

SEA BREEZE



Havenview Road, Terrigal 2260
Phone: 4384 4599
Fax: 4385 2470
Email: terrigan-p.school@det.nsw.edu.au

Thursday, 19th September, 2019

"Terrigal Public School's newsletter contains paid advertisements, which assist with the cost of publication. The publication of such advertisements does not imply endorsement of any product or service by the NSW Department of Education or Terrigal Public School."



Terrigal Family Fun Fair



2019 TERRIGAL PRIMARY SCHOOL - CALENDAR TERM 3&4

| MONTH /Week | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|--------------------------------|--|--|--|--|--|
| SEP 7 | 2 Life Ed. Spelling Bee Regional Finals | 3 Life Ed. Zoo Excursion – Yr 2 ICAS Digital Tech – 8am | 4 Life Ed. ICAS Science – 8am | 5 Life Ed. | 6 Life Ed. Zoo Excursion – Yr 1 |
| SEP 8 | 9 Life Ed. P&C Meeting 7pm | 10 Life Ed. S3 Inter-relate Todd Woodbridge Cup Tennis ICAS Writing – 8am | 11 Life Ed. S3 Maths Olympiad ICAS Spelling – 8am TGT – Dress rehearsal | 12 Life Ed. | 13 Girls PSSA Basketball TFFF Tomorrow |
| SEP 9 | 16 | 17 S3 Inter-relate ICAS English 8am | 18 TGT – Show 1 ICAS Maths 8am | 19 TGT- Show 2 CCCF Reh | 20 |
| SEP 10 | 23 | 24 S3 Inter-relate | 25 K-2 Athletics Carnival St 2 Beach SafetyTalk Yr 5 Camp Yr 6 Canberra | 26 Yr 5 Camp Yr 6 Canberra | 27 Yr 5 Camp Yr 6 Canberra |
| | SCHOOL HOLLIDAYS | SCHOOL HOLLIDAYS | SCHOOL HOLLIDAYS | SCHOOL HOLLIDAYS | SCHOOL HOLLIDAYS |
| OCT 1 | 14 Students Return | 15 | 16 Syd Nth Athletics | 17 | 18 |
| OCT 2 | 21 Band Festival CCC Festival/ Gymnastics workshop | 22 Band Festival CCC Festival | 23 Kinder Orientation Band Festival CCC Festival | 24 Zone Ball Games Band Festival CCC Festival | 25 Bandanna Day Band Festival CCC Festival |
| OCT/NOV 3 | 28 P&C Meeting 7pm Swim School | 29 Swim School | 30 Kinder Orientation Swim School | 31 Swim School Zone Ball games - backup | 1 Swim School |
| NOV 4 | 4 Swim School | 5 Swim School | 6 Kinder Orientation Swim School | 7 Swim School | 8 Swim School |
| NOV 5 | 11 Remembrance Day Service | 12 | 13 Kinder Orientation | 14 | 15 |

WHAT'S ON WEEK 10 OF TERM 3

| Monday 23 rd September | Tuesday 24 th | Wednesday 25 th | Thursday 26 th | Friday 27 th |
|--------------------------------------|--------------------------|---|------------------------------------|------------------------------------|
| | <i>S3 Inter-relate</i> | <i>K-2 Athletics Carnival St2 Beach Safety talk Yr 5 Camp Yr 6 Canberra</i> | <i>Yr 5 Camp Yr 6 Canberra</i> | <i>Yr 5 Camp Yr 6 Canberra</i> |

PRINCIPAL'S REPORT

Terrigal Family Fun Fair

Wow what a great day we had on Saturday! How lucky were we with the weather! The 2019 Terrigal family Fun Fair was a great success.

Yes we are trying to raise some funds for projects around the school but the TFFF is also a great community event.

A big, BIG thank you to everyone for helping out.

Congratulations to Briony Cameron (our fete co-ordinator) and Nicole McDonald (our P & C President) for their endless work in bringing the fair together.

Thanks also to the fair committee of Tonia Barclay, Trisha Payne, Ari King, Amber Cameron, Bec Wallace, Lois Mantell, Jo Way, Hannah McKee, Junna Massey, and Lisa Bannerman.

Thank you to all of our volunteers – those who worked on a stall during the day, helped set up and/or pull down, made cakes, donated plants, books or toys.

Thank you to our staff for helping out in many ways and also to our students for all of their work with preparing, setting up and participating in the fair.

Thanks to our local businesses that sponsored the fair, donated prizes for the auction, set up food stalls and loaned equipment.

Thank you to our community groups – the SES, Maritime Rescue, BMX club, North Avoca SLSC and Little Athletics.

Thank you to all of our performers and demonstration groups. From our singers to dancers to martial arts people and more.

Our team is still adding up the money and finalising last minute invoices. We'll let you know the final result soon.

Money raised from the fete will be used to help restore our oval once all of our demountables are removed.

Naplan Results

Naplan results for Yr 3 and Yr 5 have been sent home today, Thursday 19th September.

End of Term 3

Next Friday, 27th September, is the end of Term 3. The spring school holidays run from 28th September to 13th October.

Students return to school on Monday 14th October.

