, Baden Riedell and Kiara Stephens who will be participating in the Premier's Spelling Bee during our holidays, on Thursday 22<sup>nd</sup> September at Corowa Public School.

A reminder that our **No Hat, Play in the Shade** rule is in force. Children will also require their hat for any outside class activities. For additional information please visit...

<http://www.sunsmart.com.au/>

We have been advised of a case of Hand, Foot and Mouth Disease at school. See information attached.

Tonight the P&C is holding its monthly Meeting next here in the Library, from 6.00pm. Everyone is encouraged to attend and participate.

Our Kinder 2017 Transition starts on Friday 7<sup>th</sup> October. For more details please contact the school.

Please remember to return permission notes for the K/1/2 Peter and the Wolf Performance at Eastbank Centre in Shepparton by this Friday 16<sup>th</sup> September.

This Friday is the last day of Term 3. We hope everyone has a happy and safe holiday. **Staff and Students return on Tuesday 4<sup>th</sup> October** (Monday 3<sup>rd</sup> is NSW Labour Day Public Holiday). Everyone is reminded that the **school is enclosed land, which means that only people with official permission from the Department of Education have approval to be allowed on the grounds.** Police and Security make regular patrols.

*John Francis, Principal*

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'Building Partnerships with the Community' Barooga PS proudly sponsored by the Barooga Sports Club

## Students of the week

### K/1:

Coby Humphries  
Casey Chandler  
Kyle Binotto

### Year 1/2:

Francine Rodriguez  
Allira Paroissien  
Sam Stillard

### Year 2/3:

Codi Bowden  
Aden Modderkolk  
Dana Nolan

### Year 3/4:

Ebony Kernaghan  
Connar Tarrant  
Sam Lincoln

### Year 4/5:

Declan Coulton-Young  
Ryan Tranter  
Callum Morgan

### Year 6:

Will Brooks  
Cass Mosman  
Max Trimble

## P&C News

Our next meeting will be held tonight, Monday, 12<sup>th</sup> September, 6pm in the school library. All welcome.

Thanks to everyone who supported the raffle at the election. 1st Prize winner was Liz Ewing and 2nd Prize was Rene Stanyer.

Between the sausage sizzle and the raffle we raised \$795. A special thanks to Lyn Mountney, Kate Crawford, Tim Nolan and children, Tylah and Xalia Gray, Ruby and Josh Noonan for all your help selling the tickets.

A huge thanks also to Jason, Fiona, Josh and Ruby Noonan who very generously donated the sausages, organised the BBQ, and were there for a few hours cooking and selling them. Greatly appreciated!

Good luck to Will, Taiten, Savannah, Daniel and Jai who will be travelling to Albury this Friday to compete in the PSSA Riverina Athletics Carnival (hope the weather is kind to us). No matter where you place you have done your school proud.

Hope everyone has a great holiday.

*Marcia Nolan, P&C Secretary Ph: 0427 800 516*

You Can Do It!



## BOOK FAIR

A huge thank you to everyone who supported the Book Fair last Friday, your generosity has raised \$548.00 for the library to purchase resources to benefit all the children.

Your contribution is always truly appreciated. Enjoy sharing your child's reading.

# FOOTY COLOURS DAY

**AFL**

**This Friday 16<sup>th</sup> September**

**NRL**

Come dressed in your team colours and bring a gold coin donation to raise money for the  
**Fight Cancer Foundation**  
which supports children and their families whilst they are undergoing treatment.

**SOCCER**



**SHOW YOUR TRUE COLOURS!**

**RUGBY UNION**

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## School Holiday Program

Monday 26<sup>th</sup> Sept- Friday 30<sup>th</sup> Sept

**CHILDREN AGED 6-12YRS**

**Cost: Half day- \$15.00 Full day-\$20.00**

*Thai Boxing Clinic  
Crafty Creations  
Cooking  
Nessie the pool monster  
&  
Much more*

**BOOKINGS ESSENTIAL 48hrs prior to the day,  
as supplies need to be purchased.  
Please call 58734644**

### 5 DAY SCHOOL HOLIDAY INTENSIVE LEARN TO SWIM PROGRAM

Commencing Mon 19<sup>th</sup> to Fri 23<sup>rd</sup> September 2016

Cost \$65. All children from age 4 years are welcome

*"swimming is a skill for life"*

Spaces still available.

To enrol simply contact Sporties  
Health & Fitness

Ph: 58734644

Email: gym@sporties.com.au



### Don't Stress About Dinner



**Serve a food again and again.** If your child rejects a new dish, don't give up hope. You may have to offer it another six, eight or even ten times before they eat it and decide to like it.

**Avoid food fights.** A healthy child instinctively knows how much to eat. If he refuses to finish whatever food is on his plate, just let it go. He won't starve. Save your energy for more important issues.

**Eat at least one meal as a family each day.** Sitting down at the table together is a relaxed way for everyone to connect, a time to share happy news, talk about the day or tell a silly joke. It also helps kids to develop healthy eating habits.

**Let your kids place an order.** Once a week, allow the children to choose what's for dinner and get them involved in helping cook it.

## Community Notes

### THE PORTSEA CAMP

January 2<sup>nd</sup> – 9<sup>th</sup> 2017 Fee: \$365

11 Places still available. Ages: 9-12 years

For more information contact Heather Barrie  
0418 415 025 by 16<sup>th</sup> September 2016

### BAROOGA LITTLE ATHLETICS REGISTRATION

Wednesday 5<sup>th</sup> October & Monday 10<sup>th</sup> October (The Monday will be a 'COME & TRY DAY' to see if you would like to join)

4:30 - 5:30pm at Barooga Recreation Reserve  
\$85.00 per person for the season (October - March)  
(\$70 per member goes to Little Aths Melbourne & \$3 to our regional head office)

*Children need to be at least 5 to register & no older than 16 to participate.*

**Register online at:** lavic.com.au (scroll down to Lavic Member Desq, renew/join if new & fill in details). If you need help come along to the registration day where you will receive a step by step guide as to how to register.

