A reminder to all Parents and Students.

This Friday 28 August 2015 we will be having our Book Week Dress-up Parade. As you can see by the photos, some of our teachers will be dressing up in different costumes every day this week.

On Friday we commence the Book Week Parade with an open classroom visit at 10:30 am where everyone is welcome to attend. At 11:00 am the actual Book Week Parade will commence. There will be a panel of judges who will be judging on different categories. For example, there will be a category for the most creative costume, a category for the most representative of a book and many more awards to be handed out on the day.

Here are some suggestions for costumes that can be made at home, or you may already have something suitable in your child’s cupboard; Cowboys, Indians, Football player, Pirate, Ballerina, Netball player or even a regular girl or boy. The costumes do not have to be elaborate or expensive. We know children love to dress up and it will be a fun day for all of them. If any parents / adults want to dress up and join in, that would also be great.

We will finish off the Book Parade Week with a Barbecue at 11:30 am.
## MAINS

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>PIES—(BEEF, BACON &amp; CHEESE, CURRY, CHICKEN &amp; VEGGIES)</td>
<td>$3.50</td>
</tr>
<tr>
<td>2 X STEAMED DIM SIMS &amp; SAUCE</td>
<td>$4.00</td>
</tr>
<tr>
<td>SAUSAGE ROLL</td>
<td>$3.50</td>
</tr>
<tr>
<td>PIZZA ROUNDS</td>
<td>$2.50</td>
</tr>
<tr>
<td>CHICKEN WRAPS</td>
<td>$3.50</td>
</tr>
<tr>
<td>CHICKEN POPPERS</td>
<td>$3.00</td>
</tr>
<tr>
<td>CHICKEN BURGER</td>
<td>$5.00</td>
</tr>
<tr>
<td>CHICKEN SALAD</td>
<td>$3.00</td>
</tr>
<tr>
<td>TOASTED PORK RIBLET &amp; CHEESE WRAP</td>
<td>$5.00</td>
</tr>
<tr>
<td>HOT CHIPS</td>
<td>$3.00</td>
</tr>
<tr>
<td>AIR FRIED HOT CHIPS</td>
<td>$3.50</td>
</tr>
<tr>
<td>GRAVY</td>
<td>$0.50</td>
</tr>
<tr>
<td>TOASTIES (HAM &amp; CHEESE, CHICKEN &amp; CHEESE)</td>
<td>$3.50</td>
</tr>
<tr>
<td>WHITE BREAD</td>
<td>$4.00</td>
</tr>
<tr>
<td>4 SEED BREAD</td>
<td></td>
</tr>
</tbody>
</table>

## DRINKS & EXTRAS

<table>
<thead>
<tr>
<th>Item</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>FRUIT- MANDARINS</td>
<td>$1.00</td>
</tr>
<tr>
<td>POPPER DRINKS</td>
<td>$2.00</td>
</tr>
<tr>
<td>600ML WATER</td>
<td>$2.50</td>
</tr>
<tr>
<td>FLAVOURED MILKS</td>
<td>$2.00</td>
</tr>
<tr>
<td>MILO</td>
<td>$2.50</td>
</tr>
<tr>
<td>KABLEY FREEZE POPS</td>
<td>$1.00</td>
</tr>
<tr>
<td>SUPER DOOPERS</td>
<td>$0.80</td>
</tr>
<tr>
<td>PADDLE POPS (RAINBOW, CHOCOLATE, BANANA)</td>
<td>$1.70</td>
</tr>
</tbody>
</table>

This symbol denotes healthier options. It is still the responsibility of parents to order healthier meals and treats.

## HOW TO ORDER:
Students must bring their order, with money (in a paper bag or envelope) to school on Wednesday. The orders will be collected from the Classrooms on Wednesday mornings at 10:00am. Students will be able to collect their orders from the Canteen on Thursday.
As part of our continued fundraising efforts for our school excursions, we will be holding a Father's Day Gift Stall. On Tuesday Sept 1, Wednesday Sept 2 and Thursday Sept 3, students will be running a stall with a range of great gifts for Father's, Grandfathers and carers including: mouse pads, stubby holders, mugs, socks, travel bags, tool sets, car stuff, hats and lots more. Gifts will range from $1 to $20. We would love students to come down and get a great gift as well as supporting our fundraising efforts.

Aboriginal Education Consultative Group (AECG)

There will be a brief AECG meeting at 11:00 am on Friday 28 August 2015. We have had a visit from an AECG field officer today and we really need the ball rolling again. Parents and Community Members are invited to take part.

Natalie Prince

Aboriginal Education Officer

High School students will be selling hot and cold Milo for students at late break every Tuesday, and patty cakes / taster samples of the food they made in Food Tech for $1.00.

Food at late break next week will be Chicken Supreme, and omelette.