Kindergarten 2020

A last call for any Kindergarten enrolments for 2020. Our Headstart program commences in Week 2 of next term.

If you have a child ready to start school in 2020 or you know of someone with a Kindergarten aged child please ensure they are enrolled. Enrolment can be made through the school office.

Building Update

You will notice our new building slowly being revealed as the scaffolding slowly starts to come down. As we approach the end of the external build more and more of the building will be revealed. An exciting time.

Health Alert – Chickenpox

We have had a report of a student with suspected Chickenpox in Kindergarten. I have attached a factsheet from NSW Health. The factsheet contains all of the necessary information for families.

Health Alert – Influenza A

We have also had a number of cases of suspected Influenza A within the school. I have attached the fact sheet from NSW Health for the information of families.

Welcome Back Mrs Cooper-Remmington

Miss Cooper has returned as Mrs Cooper-Remmington following her recent marriage. Congratulations and welcome back.

Well Done Ava and Molly

Congratulations to Ava and Molly, two of our proud Aboriginal students, on presenting the Acknowledgement of Country at the recent Central Coast Primary Executive Conference.

Canberra/Camp

We wish our Stage 3 students well as they head off on their major excursions next week. Year 6 are off to Canberra as the culmination of their studies of democracy. Year 5 are off to the Great Aussie Bush Camp to build team work, develop independence skills and challenge themselves.

Horse Riding Winners

Congratulations to Lalie, Abbey and Haylie who have all won horse riding rides from one of our advertisers Outlook Riding Academy.

Success Outside School

Congratulations to the many students who have had success in their various sporting codes over the last couple of weeks. We have had successful students in football, league, AFL, netball and various other sports. Well done to everyone.

Congratulations to Kobi on his performance at the state martial arts championships recently. Kobi finished in the top 10 and now moves on to the Australian Championship.

Michael Burgess
Principal

Family Fun Fair

On the weekend I was at the Terrigal Family Fun Fair. I went on some rides and did some games. It was so fun.

Then I was helping my dad in the tent for snow cones. Next I was getting my showbags. Then went on some rides, I had so much fun. After that I went to all the games and got a lot of prizes. Finally the Fun Fair was shutting, so we went to the Pub and had dinner. I loved Saturday, it was the Best! I love my mum because my mum did all the marketing, that's why I love my mum.

My weekend was good.

By Talulah – 2T

Reminder: **The Tell Them From Me parent survey (Term 3, 2019)**

This Term, our school will be participating in the *Partners in Learning* parent survey, another part of the *Tell Them From Me* suite of surveys (student, teacher and parent surveys) on student engagement. The survey asks parents and carers questions about different factors that are known to impact on student wellbeing and engagement.

Running this survey will help our school understand parents' and carers' perspectives on their child's experience at school. These include: communication between parents/carers and staff, activities and practices at home and parent/carer views on the school's support of learning and behaviour. This valuable feedback will help our school make practical improvements.

The survey is conducted entirely online on smartphones, iPads, tablets, laptops or computers. The survey will typically take 15 minutes or less to complete and is completely confidential. The parent survey will be conducted between 5 September and 25 October. Although participating in the survey is entirely voluntary, your responses are very much appreciated.

More information about the survey is available at: <http://surveys.cese.nsw.gov.au>. To access the survey for our school go to: <http://nsw.tellthemfromme.com/fmyzm>

The survey is available in 23 languages.

Our teachers and Year 4-6 students will also be involved in the *Tell Them From Me* survey. Information about the student survey was included in a previous newsletter, non-consent forms were also sent home to all Year 4-6 students – these only need to be returned to school if you do not want your child to be involved in the survey.

Parents are invited to access the following FAQ document for additional information about the parent survey:

https://surveys.cese.nsw.gov.au/images/FAQs/TTFM_Parent_Survey_FAQs_Parent_and_Carers_T3_2019.pdf

Tracey McKeown

(Deputy Principal)

Kindergarten 2020

Enrolments are now being taken for students starting Kindergarten in 2020. Enrolment forms can be collected from our school front office. To ensure that all relevant information can be sent to enrolling families, please return enrolment forms as soon as possible.

The dates for our 'Terrigal Treasures' orientation program are in Term 4. The sessions run for 4 consecutive Wednesday mornings, 9:15am – 10:45am, from Wednesday 23rd October until Wednesday 13th November 2019.



Katie Dalton

Relieving Assistant Principal

Year 7 – 2020 Enrichment Class

Applications available from Mr Lowe.

Applications close Friday 27th September.

Late applications will NOT be accepted.

SAKGP Dates (Stephanie Alexander Kitchen Garden Program)

Helpers needed for the following cooking dates.

Friday 20th September 2/3W (9.35am) and 3E (1.30pm)

Monday 23rd September 4H (9.35am) and 4M (1.30pm)

Wednesday 25th September 3C (9.35am) and 3/4DL (1.30pm)

Volunteers needed for cooking on a Monday afternoon and Thursday morning every 2nd week.

