

2016, Term 4, Week 5

Principal: Denise Smoother



Ben Lomond Public School Newsletter

February 2017



Photographer: Cody McLeod
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Education

A PROUD MEMBER OF THE





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NEWSLETTER

Calendar

Term 4, Week 5

Friday, 11 November School Assembly

Term 4, Week 6

Thursday, 17 November Life Education Van

Friday, 18 November Creative Arts Day

Term 4, Week 7

Term 4, Week 8

Monday, 28 November to School Swimming

Friday, 2 December

Term 4, Week 9

Friday, 9 December End of Year Assembly

Term 5

Wednesday, 14 December Report Home

Friday, 16 December Last Day Term 4

Term 1, 2016



February 2017 Barnaby Joyce's Calendar Winning Entry - Cody McLeod

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Snow Gums Creative Arts Day

After discussions within the Alliance group of schools the decision has been made to condense to one day only, Friday 18 November, and to hold it at Bald Blair. Other schools within the Alliance have been on major excursions this term and this has involved significant cost and time away from home. The decision to go with a one day program will ensure all students will still participate and be engaged in a variety of activities.

NSW Department of Education External Validation.

The school has now completed all requirements of the External Validation process. The process of collecting evidence to support decisions to determine where the school is placed on the School Excellence Framework, affirmation from the Director and an interview conducted by Peer Principals has been a very worthwhile process. It has enabled us to see where we have made progress and to set future directions. The feedback report provided to the school is as follows. In four elements the evidence presented supported the school to move to a higher level.

*In the domain of **Learning** the school's self-assessment is consistent with the evidence presented in four elements and is validated using the School Excellence Framework. In the element of;*

- Student Performance Measures the evidence presented indicates the school is operating at the Sustaining and Growing stage.

*In the domain of **Teaching** the school's self-assessment is consistent with the evidence presented in four elements and is validated using the School Excellence Framework. In the element of;*

- Data Skills and Use the evidence presented indicates the school is operating at the Sustaining and Growing stage.

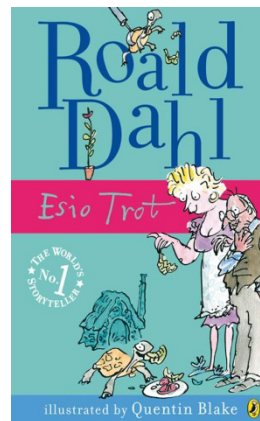
*In the domain of **Leading** the school's self-assessment is consistent with the evidence presented in two elements and is validated using the School Excellence Framework. In the element of;*

- Leadership the evidence presented indicates the school is operating at the Excelling stage

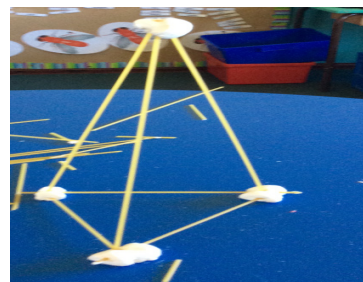
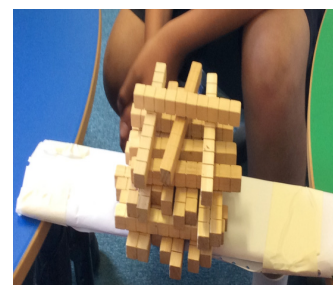
- School Planning the evidence presented indicates the school is operating at the Sustaining and Growing stage.

Teaching and Learning.

This term our English unit of work is Esio Trot by Roald Dahl. The focus is on vocabulary. While vocabulary is learned indirectly through every day experiences with oral and written language, some vocabulary must be taught explicitly. Vocabulary contributes to comprehension, fluency, reading achievement and effective oral and written communication with others.



In Science our unit of work is titled *Bridging the Gap*, it builds on the work the students in Years 3 – 6 did at the Snow Gums Learning Alliance STEM Camp in Term 3. The unit provides opportunities for students to explore structures in the built environment and design and build bridges as part of a construction company.



PDHPE

This term we will be discussing and learning about Keeping Safe, which will include protective behaviours. I will be using some of the resources provided by *Bravehearts Ditto* in a box. The resources use the character Ditto to help children recognise unsafe situations and to implement strategies to keep them safe.

Music Count Us In

Last Thursday the students joined with others students from across Australia to simultaneously sing *Let it play* as part of Music: Count Us In. Music: Count Us In exists to advocate for and celebrate music in schools; it is a free program that provides resources for teachers.