** THIS WILL BE THE LAST “LATE BREAK CANTEEN” FOR THIS TERM **
Health Sheet.

Scabies.
Scabies is a skin infestation caused by very small “mes” called Sarcoptes scabiei. The “mes burrow into the skin to lay their eggs. New insects hatch from the eggs and can be spread to other parts of the skin by scratching.
Scabies is spread by direct, prolonged physical contact. “mes” can survive away from humans for about 24—36 hours, so it is possible to get scabies from infected articles such as bed linen and clothing, although this is much less common. Scabies is common around the world and can affect anyone. Pets do not cause human scabies infections.

Symptoms of Scabies.
The main symptoms of scabies are:

- Intense itching, typically worse at night and after a hot bath or shower.
- Visible burrows on the skin between the fingers and in skin creases such as armpits and genitals. A bump or pimple-like rash which is often difficult to see.
- Small clear fluid filled spots or lesions.

Usually there is not much rash to be seen because the mites bury into the skin. In elderly people the rash may appear more widespread. In children, areas such as the face, scalp, palms and soles of the feet are often affected.

The Itch may last for two to three weeks.
The itch may persist for two to three weeks after treatment, even if the Scabies have been effectively treated. This is because the itch is caused by the body’s immune system responding to the mites, and may take time to settle down. You can talk to your Pharmacist about treatments available to help with the itch.

If symptoms persist for longer than two to three weeks, you should see your doctor for a review.

Infection times may vary.
Symptoms usually develop two to four weeks after infection. However people who have previously been exposed, may develop symptoms within 24—48 hours, because the immune system takes less time to respond.

Generally a person is no longer infectious 24 hours after treatment.

Diagnosis of Scabies.
Diagnosis is based on observing the signs and symptoms, or identifying the burrows on the top of the skin. Sometimes scabies is confirmed by taking a skin scraping and identifying the mites and eggs under the microscope.

Continued on next page
Treatment for Scabies

Treatment involves applying cream lotion specifically used for treating Scabies. This is available from a Pharmacist. Instructions to effectively treat Scabies include:

- Creams are better absorbed after a shower and towel drying.
- Apply a thin layer of the treatment to your whole body surface from the chin down. Avoid your eyes, nose and mouth and pay particular attention to the areas between your fingers, under your nails, the soles of your feet and between your buttocks. A pastry brush may make it easier to apply.
- Do not wash your hands after treatment.
- Leave treatment on for 12—24 hours and then wash thoroughly. People often choose to apply the cream in the evening and leave on overnight. Re-apply cream to any area that has been washed within 12—24 hours.
- If possible ask someone else to apply the cream for you. This will make sure your whole body surface is covered with cream. The treatment may need to be repeated in one weeks time to kill recently hatched mites.
- If the pimples or spots become infected, antibiotics may be necessary.

Treatment may Vary.

Treatment is different for some groups of people including babies, pregnant women, elderly people and people with sensitive skin.

Check with your Doctor or Pharmacist about what kind of treatment is recommended for people in these groups.

Treat Clothing and Bedding.

Any clothing, bedding or towels used in the last two days should be washed on a hot cycle or dry-cleaned.

Where to get Help.

Your Doctor
Your local Community Health Centre

Things to Remember.

Scabies is a skin infestation caused by mites.
Scabies leads to red itching bumps or blisters on the skin.
If you develop Scabies all members of your household will also require treatment.

For the latest updates and more information see the website: betterhealthvic.gov.au
Book Character Parade

Books Light Up Our World

To celebrate the Children’s Book Council Awards of Australia, we are holding a book character parade. Students, staff, parents and carers are invited to come dressed as a book character and join in a morning of celebration of Australian books.

Friday 28 August 2015

10:30am – Book reading in classrooms – parents, grandparents and carers welcome.
11am – Book Character Parade
11:30am – BBQ

Get your photo at the PHOTO BOOTH $2

LOTS OF PRIZES including: Book club vouchers, certificates and novelties. Judging will be by a panel, with consideration given to originality, creativity and anything else they think worthy of a prize.
Dear Parent or Caregiver,

I am writing to advise you that we suspect that nits/head lice are present in the hair of some students.

Please check your child’s hair for nits/lice tonight using the methods recommended in information from New South Wales Health (http://www.health.nsw.gov.au/environment/headlice/Pages/default.aspx) a copy of which is attached.

If your child has nits or lice, the school recommends that you treat your child and continue to check for the eggs or lice every other day.

Further information on head lice is available on the New South Wales Health website (details above) or through the Department’s website at www.schools.nsw.edu.au/studentsupport/studenthealth/conditions/headlice/index.php

I appreciate your assistance in this regard.

Yours sincerely,

[Signature]

Mr Erich Riesinger
Principal
29 July 2015
It's not just about sport!

We all know that organised sports like cricket, basketball, soccer and netball are great ways to get our kids physically active, but these are not the only ways.

Incidental physical activity includes all the times throughout the day that we move our body for an extended period of time. It occurs when we are doing other things (like chores, getting from A to B, or playing) and is an important way we burn energy.

Incidental physical activity could include playing in the backyard with your kids, walking to the local shops, school or park instead of driving.

Unlike organised sports, incidental activity doesn't require any uniforms, shoes, equipment, facilities or money.