Annie Neale

Teacher



MERIT AWARDS



Stage 3

6L Ethan
Hayden
6K Hannah
Zoe
5/6C Coco
Ivy
5S Lisa
Kyah
Levi
5J William
Zahra
5D Kalani
Cody
5B Nia
Harry
3-6 Cody

Stage 2

4M Aliyah
Micah
4L Jemma
Sam
4H Jessica
Jamie
3/4DL Jack
Layla
3S Luke
Tia
3E Stephen
Ruben
3C Kye
Eva
3W Fin

Stage 1

2W Brodie
2T Finlay
Xavier
2M Ava
Riley
2GR Amelia
Aubree
2H Natalie
Ivy
1S Lacy
Lincoln
1M Lenny
Isablee
1J Charlotte
Beau
1C Evie
Hugh
1BA Sage
Lakyn

1T Grace
Ethan
1-4H Callum

Kindergarten

KW Imogen
Luka
KJ Lola
Brody
KN Alaska
Mason
KD Emma
Mika
KA Ella
Sophia
K-2M Bohdi

PRINCIPAL'S AWARD



The Principal's Award is presented to a student who has helped to make our school a happy and safe place to learn.

Congratulations
Duke – KJ

CITIZEN AWARD



Leo is an outstanding role model for his peers and always follows school rules. He is a quiet, hardworking and co-operative student.

Congratulations Leo - KD

Money Due - Parent Online Payment (POP) is the school's preferred payment option

Support Unit

- Book Pack - \$15
- RDA for 1-4H only - \$ 50 – Term 3
- Swimming Scheme - \$ 72 (for 1-4H and 3-6Y only)

Early Stage 1 (Kindergarten)

- Book Pack - \$ 50



Stage 1 (Years 1 & 2)

- Book Pack - \$ 50
- Swimming Scheme - \$72 (Year 2 only)

Stage 2 (Years 3 & 4)

- SAKG - \$ 20 (for the whole year) - You are more than welcome to pay \$5 per term
- Book Pack - \$ 45

Stage 3 (Years 5 & 6)

- Book Pack - \$ 50
- Aussie Bush Camp Year 5 - \$ 290 – money due by Monday 26-08-19. You are more than welcome to pay in instalments.
- Canberra Year 6 - \$ 340 - money due by Monday 26-08-19. You are more than welcome to pay in instalments.
- Stage 3 Sports – various costs depending on sport chosen

Whole School Notes

- Healthy Harold – Yrs K, 2, 4, 6 - \$ 10.50

Ulrike Myers
Admin Manager



Canteen Roster

| Term 3 | Week 10 |
|-----------|----------------------|
| Mon 23 | Raelene |
| Tues 24 | Peta |
| Wed 25 | <i>Helper needed</i> |
| Thurs 26 | <i>Helper needed</i> |
| Fri 27 | Priya, Gemma |
| Term 4 | Week 1 |
| Mon 14/10 | Kerrie |
| Tues 15 | Cheryl |
| Wed 16 | Kate |
| Thurs 17 | <i>Helper needed</i> |
| Fri 18 | Jackie, Kim O |
| | Week 2 |
| Mon 21 | <i>Helper needed</i> |
| Tues 22 | Louise |
| Wed 23 | <i>Helper needed</i> |
| Thurs 24 | <i>Helper needed</i> |
| Fri 25 | Naomi, Narelle |

New Menu Starting Term 4!!

Our new Term 4 menu is attached to this newsletter, and a hard copy will come home to each family in the next few days.

We are looking forward to the warmer weather and our new menu brings some fresh cooler options for the kids.

Make sure you get your favourite winter specials before they go at the end of this term! Only 1 more week to get your favourite winter fare.

We hope you look forward to some of the yummy new options available in Term 4!

If you have any questions about the canteen, including ingredients, feedback or to discuss volunteering, you can contact me at the canteen from 8am-2pm Monday to Friday, or on my mobile 0414 855 629.

Thanks, Lyn



What a day – So much to see and do.

From rides, showbags, coffee carts, music & dancing, BMX, tennis, books, market stalls, slushie, popcorn, kids games, disco, plants, hot dogs, BBQ. The TFFF was a great success and we THANK the TFFF team for putting together such a great fun family friendly day.

The TFFF is only possible because of the

- wonderful teachers and executive staff,
- generous parents who volunteered their time, provided resources & equipment
- local businesses who made donations and generously sponsored the TFFF.

Congratulations to all of our lucky prize winners. The TPS P&C and school community THANK YOU. We hope you all enjoyed the day.



Next P&C Meeting
Monday 28th October Week 3 Term 4

All Welcome – 7pm in school staff room

P&C Meetings are held on a Monday night in Wk 3 and Wk 8 every term in the school staff room and commence at 7pm. All parents and carers welcome. The P&C meetings are relaxed, welcoming and we encourage everyone to attend. We discuss and vote on initiatives and programs within the school. Plan for future needs eg. playground upgrades, IT infrastructure, additional support services, equipment needs, safety issues and fun events to engage and entertain the students and school community. There are several different ways parents can assist and contribute directly to the P&C.

1. Attend P&C meetings as a non-financial member (no voting rights).
2. Become a financial member (\$1 annually) and make your vote count.
3. P&C meetings are held on a Monday night in Week 3 and Week 8 during school term.
4. Attend and nominate for a position on the committee. (President, Secretary, Vice President, Treasurer) our AGM is in March each year.