Swimming

Once again we will join with Black Mountain Public School for the *School Swimming and Water Safety Program*. The ten lesson program will be condensed to one week with students having two lessons per day. The NSW Department of Education has provided us with \$250.00 to assist with transporting the students to Guyra pool.

Education Ministers Symposium

Last week I was privileged to be among educators (from all sectors), Academics and business leaders from across NSW and the world to be invited to the NSW Education Ministers Symposium. The theme of the Symposium was *Future Reform Directions for NSW*. The Minister started with: *"The purpose of this symposium is for you to influence the future direction of education in NSW; it is also an opportunity to acknowledge the great work already occurring across 3137 schools, 92,000 teachers and 1.2 million students in NSW."*

He then discussed the reform agenda his Government has set, the journey we have been on, his high expectations and the great results already found. See www.det.nsw.edu.au/media/downloads for his full speech. Some of the main ideas discussed over the two days were;

Four global trends

1. Wellbeing health and happiness. The happiest kids in the world, Peru, Indonesia, Thailand.

2. Equity and inclusion. Including everybody and being successful. The Netherlands is a country doing a lot of good things. They combine equity and quality.
3. Big data. NAPLAN, PISA. Show correlations. New data such as, Fish eye cameras, recording what every child does every day and then analysing the individual's data to personalise their learning. Small data complementing the big data, tiny clues found in schools that can uncover important relationships about teaching and learning. Small Data can reveal causations.
4. Digital natives. Do these exist? Does digital immersion change the way children think and process information? This may make conceptual, deeper learning difficult maybe the problem is not the teaching methods in schools but rather the possible changes in children's brain function is impeding learning.

The New South Wales System.

- **The system is world class. Maybe we need to teach foreign languages better so all students leave school with a second language.**
- **The system needs the full implementation of Gonski that will provide funding for equity.**
- **We need to work on small data.**
- **Are we asking students to do too much too soon?**

Good for Kids good for life

LONGER DAYS = MORE OUTDOOR PLAY!

Outdoor play gives children the opportunity to experience the natural environment and have adventures! Now that daylight savings has started children have even more opportunity to get outside before school, after school and on the weekends.

Make the most of the sunlight by having some outdoor activities planned in advance. Consider installing a basketball hoop for summer evenings or planning to build a cubby house on the weekends. Playing outdoors with neighbourhood play mates is a great after school activity. Family activities could include a bushwalk or beach cricket day.





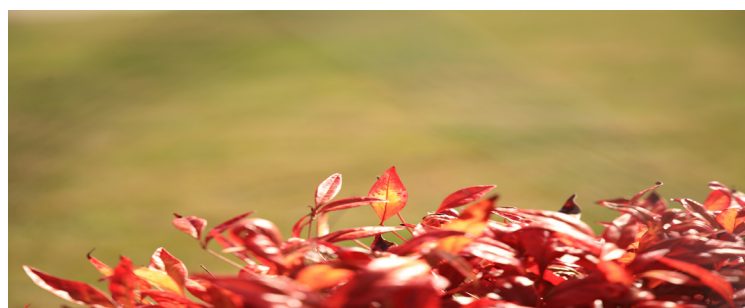
School Bike Riding

Bike riding for school sport will recommence next Tuesday. Please ensure that all bikes correctly fit your child and that they are in excellent mechanical order.

Newsletter

We are currently working on a new design for our school newsletter. We would appreciate what your thoughts are and what you would like to see included in our school newsletter.

Please e-mail your thoughts to benlomond-p.school@det.nsw.edu.au



Community Engagement for Parents and Carers of Children

Council is developing the new 2017-2027 Community Strategic Plan.

Please come and tell Council what you and your family value most, and what Council should be focusing on for the wellbeing of families and children in our community during the next 10 years.

When: Wednesday, 16 November

Time: 12 noon

Where: William Gardner Conference Room, Glen Innes Library Learning Centre

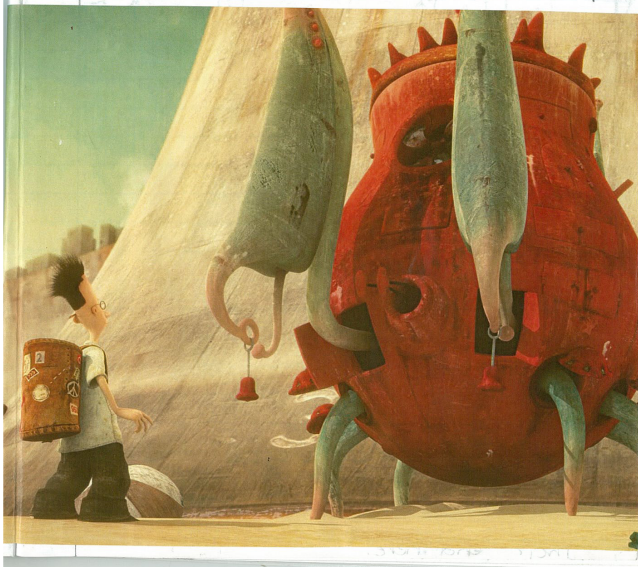
Council will provide FREE childcare in the children's area of the library.

