

Thurgoona News



Excellence, innovation, opportunity – student success in a caring environment

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Relieving Principal: Theresa Kane

Term 2 Week 6

31 May 2017

Developing leadership skills and social responsibility

Principals Message

Health Information

A student is suspected of having measles and I ask all parents and carers to refer to the attached information and be alert to possible symptoms. Please notify the school if any children have a confirmed case of measles.

Lost Property

As the weather is getting colder, it is time to find the school coloured beanies and school jackets. Please ensure names are on all items of clothing as lost property is currently overflowing with unnamed items.

Zone Cross Country

Well done to all the students who represented the school with pride on Friday at the Zone Cross Country. Reports from Miss Vallentin and Mrs Flower were that all students should be proud of their efforts and the way they participated. We are looking forward to cheering on those students who made it to the next level.

PSSA

PSSA Sport starts this Friday, we will have many students representing Thurgoona in Soccer, AFL and Netball. Please ensure players come to school on Friday fully prepared with protective gear, sports uniform and a water bottle ready to play. Money should already been paid to the front office or via online payment.

Lions Club Finals

On Monday night 4 students will be representing our school at the Lions Club Public Speaking Competition, you have put in a lot of work preparing speeches and practicing and we know you will speak well.

Peer Support

Last Thursday all students participated in their first peer support session for the year. Peer support will run fortnightly and is a great opportunity for our Year 6 students to develop their leadership capabilities and for younger students to meet and work in a multi age team. Peer Supports main aim is to empower students and support each other.

Theresa Kane

Relieving Principal

Developing leadership skills and social responsibility

Assembly Term 2 Week 6 – Friday 2 June

Early Stage 1 (Kindergarten) and Stage 1 (Years 1-2)
Announcing – Dryandra
Infants assembly item Bottlebrush



Infants
Friday 12.25 – 12.55

Stage 2 (Years 3-4) and Stage 3 (Years 5-6)
Primary assembly item Needlewood



Primary
Friday 11.50 – 12.20

Important Dates

PSSA Sport Commences	2 June 2017
Assembly	2 June 2017
P & C Fundraising Meeting 2.30pm	5 June 2017
P & C General Meeting 7.00pm	5 June 2017
Last Day Term 2	30 June 2017
PSSA Sport Finishes	25 August 2017
Stage 2 Great Aussie Excursion	18 & 19 October 2017

Notes Home –

Stage 2 Great Aussie Excursion - Deposit due 23 June 2017

PSSA Sport Consent Form

Notes are also available on the website – www.thurgoona-p.schools.nsw.edu.au
under TPS – Communication and on the school APP.

Sport Uniform Days

Students are reminded to wear their full sports uniform on the following days -

Early Stage 1 (Kindergarten) : Wednesdays - Gym

Stage 1 (Years 1-2) : Thursdays

Stage 2 (Years 3-4) : Fridays

Stage 3 (Years 5-6) : Fridays



NEEDLEWOOD NEWS



Book Club News

Issue 4 Book Club

Book Club is due by Friday 2 June 2017. Please note that **no orders** will be taken after this date.

Please ensure that your child's name (surname included) and class is clearly indicated and if possible, the correct money be enclosed.

Orders to be handed in to the office.

Thank you.

Donna Dwyer

(Book Club Coordinator)



K-2 National Storytime



National Simultaneous Storytime is an annual campaign that aims to encourage more young Australians to read and enjoy books. Now in its 17th successful year, it is a colourful, vibrant, fun event that aims to promote the value of reading and literacy, using an Australian children's book that explores age-appropriate themes, and addresses key learning areas of the National Curriculum for Foundation to Year 6.

Last Wednesday and Thursday k-2 participated in the National Simultaneous Storytime. The book chosen for this year was-

"The Cow Tripped over the Moon" by Tony Wilson and Laura Wood.

This is a story that celebrates friendship, triumph and perseverance.....





The Athlete's Foot
SCHOOL REWARDS PROGRAM

A PROUD SUPPORTER OF
THURGOONA PUBLIC SCHOOL.