Volunteer at one of our many events, canteen, uniform shop or take on a project. For further information or questions please contact the P&C Secretary terrighalpublicschool@pandcaffiliate.org.au

UNIFORM SHOP

OPEN EVERY WEDNESDAY during school terms 8:30am – 9:15am

Order and pay online and your order will be filled on a Wednesday morning and delivered to your child's classroom for them to bring home. GO TO - www.flexischools.com.au

2nd hand uniforms are available from facebook page - TPS-pre-loved uniforms (for sale or free)

All garments are available in sizes 4 – 16 unless advised otherwise.



Summer Dress \$45



Grey Shorts (Girls) \$ 35

Grey Shorts (Boys) \$25



Polo Shirt (Unisex) \$22



Jumper \$25



Sport Track Pants \$30



Sport Jacket \$45



Reusable Lunch Wallets

The P&C are working with the school and the broader local community to try and reduce waste.

To do our part for the environment, the P&C will now be selling reusable lunch bags for \$10.

These reusable lunch wallets are designed to replace paper lunch bags when purchasing food from the school canteen.

These lunch bags have been very successful in other local schools.

If you order from flexi-schools then that's ok too. The flexi-school stickers will now be stuck on the lunch bag and returned to your child's class with their order.

They are durable and easy to wipe clean.

They are available in 6 bright colours; Blue, Pink, Green, Red, Purple and Orange (Allergy Alert).

If you have any questions, please feel free to ask the ladies at the Canteen and the P&C would like to thank you for supporting your school fundraiser.

HOW TO PURCHASE.

1. Flexischools – pay \$10 online through the uniform shop tab for your child and your order will be delivered to your child's class on a Wednesday. <https://www.flexischools.com.au>
2. Children can bring \$10 to the school canteen and you can purchase over the counter.

**As this is a P&C run event please do not pay online directly to the school.*

Chickenpox and Shingles

Last updated: 08 April 2018

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.

How is it prevented?

- A free varicella containing vaccine (MMRV) is now recommended for all children at 18 months of age.
- 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



Influenza (flu) is a contagious respiratory illness caused by influenza viruses. Most people recover after a few days but for some people it can be fatal. An influenza vaccination each year provides the best protection against influenza.

Influenza

Last updated: 1 May 2019

What is influenza?

Influenza, or flu, is a highly contagious respiratory illness caused by influenza viruses. There are two main types of influenza virus that cause infection in humans – types A and B – and many sub-types or strains. Flu can occur throughout the year but flu activity usually peaks in winter.

Flu is a vaccine-preventable illness but a new vaccine needs to be given each year because influenza viruses change (mutate) constantly. A new flu vaccine is prepared each year to best match the strains predicted for the coming influenza season.

What are the symptoms of flu?

People with influenza typically experience some or all of the following symptoms for at least a week:

- fever and chills
- cough, sore throat and runny or stuffy nose
- muscle aches, joint pains, headaches and fatigue (feeling very tired)
- nausea, vomiting and diarrhoea (more common in children than adults)

Some symptoms may last for more than a week. Some people may also experience very mild symptoms, particularly if they have some immunity from a previous infection or vaccination.

Seek immediate medical advice if the illness quickly becomes worse or if any of the following occurs:

- shortness of breath or rapid breathing
- chest pain
- confusion or sudden dizziness
- persistent vomiting.

How is flu spread?

Influenza viruses are mainly spread by droplets made when an infected person coughs or sneezes. Influenza can also spread after touching surfaces where infected droplets have landed.

Influenza can be spread to someone by an infected person even before their symptoms begin. Adults with influenza are infectious from the day before their symptoms start until 5-7 days later. Young children and people with weakened immune systems may be infectious for longer.

Who is at risk of flu?

While anyone can get influenza, people at higher risk of complications from influenza infection (and who are eligible for free annual flu vaccine) include:

- children aged 6 months to 5 years
- people aged 65 years and older

- Aboriginal and Torres Strait Islander people aged 6 months and over
- Pregnant women

Individuals aged 6 months and over with certain medical conditions predisposing to severe influenza are also at increased risk (and who also eligible for free annual influenza vaccine). These conditions include:

- Individuals aged 6 months and over with medical conditions predisposing to severe influenza, namely:
 - cardiac disease, including cyanotic congenital heart disease, coronary artery disease and congestive heart failure
 - chronic respiratory conditions, including suppurative lung disease, chronic obstructive pulmonary disease and severe asthma
 - other chronic illnesses requiring regular medical follow up or hospitalisation in the previous year, including diabetes mellitus, chronic metabolic diseases, chronic renal failure, and haemoglobinopathies
 - chronic neurological conditions that impact on respiratory function, including multiple sclerosis, spinal cord injuries, and seizure disorders
 - impaired immunity, including HIV, malignancy and chronic corticosteroid use
 - children aged 6 months to 10 years on long term aspirin therapy.

How is flu prevented?

Get a flu shot

Influenza vaccination each year before winter arrives is the best way to prevent influenza.