What opportunities are there for your family to increase your incidental physical activity?
Welcome back everyone to what will be a very busy and active Week Seven. This week will see a break in our items for tendering while we do a bit of a search across the site to see what range of excess items we have. The next round could well be some old televisions and a mix of items. So take a break with us and be ready for the next few rounds of items before the end of term.

This week we are very deep into Book Week with staff getting right into the theme. So far this week I have seen the Cat in the Hat, Mary Poppins, Phileas Fogg, Pocahontas and Wally (who had no chance in hiding for the day). So the remainder of the week will see all manner of characters until the great Book Parade on Friday when there will be an endless assortment of characters in attendance. There will be a parade of characters, awards and a Barbecue lunch for everyone. It promises to be a day to remember (a little like the band).

As we may already know Adam Marshall MP will be in town on Friday and will visit the school as part of his trip to Mungindi. He will visit some classes and join the students and staff for a Barbecue lunch.

We have had quite a bit of maintenance done across the school. The effect of this has been to brighten a number of teaching spaces and revitalise work areas for staff and students alike. One cannot underestimate the importance of this for everyone. We have identified a number of other areas to focus on into the future and are waiting on an indication of the cost of these and if we would need to supplement these jobs. More details as they develop.

The school has received our entitlement return for the start of next year. It is very much status quo at present, but any loss of students in February of next year will have an impact on our staffing. So this is always an important time for all of us. As mentioned last week these numbers will confirm and establish the staffing and funding for the school for the rest of the 2016 year.

The Stage 6 Year 12 students have completed their HSC Trials and are now getting more involved in the serious stage of their courses. The next few weeks are their opportunity to get the very best value from their class time in the lead up to the end of term and the end of their formal time at school. The feedback from the examinations will be very important as they refine which areas they need to focus on in their study time. The benefit of the invested time and energy into their study now is that this will prove to be the foundation for the study that will need to be done before the HSC examinations next term. Plus this will give them all vital feedback in terms of where the focussed effort will be needed for the HSC. So as parents and teachers now is the time we will all need to work together to be supportive and understanding in this run up to their HSC examinations in October and November. I know it seems so far away but the anxiety may well build towards this time. Let’s all try to make this work for all of our students. This is also the time that many of our Year 12 students will be making critical decisions about further study and which courses they are most interested in and which university they may be in.

Just a timely reminder about the end of Term reward day this Term, we are focusing on attendance as well as classroom application. In order to qualify students will need to have an attendance rate of 80% or better. This will be quite a challenge for some students, but the rewards will be more than worth the effort. A half day of fun activities on the last day of this term with jumping castles and laser skirmish. It is very important that students are maintaining a high level of attendance and high levels of engagement with their classwork and whole school in order to qualify for the day. As an ongoing reminder to our students all those who are maintaining the required attendance will be published in the newsletter. Plus I am sure they will be reminded in class as well.
Principal's Message

There will be more information each week to keep everyone informed. Please let the school know if you are happy with the information we are providing on Telephone: 0267 532 207.

All the best.

Erich Riesinger
Principal

Start Collecting Now

Make a difference for your local school
Information for Rewards Day for end of this Term.

**Infants and Primary School**: Sunni, Novan, Rylee, Melissa, Shakeita, Darcy, Claire, Sheldyn, Flynn, Kimesha, Daniel Mikey, Lexie, Tyra, Kolby, Kayden, Lachlan, Davina, Dominic, Drake, Jack, Dwana, Henry, Neitayah, Kayleb, Shane, Felicity, Stephen, Taneisha, Mackenzie, Raymond-Jai, Gabriell, Monica, Dylan, Shanice, Tessie and Darryl.

**High School**: Michael, Kydon, Reevan, Breanna, Devon, Cheyanne, Jasmine, Brett, Aliesha, Peter, Jasmine, Tara and Baihli.

This report is at 21 August, 2015.

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**EVERY DAY COUNTS....**

*A day here or there doesn’t seem like much, but...*

<table>
<thead>
<tr>
<th>When your child misses just...</th>
<th>that equals...</th>
<th>which is...</th>
<th>and therefore, from Kindy to Year 12, that is...</th>
<th>This means that the best your child can achieve is...</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 day each fortnight</td>
<td>20 days per year</td>
<td>4 weeks per year</td>
<td>Nearly 1 ½ a years of school</td>
<td>Equal to finishing Year 11</td>
</tr>
<tr>
<td>1 day a week</td>
<td>40 days per year</td>
<td>8 weeks per year</td>
<td>Over 2 ½ years of school</td>
<td>Equal to finishing Year 10</td>
</tr>
<tr>
<td>2 days a week</td>
<td>80 days per year</td>
<td>16 weeks per year</td>
<td>Over 5 years of learning</td>
<td>Equal to finishing Year 7</td>
</tr>
<tr>
<td>3 days a week</td>
<td>120 days per year</td>
<td>24 weeks per year</td>
<td>Nearly 8 years of learning</td>
<td>Equal to finishing Year 4</td>
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</tbody>
</table>

Give your child every chance to succeed... **Every day counts!**