

2018, Term 2, Week 5

Relieving Principal: Kirsten Reim



# Ben Lomond Public School Newsletter



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Respect, Responsibility, Leadership, Resilience

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Ben Lomond NSW 2365



Education

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NEWSLETTER

## Calendar

### Term 2, Week 5

1st June 2018 School Assembly

### Term 2, Week 6

4th June 2018 Sport - Cycling

### Term 2, Week 7

11th June 2018 Queens Birthday  
Public Holiday

### Term 2, Week 8

18th June 2018 Sport - Cycling TBC

### Term 2, Week 9

25th June 2018 Sport - Cycling

### Term 2, Week 10

2nd July 2018 Sport - Cycling  
6th July 2018 School Assembly  
Last Day Term 2

### Term 3, Week 1

23rd July 2018 Pupil Free Day  
24th July 2018 Students Return to School



Keeping our kids active

Making junior sport affordable with **\$100 rebate** per child

# Ben Lomond Winter Fair

**SATURDAY JUNE 2, 2018**

**MARKET STALLS**

**FOOD STALLS**

**CAR BOOT SALE**

**ENTERTAINMENT**

**ART & PHOTO EXHIBITION**

**FREE KIDS DISCO 4 - 6PM**

**FIREWORKS!!**

From 10am at the Ben Lomond Hall  
with proceeds going to the  
Guyra Catholic Parish and St Mary  
of the Angels P & F Association

Enquiries: Anne Thrift 6779 1273  
or [benlomondwinterfair@gmail.com](mailto:benlomondwinterfair@gmail.com)



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## Principals Report Relieving Principals Report Week 5 Term 2 2018



Students represented Ben Lomond Public School during their holidays attending the Ben Lomond ANZAC Day ceremony. Students laid a wreath in honour of all war veterans, and the school received a very generous donation of Private Clarence Thomas, a stretcher-bearer bear. This bear is part of a project that aims to connect students with the stories of service and sacrifice that we commemorate at special times around ANZAC Day and Remembrance Day. Staff and students at Ben Lomond Public School would like to thank the anonymous donor for this generous gift.



Term 2 has seen us welcome seven new students to our school, Tobias, Yolande, Cooper and Holly in year 2, and Lilli in year 3, Lillianna in year 5 and Takoda in

year 6. These new students have boosted our numbers to 16!

With this increase in numbers it was wonderful to have 9 of our students represent Ben Lomond Public School at the Australian Celtic Festival on Saturday May 5. All students looked fantastic marching in the street parade, many thanks to the parents and families who participated.

Our planned excursion to Wattle Ridge had to be postponed, but students showed remarkable resilience in the face of this disappointment, and with a picnic lunch packed we decided to spend the day climbing the large hill opposite the school. It was a truly spectacular view from the top; students enjoyed spotting the school and the village. As Gail wrote

*When I got to the top of the hill I felt very proud. I could see the school, it looked very small. The autumn trees looked like a beautiful artwork. It was very steep. On the top we ate lovely sandwiches. We could see the wind turbines.*

Bike riding this term has also brought out positive demonstrations of resilience amongst students and staff. After only 3 weeks some students have made great improvements in their confidence and stamina.

And in yet another display of resilience this term, students in year 3 and 5 completed NAPLAN online. As one of the early schools trialling this new system in 2018, students dealt wonderfully with the change from paper to computer, and those students not participating were excellent support and worked well with the changes to routine.

Finally students recently participated in the small schools Cross Country at Bald Blair, it was wonderful to see all our students doing their very best on a challenging course. Cody and Gail were successful enough to represent Ben Lomond Public School at the Armidale Zone Cross Country, showing determination and excellent being great sports.

Hunter New England Local Health District  
Hunter New England Population Health  
Direct Contact Details  
Phone: (02) 6764 8000 (Tamworth)  
(02) 4924 6477 (Newcastle)



May 21, 2018

Dear Principal and Staff,

Public Health and local GP's are continuing to see pertussis cases within the New England area especially in school aged children.

Pertussis (whooping cough) is notifiable to Public Health by School Principals and Child Care Directors in New South Wales.

#### What is pertussis?

- Pertussis is an infection of the throat that can cause bouts of coughing, and sometimes breathing difficulties and vomiting. Pertussis starts like a cold and progresses to bouts of coughing that can last for many weeks. Older children may just have a cough that is persistent and worse at night.
- Coughing spreads the infection to others nearby. Pertussis caught at school can spread to any younger brothers and sisters at home. Pertussis can be especially dangerous for babies.
- The infection can occur even in fully vaccinated children as immunity following vaccination is only fully protective for 3-5 years.

Children and staff diagnosed with pertussis should not attend school until they have completed 5 days of antibiotics. If antibiotics cannot be taken, then they must not attend for 3 weeks after onset of the cough.

Public Health is requesting your assistance to disseminate information to parents and carers of school aged children within the local area, to increase awareness and hopefully prevent further spread of this disease.

It would be greatly appreciated if the attached NSW Health pertussis fact sheet and the link to pertussis information on the NSW Health Website were included in the next school newsletter.

<http://www.health.nsw.gov.au/infectious/whoopingcough/pages/default.aspx>

If you have any further questions please do not hesitate to call the Public Health Unit on 6764 8000.

Yours sincerely

A handwritten signature in black ink, appearing to read "David Durrheim".

For Dr. David Durrheim  
Service Director Health Protection,  
Hunter New England Population Health



## Communicable Diseases Factsheet

*Whooping cough affects people of all ages. It can be especially serious for babies. Vaccination reduces the risk of infection.*

# Whooping Cough (Pertussis)

Last updated: 20 October 2016

## What is whooping cough?

Whooping cough can be a life threatening infection in babies. Whooping cough in babies can lead to apnoea (pauses in normal breathing), pneumonia, feeding problems and weight loss, seizures, brain damage and, in some cases, death. Older children and adults can get whooping cough too and pass it on to babies.