- Seasonal influenza vaccination is available for anyone aged 6 months and over to protect against influenza, provided they do not have a medical reason that precludes them from receiving influenza vaccines.
- People at higher risk of influenza complications (see "Who is at risk") are strongly recommended to have an annual influenza vaccination, and are eligible for free influenza vaccine under the National Influenza Vaccination Program (available at http://www.health.nsw.gov.au/immunisation/Pages/seasonal_flu_vaccination.aspx).
- In addition to people eligible for free vaccine, influenza vaccination is also recommended for those who frequently come in to close contact with other people at higher risk of influenza complications (such as health care workers and family members), to help protect vulnerable people from infection.

For more information on general influenza vaccine recommendations refer to The Australian Immunisation Handbook (9th edition, 2008) available at: <http://immunise.health.gov.au>

Sneeze into your elbow

Sneeze into your elbow instead of your hands, or cover your face with a tissue when you cough or sneeze and throw used tissues in a rubbish bin.

Clean your hands

Wash your hands thoroughly and often. Wash hands for at least 10 seconds, especially after coughing, sneezing or blowing your nose, or use an alcohol-based hand rub.

Stay at home if sick

If you are sick with flu, stay at home and avoid close contact with other people to prevent them from also becoming sick. Keep sick children away from school and other activities. Wait at least 24 hours after fever resolves so you that you are unlikely to infect other people.

This is especially important if you visit people who are more likely to get really sick if they get the flu – including pregnant women, infants, older people or people in hospital or residential aged care. Similarly, if you think you may have influenza and you need to see a doctor, call ahead so the clinic can take precautions to reduce the risk to other people.

How is flu diagnosed?

Doctors usually diagnose influenza based on symptoms. The diagnosis can be confirmed by testing a sample of fluid taken from the back of the nose and throat or a blood sample. These tests are usually only needed if the illness is severe or if there is an increased risk of complications.

How is flu treated?

The symptoms of influenza are usually managed by bed rest, drinking plenty of fluids, and taking simple analgesics for muscle aches and pains. Children under 16 years of age must not be given aspirin-containing medications while ill with influenza. This is due to the increased risk of children developing Reye syndrome, a form of encephalitis and liver degeneration.

Specific influenza antiviral medicines can reduce the severity and the duration of influenza but need to be taken within 48 hours of the first symptoms. These medicines need to be prescribed by a doctor, and are usually considered for people at higher risk of complications from influenza infection.

What is the public health response?

Laboratories must notify cases of influenza to their local public health unit. Individual cases are managed by their health care provider.

Public health action focuses on outbreaks in high-risk settings such as health care facilities, special schools, residential care facilities, and Aboriginal communities.

Further information

- NSW Health Influenza - <http://www.health.nsw.gov.au/infectious/influenza/pages/default.aspx>
- NSW Health Influenza surveillance reports - <http://www.health.nsw.gov.au/infectious/Influenza/Pages/reports.aspx>
- NSW Health Influenza in travel groups fact sheet - http://www.health.nsw.gov.au/Infectious/factsheets/Pages/influenza_outbreaks_in_travel_groups.aspx

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



GOSFORD HIGH SCHOOL

AN ACADEMICALLY SELECTIVE SCHOOL

GHS has a unified vision to ensure that all students have the very best of opportunities in both curricular and curriculum enrichment activities

INFORMATION NIGHT
WHERE: GOSFORD HIGH SCHOOL
FOR: YEAR 7 - 2021
WHEN: WEDNESDAY 23RD OCTOBER @ GHS
ADMINISTRATION BUILDING
TIME: 5PM

Please register your interest on 43252048 or
gosford-h.school@det.nsw.edu.au



Young, Black & Ready for School

For children starting school in 2020 at the following schools:

Avoca PS, Brisbania PS, Central Mangrove PS, Central Coast Adventist, Chertsey PS, Copacabana PS, Erina Heights PS, Glenvale, Gosford PS, Gosford East PS, Holgate PS, Holy Cross, Kariong PS, Kincumber PS, Kulnura PS, Lisarow PS, Narara PS, Niagara Park PS, Ourimbah PS, Peats Ridge PS, Point Clare PS, Pretty Beach PS, Somersby PS, Terrigal PS, Valley View PS, Woodport PS, Wyoming PS

Wednesday 11th December 2019

11am - 1pm

The Erina Room

Erina Library at The Hive Erina Fair

Register your interest with:

Tracey Burraston

Tracey.burraston2@det.nsw.edu.au

- **Health & Transition Information for your child starting school**
- **Free School pack for kids & Parent pack full of helpful information**
- **Enjoy a great lunch and lots of fun activities**



**Education
Public Schools**



TREEHOUSE ART STUDIO

Joanna Francis

After School Art Classes
School Holiday Workshops
Adult Classes
Birthday Parties

Ph: 0466247716

Email: treehouseartstudio@gmail.com



www.terrigoaltennis.com.au



Stephanie 0404 277 462



Duffys Road, Terrigal



Free trial experience at Terrigal
Tennis. All ages and abilities
welcome. Head to our website for
more details.