\$5 IS DONATED BACK TO YOUR SCHOOL
FROM EVERY PAIR OF SHOES PURCHASED*

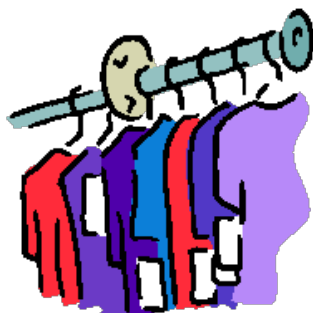
The School Rewards Program is a great fundraising opportunity with \$5 from every pair of shoes purchased being donated back to your school.

This applies to the whole family across our fantastic range of school, sports, work and casual shoes. Ask one of our friendly staff in store for more details!

*See theathletesfoot.com.au/school-rewards for more details



ALBURY Ph: (02) 6041 1311



**The Second Hand Uniform Shop
will be open Thursdays 8.30 am**

P & C MEETINGS

Fundraising - Monday 5th June

2.15pm

Location - Green Room

Please join us for a cuppa to discuss fundraising.

Don't forget if you are buying new shoes at the Athlete's Foot mention Thurgoona School so the school can benefit from the rewards program.

General - Monday 5th June

7.00pm

Location - Library

All welcome please contact Kelly

LAECG

Local Aboriginal Education Consultative Group

MEETING NOTICE



LAECG welcomes you to attend our next meeting

Date: Friday 2nd June 2016

Time: 1:00 pm

Venue: Wodonga Senior College

Contact: 0448 211 980





Communicable Diseases Factsheet

Measles

Measles is a serious disease that is easily spread through the air. Immunisation is effective in preventing the disease. All children and adults born during or after 1966 should be vaccinated with 2 doses of measles containing vaccine if not already immune.

Last updated: 6 March 2014

What is measles?

- Measles is a viral disease that may have serious complications.
- In the past, measles infection was very common in childhood. Measles is now rare in NSW because of immunisation but many areas of the world continue to experience outbreaks. In 2008 there were 164,000 deaths worldwide due to measles.

What are the symptoms?

- The first symptoms are fever, tiredness, cough, runny nose, sore red eyes and feeling unwell. A few days later a rash appears. The rash starts on the face, spreads down to the body and lasts for 4-7 days. The rash is not itchy.
- Up to a third of people with measles have complications. These include ear infections, diarrhoea and pneumonia, and may require hospitalisation. About one in every 1000 people with measles develops encephalitis (swelling of the brain).

How is it spread?

- Measles is usually spread when a person breathes in the measles virus that has been coughed or sneezed into the air by an infectious person. Measles is one of the most easily spread of all human infections. Just being in the same room as someone with measles can result in infection.
- People with measles are usually infectious from just before the symptoms begin until four days after the rash appears. The time from exposure to becoming sick is usually about 10 days. The rash usually appears around 14 days after exposure.

Who is at risk?

Measles was common before 1966, so most people born before then are immune.

People at risk of measles include:

- people born during or since 1966 who have never had measles and who have not had two doses of measles containing vaccine from the age of 12 months.
- people with a weak immune system (e.g., people who are receiving chemotherapy or radiotherapy for cancer or people who take high-dose steroid medications) even if they have been fully immunised or have had past measles infection.
- people who are not immune and who travel overseas.

How is it prevented?

- The best protection against measles is immunisation with two doses of MMR vaccine (measles, mumps & rubella). This vaccine provides protection against infection with measles, as well as against mumps and rubella.
- MMR vaccine should be given to children at age 12 months and a second dose as MMRV (measles, mumps, rubella & varicella) should be given at 18 months of age.
- Anyone born during or after 1966 and who has never had measles infection or measles vaccination should see their doctor to make sure that they have had two doses of measles containing vaccine at least four weeks apart.
- It is safe to have the vaccine more than twice, so people who are unsure should be vaccinated.
- People with measles should stay at home until they are no longer infectious (i.e. until 4 days after the rash starts).
- For people who are not immune and have come into contact with a person with measles, infection can sometimes still be prevented with measles containing vaccine if given within 3 days of exposure or with immunoglobulin (a treatment made from blood that will protect against measles when injected) within 7 days of exposure.

How is it diagnosed?

- Measles is suspected when a person feels unwell, has a cough, runny nose or sore eyes and a fever followed by a rash.
- Whenever measles is suspected, a blood test and samples from the nose, throat and urine should be collected to confirm the diagnosis. Confirmation of the diagnosis is important as it allows prompt public health follow-up of other people who are at risk of measles.