NO REGISTRATIONS or PAYMENTS WILL BE DONE MANUALLY, this request is from LAVIC which is a new procedure.

**More info:** Contact Marcia on 58763202 or 0427800516 or email: marcianolan35@gmail.com

**Start date:** Monday 17<sup>th</sup> October @ 4:45pm @ Barooga Rec Reserve

### SHANE ATKINSON AUDIOMETRIST

will attend the Tocumwal Community Health Centre  
Monday 26<sup>th</sup> September

Thursday 20<sup>th</sup> October

Monday 24<sup>th</sup> October

Any concerns about speech, learning of behavior, please ring Tocumwal Hospital to make an appointment for your child to have a hearing test on 5874 2166.

Child must be free of cold at time of test and at least 6 weeks following a cold.

Enquiries contact Tocumwal Hospital and leave a message for Nurse Audiometrist.

### **Allegro Theatre Company Presents...**

#### **KEEPING MUM**

Friday 23<sup>rd</sup>, Saturday 24<sup>th</sup>, Friday 30<sup>th</sup> September and Saturday 1<sup>st</sup> October – 8.00pm

Matinee: Saturday 1<sup>st</sup> October – 1.30pm

Yarrawonga Shire Hall, Belmore Street

Bookings: Yarrawonga Visitor Information Centre

Ph: 5744 1989 or Freecall: 1800 062 260

A very funny and sometime poignant play about the trials and tribulations of being a mother... and fathers learning all about Motherhood!!

\*Some course language and adult themes

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# Hand, foot and mouth disease

*Hand, foot and mouth disease is a very common viral disease of childhood which is easily passed from person to person. It usually causes a mild illness but rarely causes serious illness. It is not related to the foot and mouth disease that affects animals. Good hygiene helps prevent infection.*

Last updated: 10 August 2016

## What is hand, foot and mouth disease?

Hand, foot and mouth disease is generally a mild illness caused by enteroviruses, including coxsackieviruses. It is usually not a serious illness and is not related to the foot and mouth disease that affects animals. It mainly occurs in children under 10 years of age but can also occur in older children and adults.

## What are the symptoms?

- Hand, foot and mouth disease starts with blisters that begin as small red dots which later become ulcers. Blisters appear inside the cheeks, gums, and on the sides of the tongue, as well as on the palms of the hands and soles of the feet. In infants, blisters can sometimes be seen in the nappy area. Blisters usually last for 7 to 10 days
- Children can sometimes have a low fever, sore throat, tiredness, feel off colour and may be off their food for a day or two
- Very rarely, enteroviruses can cause other illnesses that affect the heart, brain, lining of the brain (meningitis), lungs, or eyes.

## How is it spread?

- Hand, foot and mouth disease is usually spread by person-to-person contact. The virus is spread from the faeces of an infected person to the mouth of the next person by contaminated hands. It is also spread by secretions from the mouth or respiratory system, and by direct contact with the fluid from blisters
- It usually takes between three and five days after contact with an infected person before blisters appear. The virus can remain in faeces for several weeks.

## Who is at risk?

- The viruses that cause hand, foot and mouth disease are common and particularly affect children.
- Many adults, including pregnant women, are often exposed to them without symptoms. There is no clear evidence of risk to unborn babies from hand, foot and mouth disease. However, infected mothers can pass the infection onto newborn babies who rarely can have severe disease.
- Outbreaks may occur in childcare settings.

## How is it prevented?

- Good hygiene is the best protection. Wash hands with soap and water after going to the toilet, before eating, after wiping noses, and after changing nappies or soiled clothing
- Avoid sharing cups, eating utensils, items of personal hygiene (for example: towels, washers and toothbrushes), and clothing (especially shoes and socks)
- Thoroughly wash any soiled clothing and any surfaces that may have been contaminated.
- Teach children about cough and sneeze etiquette.

- Cover coughs and sneezes with a tissue. Coughing into an elbow is better than coughing into your hands.
- Dispose of used tissues in the bin straight away.
- Wash your hands afterwards with soap and water.

### **How is it diagnosed?**

- Your doctor can diagnose hand, foot and mouth disease based on the symptoms. Laboratory tests are not usually necessary.

### **How is it treated?**

- Usually no treatment is needed. Paracetamol will relieve fever and discomfort. Do not give children aspirin.
- Allow blisters to dry out naturally. The blisters should not be deliberately burst because the fluid within them is infectious.
- Make sure young children are drinking enough as painful mouth sores can make some children reluctant to swallow liquids.

### **What are the signs of a serious infection?**

Signs that an infant or older child might have a more serious form of hand, foot and mouth disease include any of the following:

- Persistent fever (38°C or above for 72 hours or more)
- Abnormal movements / jerking movements
- Rapid breathing
- Excessive tiredness, drowsiness
- Excessive irritability
- Difficulty walking.

If any of these signs are present then the child should be seen by a doctor urgently even if they have been checked earlier in the illness.

### **How long should children stay away from childcare and school?**

Children with hand, foot and mouth disease should be excluded from school or childcare facilities until their blisters have dried-up, and any rash (if present) has gone and any fever has settled.

### **What is the public health response?**

Hand, foot and mouth disease is not a notifiable disease under the Public Health Act. However, to help prevent spread parents should report the illness to the director of the childcare centre or the school principal.

### **Further information**

For further information please call your local public health unit on 1300 066 055.