PRINCIPAL’S MESSAGE

Fabulous Community Spirit—Congratulations to all the supporters of the recent World's Greatest Shave. A HUGE thank you to Jayden S and Mrs Saumamao who traded their hair for some important funds for Cancer Research. Photos—Page 4, including Jayden's front page photo in the Advertiser this week.

Easter Hat Parade—all the K-2 classes are getting ready for our annual Easter Hat Parade which will be held on Wednesday 27th March at 12.30pm. All parents welcome.

Kindergarten Meet-the-teacher—will be held this Friday at 2,30pm in Mrs Sullivan’s room. All kinder parents should have received an invitation earlier this week but this is a reminder—in case the note got lost between school and home :-)  

Gala Days—our first two Gala days will be held for the year—the first one is this Friday and the next one is the week after Good Friday. Good luck to all our teams and we especially look forward to continued reports about great sportsmanship and behavior.

It’s Academic—Congratulations to our ‘It's Academic’ team from 2012 who were the winners of their round - as shown on television last week. Our team moved into the semi-finals which will be televised in the near future. Well done everyone and congratulations to the teachers for their great preparation and training—especially with the 'buzzer'!

Anna Butler—Principal

Principal’s Certificates

Omar Zeitouneh  Caleb Starr  Joshua Southam  Bradley Boomsma  
Savannah Jeffs  Akeefah Bardien  William Craig  Montanna Pike  
Mackenzie Jeffs  Lejla Pudavdic  Leah Aronas-Fogarty  Sarah Al-Nakeeb  
Jesse Savignano  Jeremy Coombe  Yousef Haddara  Sabah Sikder  
Nathan Keane  Danica Merce

White Ribbons

Addison Clunie  Bella Maulguet  Aliya Parker  Alexie Paulo  
Scarlet Wilson  Kyle Blackler  Kenneth Butler  Jacob Cox  
Tyler Spence  Freya Beckley  Kaitlynn Mccurdie  Leanne Merce  
Nicola Turcarelli  Madeleine Wolstenholme  Sadiq Al Nakeeb  Jett Armstrong  
Izac Culican-Taylor  Harrison Dixon  Zac Rodwell-Nelson  Nasha Mucheru  
Ashley Roach  Madison Steele  Riley Cannane  Zahaylah Assoum  
Aida Pudavdic  Caleb Starr  Makerita Fausee  Jasmine Kaur  
Thomas McCurdie  Jackson Thew  Akeefah Bardien  Savannah Brazel-Barton  
Tayla Denman  Keira Elliott  Danna Guerrero-Saavedra  Gabbie Lysle  
Hunter Lenton  Memphis Maskill  Conah Pike  Ella Beckley
DATES TO REMEMBER

Fri 22nd Mar 1st Gala Day
Fri 22nd Mar Kinder Meet the Teacher 8.30am
Wed 27th Mar K-2 Easter Hat Parade 12.30pm School Hall
Fri 29th Mar Good Friday (School Holiday)
Mon 1st April Easter Monday (School Holiday)
Tues 2nd April Assembly 2.15pm School Hall
Fri 5th April 2nd Gala Day
Tues 9th April Zone League Knock out U 11’s
Tues 9th April Road Safety Excursion Yrs 5/6
Wed 10th April Year 1 Vision Testing
Fri 12th April School Holidays Start
29th-30th April Staff Development Days
Wed 1st May Students return to school
Mon 6th May P&C Meeting 6.30pm Staffroom
Thurs 9th May Stewart House Bags sent home

STUDENT DETAILS

Please keep all contact details up to date so we are able to contact you in case of an emergency. Address and phone numbers are vital to the well being of your children in an emergency.
WORLD’S GREATEST SHAVE

Last week many members of our local community took part in fundraising for the World’s Greatest Shave to help raise much needed funds for the Leukaemia Foundation. Two members of our school community joined in the fundraising by being brave enough to have their heads shaved to raise as much as they could for this worthwhile charity. You can see below Jayden Speechley (5/6R) who had his head shaved at school by his mum, Tanya. Also Rebecca Saumamao who is Lania’s (1K) mum. Rebecca had her head shaved at her local hairdresser’s salon. Both Jayden and Rebecca have been growing their hair for quite some time in preparation for this great event. The Staff, Students and School Community are very proud of their efforts and congratulate them on a job well done.
**UNSW Competitions Reminder**

If you wish your child to enter this year’s UNSW Competitions, please remember that all notes and full payment for ALL competitions must be handed in by **Wednesday, 10th April, 2013**

**PLEASE NOTE THAT STUDENTS IN YEAR 2 ARE NOW ABLE TO ENTER THE MATHEMATICS AND ENGLISH COMPETITIONS ONLY**

If you do not have your note, you can complete the slip below and place it with your payment in the black payment box in the school office.