## What are the symptoms?

- Whooping cough usually begins like a cold with a blocked or runny nose, tiredness, mild fever and a cough.
- The cough gets worse and severe bouts of uncontrollable coughing can develop. Coughing bouts can be followed by vomiting, choking or taking a big gasping breath which causes a "whooping" sound. The cough can last for many weeks and can be worse at night.
- Some newborns may not cough at all but they can stop breathing and turn blue. Some babies have difficulties feeding and can choke or gag.
- Older children and adults may just have a cough that lasts for many weeks. They may not have the whoop.

## How is it spread?

- Whooping cough is spread when an infectious person coughs bacteria into the air which can be inhaled by people nearby. If they are not treated early, people with whooping cough are infectious in the first three weeks of their illness.
- Whooping cough spreads easily through families, childcare centres and at school.

## Who is at risk?

- Anyone can get whooping cough. People living in the same household as someone with whooping cough are especially at risk.
- Immunisation reduces the risk of infection but immunity fades over time. You can still get whooping cough even if you've been immunised.

## How is it prevented?

Whooping cough vaccines provide good protection from infection but immunity fades which means that boosters are needed.

## Immunisation for babies

- Babies need to be immunised at 2 months, 4 months, 6 months and 18 months. The first dose can be given as early as 6 weeks of age.
- Getting your baby vaccinated on time gives them some protection when they are most at risk of severe illness.
- If your baby's vaccines are overdue, see your GP now to catch up.

## Immunisation for older children

- A whooping cough booster is needed at 4 years of age.
- Check if your child has been vaccinated. Look at their Blue Book, speak to your GP or ring the Australian Childhood Immunisation Register on 1800 653 809.
- A second whooping cough booster is given in high school through the NSW School –based Vaccination Program.

## Immunisation for adults

A booster for adults is recommended for:

- Women who are in the third trimester of pregnancy, preferably at 28 weeks. Free vaccine is provided in NSW through Gps and hospital antenatal clinics.
- Other adult household members, grandparents and carers of infants under 12 months of age.
- Adults working with young children, especially health care and child care workers.

## If you are a close contact of someone with whooping cough:

- If you have been exposed to someone with whooping cough early in their illness while they are infectious, watch out for symptoms and see your doctor if you get a new cough.
- Some babies and some pregnant women need antibiotics to prevent whooping cough infection if they have had significant contact with an infectious person.

## How is it diagnosed?

Your doctor may ask about your symptoms and whether there you've had any contact with whooping cough. If your doctor thinks you have whooping cough, a swab from the back of the nose or throat can confirm the diagnosis.

## How is it treated?

- Some babies may need treatment in hospital or in intensive care.
- Antibiotics are used to treat whooping cough in the early stages and can help prevent spreading whooping cough to others. People who are not treated early with the right antibiotics can spread the infection in the first 3 weeks of their illness. After 5 days of antibiotics, you are normally no longer infectious.
- The cough often continues for many weeks, despite antibiotics.

## What is the public health response?

Doctors and laboratories must confidentially notify cases of pertussis to the local Public Health Unit. Public Health Unit staff can advise on the best way to stop further spread.

Infectious children are restricted from going to pre-school and school. Unimmunised contacts may be excluded from child care unless they take the special antibiotics.

## Identify - Protect – Prevent

NSW Health whooping cough campaign <http://www.health.nsw.gov.au/PublicHealth/Infectious/whoopingcough/index.asp>

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](http://www.health.nsw.gov.au)



## Good for Kids good for life

### 7 REASONS TO LIMIT SMALL SCREENS

Nearly half of all children aged between 5-15 years spend more than 2 hours every day on small screen entertainment such as TV, smartphones and tablets.

Children who spend more than 2 hours on screen time per day are more likely to:

- Have an unbalanced diet.
- Be less physically active.
- Have sleep problems.
- Drink more sugary drinks.
- Snack on foods high in sugar, salt and fat.
- Have fewer social interactions.
- Develop poor posture.



Setting up good habits while children are young can make all the difference to their habits and health in later life.

Source: Murrumbidgee Local Health District Quick Bites



PHONE 49246299

## Good for Kids good for life

### RECIPE: HONEY SOY CHICKEN STIR-FRY

INGREDIENTS	QUANTITY
Chicken breast, cut into strips	500g
Soy sauce	1/4 cup
Honey	2 Tbs
Garlic, minced	2tsp
Carrot cut into strips	2
Onion cut into wedges	1
Capsicum cut into thin strips	1/2
Udon noodles	2 x 200g



#### METHOD

1. Combine chicken with soy sauce, honey and garlic. Set aside for 5 minutes to marinate.
2. Heat oil in wok or frying pan over high heat. Drain chicken from marinade and stir fry in batches until just cooked through. Remove from wok and set aside.
3. Add vegetables to wok and cook lightly, stirring constantly.
4. Return chicken and reserved marinade to wok with noodles and toss until heated through.

**Tips:** You can add as many vegetables as you like including: green beans, snow peas, mushrooms, zucchini, bok choy etc.

Source: Kidspot



PHONE 49246299

## Good for Kids good for life

### HOW MUCH PHYSICAL ACTIVITY DO KIDS NEED?

Do you know how much physical activity your child should participate in each day?

**Children aged 5-12 years should spend at least 60 minutes in moderate to vigorous physical activity every day.**

Moderate intensity activities include fast walking or riding a bike or scooter.

Vigorous intensity activities make you 'huff and puff' and include running, chasing and playing tag, and organised sports such as soccer or netball.



PHONE 49246299