EXCURSION PAYMENTS
Just a reminder that the Year 4/5/6 Sydney Excursion payments are due now. If you are unable to meet this deadline please see Mrs Eather or Mrs Groth.

JUNIOR EXCURSION
The bus will be departing the at 9.10am and won’t be returning to the school until 4pm. Parents will need to pick up their children from school on this day as we won’t be back in time to catch the bus. Lunch orders for the Big Banana Excursion went home last week. Please return all notes and lunch orders as soon as possible. We would like all students to wear their uniform for the excursion please.

STUDENTS OF THE WEEK
Congratulations to the following students who received certificates at our assembly. Taben English—Improved reading skills; Isobel Hildrew—Great comprehension skills; Noah Howland—Excellent spelling and reading results; Alex Forsythe—Excellent spelling and reading results; Chennai Wyse-Harmer—Improved maths work; Taylah Develder—Excellent reading; Rheannah Wyse-Harmer—Big effort in all areas. Well done!

BOOK PACKS
Invoices have been sent home to families who still have to pay for book packs. It would be appreciated if these accounts could be settled as soon as possible.

GRANDPARENTS’ DAY
It was fantastic to see such a big roll up at our Grandparents’ Day. The staff were overwhelmed by the number of people who took the time to visit our school. Thank you to everyone who travelled from far away. I’m sure our Grandparents were most surprised at how different the learning environment is in 2015 compared to their time at school. We hope to now make this an annual event.

UNIFORM SALE
Due to our Schools P & C deciding on a new uniform our remaining stock of Blue Shirts and Sport Shirts are now HALF PRICE. Blue Shirts are now $6.50 and Sport Shirts are now $10.50. There are only limited numbers left in each size so, first in best dressed! This style can be worn in 2016 as we will gradually introduce to new shirts.

YEARLY TESTING
All students will be involved in assessment tasks over the next two weeks. It is very important that all children attend school so that they do not miss their test. If your child is going to be away, PLEASE CONTACT YOUR CLASS TEACHER so that they can reschedule the testing. Please try to schedule all appointments for after school.
What is Fresh Tastes?

Our school implements the Fresh Tastes @ School NSW Healthy School Canteen Strategy, which means our canteen has guidelines to follow when designing the menu. Fresh Tastes @ School uses a coloured spectrum to categorise food based on nutritional value:

**Green:** these foods are a good source of nutrients and contain less saturated fat, sugar, salt and excessive kilojoules so fill the menu with these foods.

**Amber:** these foods have some nutritional value, moderate levels of saturated fat, added sugar and salt so select these foods carefully, avoid large portion sizes and don’t allow them to dominate the menu.

**Red:** have little to no nutritional value and are high in saturated fat, added sugar, salt and excess kilojoules. These foods can only be sold on two occasions per term.

For more information, visit [www.healthy-kids.com.au](http://www.healthy-kids.com.au)

Whooping cough information for schools

There is an outbreak of whooping cough (pertussis) in NSW, mainly affecting school-aged children.

Coughing spreads the infection to others nearby. Whooping cough can spread to anyone at home, including younger brothers and sisters. Whooping cough can be especially dangerous for babies.

Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. The infection can occur even in fully-vaccinated children. Older children may just have a cough that is persistent and may be worse at night.

- Children with these symptoms should see a doctor.
- If your doctor diagnoses whooping cough in your school-aged child, please let the school know and keep your child at home until they have taken 5 days of antibiotics. Keep coughing children away from babies.

Whooping cough vaccines give good protection against infection but immunity fades with time. Check that all your children are up to date with their vaccines, due at 6 weeks, 4 months, 6 months, 4 years and 12 years of age (offered to all Year 7 students through the NSW school-based vaccination program). A booster is also recommended at 18 months of age.

A booster dose of vaccine is also recommended for adults that are in contact with young children, such as school staff and parents. Pregnant women are recommended to have a booster dose during each pregnancy and this is funded by NSW Health. Those who are new parents or carers of babies should consult their general practitioner about appropriate immunisation.

Your local public health unit can provide advice about whooping cough on 1300 066 055 or visit the NSW Health website for information on childcare and schools about whooping cough.