TERRIGAL MATCHAM JUNIORS

JUNIOR COMP

Junior Blasters - Girls and Boys aged 5 to 7
\$120 for 8 weeks - Learn the basics

Master Blasters

Master Blasters - Girls and Boys aged 7 to 10
\$150 for 12 weeks - For those with basic cricket skills. Includes a training shirt and cap

Boys Junior Club Cricket - aged 10 to 16
1st Child \$185, 2nd Child \$135, 3rd Child \$110

Girls Junior Club Cricket \$100
Stage 1 and Stage 2 available, based on experience and skill

The NSW Active Kids \$100 available in July can be used for Registration for each child

Online Registration
playcricket.com.au
(search for Terrigal)

Details at:

tmcricquet.com [facebook.com/tmcricquet](https://www.facebook.com/tmcricquet)

Or Call John on 0402 037 467



The Outlook
- Riding Academy -

For Ages 4 - 16 Yrs Old

SCHOOL HOLIDAY RIDING PROGRAM

1-4 OCTOBER & 7-11 OCTOBER

Learn to ride a horse or upskill your horse riding ability

Our program includes daily horse riding, workshops, outdoor games and activities, a daily swim and long lasting memories.

- \$145 per day
- 3 day package deals are available
- BYO horse or pony (limited spots)
- No previous horse riding experience needed
- Limited places

Horse Riding
Horsemanship Skills
Morning & Afternoon Fruit Platter
Games
Swimming

Enquire today remond6@bigpond.com | 0427 189 567
theoutlookridingacademy.com.au | Gate 2, 256 Scenic Highway, Terrigal NSW 2260



COME & TRY WATER POLO!
SATURDAY 12TH OCTOBER
9-11AM
AT THE GOSFORD OUTDOOR 50M POOL

IF YOU ARE BETWEEN THE AGES OF 7 TO 15, YOU CAN SWIM AND ENJOY PLAYING IN A TEAM... THIS COULD BE THE SPORT FOR YOU!

The summer competition season is from late October to March.
Training is at Gosford 50m outdoor pool on either Tuesday or Thursday nights (depending on age group).

Competition games are played Saturday mornings at either Woy Woy, Gosford or Wyong pools.

JUNIOR GRADES

Little Lobsters (Basic water polo skills for kids ages 7-8 years, no competition games)

Under 12's (mixed gender 10-11 year olds)

Under 14's boys & girls (12-13 year olds)

Under 16's boys & girls (14-15 year olds)

To RSVP for the 'Come & Try' day go to www.gosfordwaterpolo.net and under **UPCOMING EVENTS** register your details.

Pool entry and spectator fees apply for 'Come & Try' day

For enquiries email communications@gosfordwaterpolo.net

Coastal Lagoons Catchment Crawl

Saturday 28th September
2019

9:00am – 3:30pm

Join Central Coast Waterwatch for a fun and hands on tour of the Central Coast Coastal Lagoons-Wamberal, Terrigal, Avoca and Cockrone Lagoons. Participants will travel by bus and explore the lagoons for native flora and fauna and conduct water testing.

Bookings Essential

Online: www.cen.org.au/events

Phone: 4349 4757 Email: waterwatch@cen.org.au

Cost: \$10 Adult \$5 child

includes bus travel, morning tea, lunch and report of information collected on the day.



CENTRAL COAST KIDS DAY OUT

at NARARA VALLEY HIGH SCHOOL

**Sunday
3rd Nov
10am-3pm**

celebrating ME

KIDS SHOWS, SPORTS & GREAT ENTERTAINMENT, STALLS, INTERACTIVE WORKSHOPS/ACTIVITIES

encouraging our children
to have a strong sense
of identity & self worth



CONNECTING FAMILIES WITH SOCIAL SERVICES
This being our 20th year we would like to thank our past and present sponsors.



Level One Learn to Sail Program At Gosford Sailing Club



Gosford Sailing Club invites all individuals aged seven to fourteen to take part in the Level One Learn to Sail Program over the school holidays. Students will learn the fundamental skills of sailing, being introduced to the fun of dinghy sailing in a safe and supportive environment.

Dates

Week One: Wed/Thurs/Fri 2nd-4th October

Week Two: Wed/Thurs/Fri 9th-11th October

Cost: \$195.00

Ph: (02) 4325 7216

**See more on
Gosford Sailing Club Website**



MIGHTY MARINERS

HOLIDAY CLINICS

8-10 OCT | 10AM-1PM

CENTRAL COAST STADIUM



Spring School Holiday Activities

Get the kids active for the winter school holidays with one of our exciting activities on the Central Coast!

| Activity / Location | Dates | Time | Cost |
|--|--|-----------------|-------|
| Archery (indoor) – Gosford | 30 September or 8 October | 12pm – 2pm | \$20 |
| Gymnastics (indoor – 2-day) - Tuggerah | 1-2 October or 8-9 October | 12pm – 2pm | \$30 |
| Parkour (indoor) - Tuggerah | 1 October or 8 October | 2pm – 4pm | \$20 |
| Sailing – (3-day) – Gosford | 2, 3 & 4 October or 9, 10 & 11 October | 9:30am – 3:30pm | \$195 |
| Surfing – (3-day – Avoca Beach | 2, 3 & 4 October or 9, 10 & 11 October | 3pm – 4:30pm | \$95 |
| Surfing – (3-day) – Umina Beach | 2, 3 & 4 October or 9, 10 & 11 October | 10am – 11:30am | \$95 |
| Tennis (3-day) – Gosford | 1, 2 & 3 October or 8, 9 & 10 October | 9am – 3pm | \$140 |

Book online or call the numbers below:

Central Coast Regional Office
 C/- Ourimbah Campus,
 Brush Road, Ourimbah 2258

02 4348 6700 or 13 13 02

sport.nsw.gov.au/events &
 then search by Central
 Coast Region



- ✓ Training
- ✓ Generous allowance
- ✓ 24/7 Support



Barnardos Australia
urgently needs short-term
foster carers.