Sandwiches will be provided for participants to enable working parents and carers to attend during their lunch breaks.



28.10.16	The best day ever	28.10.16	The movie was funny and sad.
	The best day ever had at the movies.		After the movies we
	First I woke up and I had breakfast. Then I got dressed and I waited for Mum, aunty Debbie, uncle Wagner and Savannah to get up and get dressed. Then we went shopping we bought clothes and shoes and went to the movies.	Well done Piper 28/10/16	went home and I went to bed.

11/08/2016 The lost thing
I think the lost thing was a creature from the ocean who got washed up to the shore. I think the lost thing was a play, eat, walk, hide, go on a journey and to make the kids life better.



28/10/16 My Best Day Ever

was when I went to the shops and the beach with my family.

first I woke up and had breakfast and after I had my breakfast. I went and got dressed. When everyone else was getting ready to leave, so we all got in the car and drove to the shops and after we went shopping. We went home and had lunch and then we went to the movies.

Communicable Diseases Factsheet

Chickenpox and Shingles

Last updated: 22 April 2014

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.

Ben Lomond Public School

How is it prevented?

- A free varicella containing vaccine (MMRV) is now recommended for all children at 18 months of age.
- Students in their first year of high school who have not previously received varicella vaccine and who have not had chickenpox are offered a varicella vaccine.
- 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

8th November 2016

SCHOOL SWIMMING and WATER SAFETY PROGRAM

Dear Parents

Arrangements have been made to include a learn to swim program in our school curriculum.

The Department of Education School Swimming and Water Safety Program is an intensive learn to swim program, which develops water confidence and provides students with basic skills in water safety and survival. The Program is conducted over five days. Students will participate in two 45 minute lessons per day.

Instruction will take place at the Guyra Swimming pool.

The Program will continue **daily for one week** from Monday, 28th November to Friday, 2nd December. There will be no charge for instruction.

Transport will cost \$5.00 per day. **Pool entry** will cost \$3.00 per day.

The **total cost** for the 5 day scheme is **\$40.00**.

Students are to wear their sports uniform to school daily and bring with them; swimmers, rashie, towel, school hat, sunscreen, goggles, clean underwear, jumper, bag to put wet clothes into, water bottle, morning tea and lunch. Please also ensure that ALL of belongings are clearly marked with students names.

Please complete and sign the form below and return it to your child's class teacher.

Principal: Denise Smoother



Return this section to the school by: **Friday, 18th November 2016**

SCHOOL SWIMMING & WATER SAFETY PROGRAM PERMISSION NOTE

I hereby consent to the attendance of my son/daughter _____ at the School Swimming and Water Safety Program classes to be held at Guyra Swimming Pool from Monday, 28th November 2016 to Friday, 2nd December 2016.

Travel will be by via Bus. **Total cost for 5 day program is \$40.00/child.**

In the event of injury or illness, I also authorise (on my behalf) the seeking of such medical assistance that my child may require.

Signed: _____

Date _____

TO BE RETAINED AT THE SCHOOL

Privacy Notice

The personal information provided on this permission note, will be used by the Department of Education and Communities for general administration and communication and other matters of welfare relating to your child at this event. While the provision of this information is voluntary, it is strongly recommended that all details are completed. Failure to do so, may impede the resolution of welfare issues should you not be able to be contacted. This information will be stored securely.