How is it treated?

- People with measles infection are normally advised to rest, drink plenty of fluids, and take paracetamol to treat the fever. There is no specific treatment.
- While a person is infectious with measles it is important that he or she remains at home to reduce the possibility of spreading it to other people.

What is the public health response?

- Doctors, hospitals and laboratories, schools and childcare centres must notify cases of measles to the local public health unit. Public health unit staff will interview the doctor and patient (or carers) to find out how the infection occurred, identify other people at risk of infection, implement control measures (such as immunisation and restrictions on attending school or work) and provide other advice.
- The fact sheet, "Measles: Information for Contacts" has more information for people who have been exposed to an infectious person.
(http://www.health.nsw.gov.au/resources/publichealth/infectious/diseases/measles/measles_info_for_contacts.pdf)

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



Developing leadership skills and social responsibility

School Calendar

Term 2 2017

		Monday	Tuesday	Wednesday	Thursday	Friday	Sat	Sun
May	6	29	30	31	1	2 Assembly PSSA Sport Commences	3	4
June	7	5	6	7	8	9 PSSA Sport	10	11
June	8	12 PUBLIC HOLIDAY	13	14	15 Riverina X Country Netball Schools Cup	16 PSSA Sport	17	18
June	9	19 Chess Tournament TPS Hall	20	21	22	23 PSSA Sport	24	25
June	10	26	27 MPPS Finals Library	28	29	30 PSSA Sport Last Day Term 2		
		SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS	SCHOOL HOLIDAYS		
July	1	17 Day 1 - Term 3 Staff Development Day	18 Students Return	19	20	21	22	23
July	2	24	25	26	27	28	29	30
August	3	31	1	2	3	4	5	6
August	4	7	8	9	10	11	12	13
August	5	14	15	16	17	18	19	20

FREE Native Plants

If you live in the area below, you're eligible for the incentive:



Eligible postcodes are in detail below:
2640 ETAMBOGAN, 2640 TABLE TOP, 2640 THURGOONA,
2640 WIRLINGA, 2691 LAKE HUME VILLAGE

Local Land Services
NSW Murray

Australian Government
National Landcare Program



Woolshed Thurgoona Landcare Group

To improve native vegetation for wildlife, Woolshed Thurgoona Landcare Group are offering up to 20 native trees, shrubs or grasses to residents living within the Thurgoona, Wirlinga & Table Top area.

Head to our website www.wtlandcare.org to view plant species and place an order.

Place orders during the month of May and pick up 24th & 25th June

There will be an opportunity to ask questions regarding plant species available for order at an event on the 6th May.

Contact Us

 www.wtlandcare.org
 www.facebook.com/wtlandcare
 enquiries@wtlandcare.org

everyone, everywhere, landcare



Nutrition Snippet

The simplest way

...to eat all the colours of a rainbow.



If you have fussy eaters in your family, try these presentation tips to get them eating and enjoying more fruit and veg.

Offering a range of fruit and veg in different colours will help make meals more attractive and provide a variety of nutrients.

Kids will get excited about eating a rainbow and can even help arrange the colours on their plate.

Other simple presentation strategies include:

- Chop fruit and veg into smaller pieces.
- Offer raw sticks of carrot, capsicum, celery or cucumber with dip.
- Give small portions.
- Add fruit at breakfast.
- Add salad veg to a sandwich or wrap.

For more information visit
www.eatittobeatit.com.au
or join us at [facebook.com/eatittobeatit](https://www.facebook.com/eatittobeatit)



NRL Albury/Wodonga

Holiday Clinic

FUN / FITNESS / FRIENDS

Come along this Holidays and enjoy a Rugby League Experience

Venue – Sarvaas Park

Date – Monday 10th July

Time – 10am to 1pm

Cost - \$40 (Includes NRL Backpack, WaterBottle, Pencil Case, Football and Ball Pump), as well as a BBQ unch

Age – Girls and Boys aged 5 to 12

To register -

1. <http://www.playnrl.com/programs/>
2. Type Albury into the search panel
3. Click on the Clinic
4. Follow the link for more details.
5. Contact Dean Whymark 0411159456 if you need any further information.