Count yourself in,
call us today.

1800 663 441
barnardos.org.au/wecare



Barnardos
Australia

ABN 60 000 007 900 | 100% Not-for-Profit | Financial Guarantee | Registered Charity | Models used to protect privacy | CC_18_00629

SUPPORTING OUR COMMUNITY



Property Central will donate **\$110**
to Terrigal Primary when you sell
through us.

*Money will be given on settlement when you
sell your home through Property Central.

p **propertycentral**
.com.au
4385 6423

Terrigal Public School Canteen



Cool Summer Menu

Term 4 2019 & Term 1 2020

Open Mon – Fri from 8.30am

For information, please contact Lyn at the canteen

Please ensure students name and class are written on the bottom of the bag, and that recess and lunch orders have separate bags (10c each if canteen supplies these).

Online ordering is available at www.flexischools.com.au - you can register anytime.





Serving our school community healthy food is not the only duty of the canteen - teaching children about value for money in a safe environment is also important.

All orders must be received by 9am please, and must be paid for on the day.
































RECESS

Available Every Day

| | |
|---|--------|
| Fresh fruit (apple, banana, orange, seasonal) | \$1.00 |
| Fresh Fruit Kebab    | \$1.00 |
| Canteen made dip * (choose from hummus, beetroot, white bean, tzatziki)     | \$0.50 |
| Rice crackers with dip (choose from above)*    | \$1.00 |
| Rice crackers with cheese & carrot sticks *   | \$1.20 |
| Veggie Sticks (carrot, cucumber, celery) *    | \$1.00 |
| Vanilla or Fruit Yogurt Cup    | \$1.00 |
| Custard Cup    | \$1.00 |
| Canteen made fruit muffins *    | \$1.00 |
| Cheese & bacon roll - half | \$1.00 |
| Popcorn     | \$1.00 |
| Red Rock Sea Salt chips 28g    | \$1.50 |

Available Weekly

| | |
|--|--------|
| Canteen Made Scrolls (Mon)   | \$1.00 |
| (Made from scratch, Cheesemite, cinnamon or apple custard) | |
| Quesa Quarters (Mon)    | \$1.00 |
| (All have cheese, choose from ham, tomato, plain, garlic) | |
| Fresh fruit muffins (Tues)    | \$1.00 |
| Frozen 'Lollipop' (Tues)     | \$0.80 |
| Pikelet – plain or fruit (Wed)     | \$0.50 |
| Fresh Frozen Fruit Yoghurt (Wed)     | \$1.00 |
| Hawaiian or Pizza Muffin Melts (Thurs)   | \$1.50 |
| (Choice of tom or BBQ sauce, ham, cheese, option of pineapple) | |
| Frozen 'Lollipop' (Thurs)     | \$0.80 |
| Pikelet – plain or fruit (Fri)    | \$0.50 |
| Bakery Pizza Roll - half (Fri) | \$1.00 |

**** Tomato or BBQ sauce squeeze pack** \$0.30**

** Students collect their own recess orders from the canteen **

Drinks

| | |
|---|--------|
| Water 350mls | \$1.00 |
| Water 600mls | \$1.50 |
| Plain low fat milk | \$1.00 |
| Sipahh milk (choice of flavours) | \$2.00 |
| Oak flavoured milk (chocolate, strawberry, banana) | \$2.20 |
| Up & Go (chocolate, vanilla, banana) | \$2.50 |
| Small juice cup 110ml (orange, apple, blackcurrant) | \$1.00 |
| Juice Popper 250ml (tropical, blackcurrant, orange) | \$2.00 |
| Juice poptop 200ml (apple, orange, blackcurrant) | \$2.40 |

Frozen Treats - all available at lunchtime

| | |
|--|--------|
| Frozen orange slice | \$0.10 |
| Frozen Watermelon | \$0.20 |
| Frozen 'drops' (Choc, banana, strawb) | \$0.10 |
| Quelch sticks – half | \$0.40 |
| Quelch sticks – whole | \$0.80 |
| Icy cups (blackcurrant, apple or orange) | \$1.00 |
| Moosie (blue moon or chocolate) | \$1.50 |
| Juicies (Wildberry, Orange, Lemonade or Tropical) | \$1.50 |
| Vanilla light ice cream dixy cup | \$1.50 |
| Twisted Frozen yoghurt - all natural (strawberry & vanilla, chocolate & vanilla or mango & watermelon) | \$2.40 |

Key

| | |
|---|--|
|  = Canteen Made |  = Vegetarian Option |
|  = Gluten Free or Gluten Free Option Available |  = Low Fat variety of this option |
|  = Dairy Free or Dairy Free Option Available | * = Orders only |



Have you seen our Facebook page? Search for TPS~~Canteen~~ and 'like' our page for details of specials, pictures of our menu items and to stay up to date with what's happening in the canteen!