Please be aware that the media exposure at this event may result in your child's name, school details and/or photograph appearing in a Newspaper, on Television or on the School Sport Unit: Website



Life Education NSW will be visiting our school on

Below is a brief outline of the programs available to the children for participation:

My Body Matters NEW!	Early Stage 1 (K) - Healthy food choices, importance of physical activity, safety
Ready, Steady, Go NEW!	Stage 1 (Yr 1) - Body workings, safe use and storage of medicines, peer pressure and coping strategies, safety, decision making
Growing Good Friends NEW!	Stage 1 (Yr 2) Unsafe behaviours, situations and environments, healthy food choices.
Harold's Heroes	Stage 1 (Yr 2) - Environmental health issues, emergency procedures, individual needs for medicines and safe use and storage.
All Systems Go	Stages 1 & 2 (Yrs 2-3) Function of body systems, peer pressure, second hand smoking, and safety with medicines.
Harold's Diary	Stage 2 (Yr 3) - Friendship, resilience, expressing emotions, coping strategies, healthy food choices, active lifestyles
bCyberwise NEW!	Stage 2 (Yrs 3 & 4) - Explores cybersafety through animation, vox pops of children, relevant scenarios, discussion & problem solving.
Mind Your Medicine ✓	Stage 2 (Yr 4) - Safe and unsafe situations, medicines and consequence of misuse, peer influence and friendship, positive communication
On the Case NEW!	Stage 3 (Yr 5) - Short and long term effects of smoking, effects of passive smoking, laws, peer influence, and refusal skills.
Think Twice	Stage 3 (Yr 6) - Consequences of alcohol use and misuse, stay safe situations and refusal skills, laws controlling purchase and use.
It's Your Call IMPROVED	Stage 3 (Yrs 5 & 6) - Definition of legal drugs, decision making, emotions, peer pressure, risk taking, problem solving, safe and appropriate use of communication technology

The programs address many of the components and objectives within the NSW PDHPE curriculum.

Teachers of composite classes will choose the program which best suits the needs of their children.

THE COST IS \$5.00 per student. PER CHILD.

I give permission forClass.....

to attend the Life Education program and enclose \$.....

Signature..... (Parent/Guardian)

Date.....





HAROLD MERCHANDISE

Dear Parents,

Life Education NSW is a not for profit community-based organisation that relies heavily on fundraising within the community to assist in meeting the shortfall left after receiving minimal assistance from Government funding.

The sale of Harold merchandise to the children whilst the program is visiting each school supports the fundraising activities of local committees and all proceeds support Life Education within each local area. These products help to remind children about the messages delivered to them during their Life Education session and have either a picture of Harold or the Life Education logo on them.

The educator will provide the opportunity for children to purchase these products during the school visit. Please provide the **correct money** in an envelope with the item written on the face of the envelope along with your child's name and class. This allows the educator to process orders efficiently and accurately. Orders will be returned by the conclusion of the visit.



Product Description	Price Incl. GST	Quantity	Product Description	Price Incl. GST	Quantity
Tattoo	\$0.50		Harold Hand Ball	\$3.00	
Harold Post-it-note	\$1.50		Harold Stationery Set	\$3.00	
Harold Activity Bag	Not Available		Small Harold Soft Toy	\$8.00	
Harold Keyring	Not Available		Large Harold Soft Toy	\$15.00	
Total Owing			Total Owing		

Name: _____ Child's Class: _____

NB Harold Products are subject to availability

Life Education NSW thanks you for your support.



- ☐ I would like to donate _____ to Life Education NSW.
Gifts of \$2.00 or over are tax deductible.

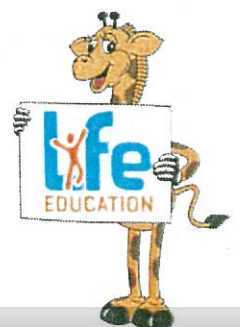
Name: _____ Phone (optional): _____

Address: _____

Suburb: _____ Postcode: _____

Email (optional) _____ Child's Class: _____

Visit Life Education at www.lifeeducation.org.au or www.healthyharold.org.au



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8th November 2016

Dear Parents

On Friday, 18th November 2016 Ben Lomond Public School will be joining Bald Blair Public School, Black Mountain Public School, Chandler Public School and Ebor Public School to participate in a Creative Arts Day.

All students will be participating in a number of Creative Arts workshops, workshops will cover illustration, music and drama.

The cost of the excursion will be five dollars (\$5.00) per student to travel on the bus.

All students are to come to school in their **full** sports uniform and will need to bring along their morning tea, lunch, water bottle and hat.

Please return the attached permission note and money to the school by Tuesday, 15th November 2016.

Yours sincerely,



Denise Smother
Principal

✂ - - - - -

I give permission for my child (name) _____ to attend the Ben Lomond Public School excursion to Bald Blair Public School to participate in the Snow Gum's Creative Arts Day being held on Friday 18th August 2016.

Travel will be by bus and will cost five dollars (\$5.00) per student.

I have enclosed \$ _____

Signed _____ Date _____

Name _____

Telephone Contact Number _____