The Hunger Haven is a P&C run canteen. All profits from the canteen are returned to the P&C to benefit our students. We always welcome volunteers! Please see Lyn in the canteen for more information.



Terrigal Public School Canteen

Cool Summer Menu

Term 4 2019 & Term 1 2020

Open Mon – Fri from 8.30am

For information, please contact Lyn at the canteen

LUNCH

Available Everyday

Hot Food

| | | | |
|---|----|-----|--------|
| Corn cob | DP | Veg | \$1.50 |
| Hot Garlic roll | CM | Veg | \$1.00 |
| Hot Cheese roll | CM | Veg | \$1.00 |
| Yummy Chicken Fingers (crumbed chicken) | DP | | \$0.60 |
| Gluten Free Chicken Tenders | GF | DP | \$2.00 |
| Ham & Pineapple pizza | | | \$4.50 |

**** Tomato or BBQ sauce squeeze pack **** \$0.30

Sandwiches / Wraps / Rolls / Toasties

All sandwiches and rolls are buttered unless otherwise specified; all sandwiches are wholemeal bread; no additional cost for rolls or wraps; gluten free bread available for extra \$1.

| | | |
|---|----|--------|
| Vegemite or cheese | | \$2.50 |
| Ham, tuna or egg (egg mixed with mayo) | | \$3.00 |
| Poached chicken breast | CM | \$3.50 |
| Full Salad (lettuce, carrot, cucumber, tomato, beetroot) | | \$3.00 |
| Baked Beans or Spaghetti | | \$3.00 |
| Cold Chicken Burrito (Chicken, salsa, cheese, lettuce & tomato on a wrap) | CM | \$4.50 |

Add to any of the above:

| | | |
|---|--|--------|
| Cheese | | \$0.50 |
| Full salad (as above) | | \$1.00 |
| Any one salad item | | \$0.40 |
| Pineapple ring | | \$0.50 |
| Sauce - tomato/ BBQ/ mayo/ Sweet chilli | | \$0.30 |
| Toasting / Warming in oven | | \$0.30 |

Salad Box

Salad of lettuce, tomato, cucumber, carrot, celery, beetroot, pineapple and cheese

Add egg, tuna, ham or poached chicken for \$1 extra

Lunch order drinks and frozen items are not placed in lunch bags. Children must return their stamped lunch bag to the canteen to collect these items

** Class lunch order boxes are picked up by delegated students & taken back to the classroom or to designated eating areas. **

Burgers

| | | | |
|---|-----|----|--------|
| Cheeseburger | Veg | DP | \$4.70 |
| Buttered roll with cheese, choice of sauce, and either beef, chicken or veggie pattie (chargrilled chicken add \$1) | | | |
| Chicken Burger | DP | | \$4.50 |
| Chicken pattie, lettuce & mayo (chargrilled chicken add \$1) | | | |

'Stacks on' burger Veg DP \$5.20
Buttered roll with full salad, cheese, choice of sauce and either beef, chicken or veggie pattie (chargrilled chicken add \$1)

'Real Deal' Chicken Fillet Burger CM DP \$6.50
Fresh Australian Free Range chicken breast fillet, oven baked with herbs and spices in the canteen, on a wholemeal roll with mayo, lettuce and tomato

Hawaiian Burger Veg DP \$5.00
Buttered roll with cheese, choice of sauce, lettuce, pineapple ring & beef, chicken or veggie pattie (chargrilled chicken add \$1)

Available Weekly

| | | | | | |
|---|----|----|-----|----|--------|
| Canteen Made Sushi Handrolls (Mon) | CM | DP | Veg | DP | \$3.50 |
| Choice of tuna, poached chicken or vegetarian sushi handroll served with soy sauce (Gluten Free soy sauce available for 50c) | | | | | |
| Canteen Made Pizza (Tues) | CM | DP | Veg | DP | \$4.50 |
| Choose tomato, BBQ or pizza sauce; then add from the following; poached chicken, ham, pineapple, capsicum, fresh tomato, cheese | | | | | |
| Honey Soy Chicken Drumsticks (Wed) | CM | GF | DP | DP | \$2.50 |
| Our delicious canteen made Honey Soy chicken drumsticks. Add as many as you like and perhaps add a small salad or a hot roll to make it a meal. | | | | | |
| Cool Noodle Salad (Thurs) | CM | GF | DP | DP | \$4.50 |
| With carrot, celery, red cabbage, capsicum, snow peas, shallots, rice noodles, poached chicken and a canteen made gluten free sauce | | | | | |
| Mexican Parmesan Burger (Fri) | CM | DP | | | \$5.50 |
| Crumbed chicken burger smothered in melted cheese & ham served with salsa on a soft roll | | | | | |

The Hunger Haven is a P&C run canteen. All profits from the canteen are returned to the P&C to benefit our students. We always welcome volunteers! Please see Lyn in the canteen for more information.