Mrs J Cowan  
Organiser

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**Child’s Name ___________________________ Class ___________________________**

**Please Tick**

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<tr>
<th>Amount Enclosed $</th>
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<tr>
<td>$8.00</td>
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**St Gregory’s College**

Art & Craft Community Fair is being held at the school - on 22-24 March 2013. 100 Badgally Road, Gregory Hills.  
Our school has had 5 entries submitted.  
These children are Leah Arenas-Fogarty Year 3 Anthony Eade Year 5  
Simran Lal Year 6 Raissa Putrizulfan Year 6  
Kai Belle Fraser Year 5

Winners will be notified by Thursday 21st March 2013 and will be invited to attend a Cocktail Party on Friday 22nd March 2013 to receive their prize.  
Please visit the fair and see our amazing work

Mrs J. Cowan

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**What matters 2013**

This is a writing competition that gives students in years 5-12 in NSW and ACT a chance to say what matters to them in society today. What actions do you think should be taken to build a better society? What would you change if you could? What do you want other people to care about?

How to enter: Write 400-600 word opinion piece on what matters to you and why. Entries must be typed on A4 paper. All entries must be accompanied by a signed entry form that you can get from Mrs Cowan.

Closing Date: Friday 3rd May, 2013. (Mrs Cowan will need the entries by 30th April to ensure they arrive by the closing date). Thank you Mrs J. Cowan
Children's infectious diseases

For more information contact your local health unit, community health centre, pharmacist or doctor

Chickenpox

**Time from exposure to illness**
2 to 3 weeks.

**Symptoms**
Slight fever, runny nose, and a rash that begins as raised pink spots that blister and scab. Can be more severe in pregnant women and newborns.

**Do I need to keep my child home?**
Yes, for 5 days after the rash first appears and until the blisters have all scabbed over.

**How can I help prevent spread?**
Immunisation is available for children at 18 months of age. It is recommended for people over 12 years who are not immune.

Do I need to keep my child home?
Yes, at least for 24 hours after diarrhoea stops.

How can I help prevent spread?
Careful hand washing with soap and water after using the toilet or handling nappies and before touching food.

German measles (Rubella)

**Time from exposure to illness**
2 to 3 weeks.

**Symptoms**
Often mild or no symptoms, mild fever, runny nose, swollen nodes, pink blotchy rash that lasts a short time. Can cause birth defects if pregnant women are infected.

**Do I need to keep my child home?**
Yes, for at least 4 days after the rash appears.

**How can I help prevent spread?**
Immunisation (MMR) at 12 months and 4 years of age.

Glandular fever

**Time from exposure to illness**
4 to 6 weeks.

**Symptoms**
Fever, headache, sore throat, tiredness, swollen nodes.

**Do I need to keep my child home?**
No, unless sick.

**How can I help prevent spread?**
Careful hand washing. Avoid sharing drinks, food and utensils and kissing.

**Conjunctivitis**

**Time from exposure to illness**
1-3 days.

**Symptoms**
The eye feels scratchy, is red and may water. Lids may stick together on waking.

**Do I need to keep my child home?**
Yes, while there is discharge from the eye.

**How can I help prevent spread?**
Careful hand washing; avoid sharing towels. Antibiotics may be needed.

Gastroenteritis

**Time from exposure to illness**
Depends on the cause: several hours to several days.

**Symptoms**
A combination of frequent loose or watery stools, vomiting, fever, stomach cramps, headaches.
## Children's infectious diseases

<table>
<thead>
<tr>
<th>Disease</th>
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<tbody>
<tr>
<td><strong>Hand, foot and mouth disease</strong></td>
<td>3 to 7 days.</td>
<td>Mild illness, perhaps with a fever, blisters around the mouth, on the hands and feet, and perhaps the nappy area.</td>
<td>Yes, until the blisters have dried.</td>
<td>Careful hand washing especially after wiping noses, using the toilet and changing nappies.</td>
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<td><strong>Impetigo (school sores)</strong></td>
<td>1 to 3 days.</td>
<td>Small red spots change into blisters that fill with pus and become crusted; usually on the face, hands or scalp.</td>
<td>Yes, until treatment starts. Sores should be covered with a watertight dressing.</td>
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<td><strong>Head lice</strong></td>
<td>Usually 5 to 7 days.</td>
<td>Itchy scalp, white specks stuck near the base of the hairs, lice may be found on the scalp.</td>
<td>No, as long as head lice treatment is ongoing.</td>
<td>Family, friends and classroom contacts should be examined and treated if infested.</td>
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<td><strong>Influenza</strong></td>
<td>1 to 3 days.</td>
<td>Sudden onset of fever, runny nose, sore throat, cough, muscle and headaches.</td>
<td>Yes, until they feel better.</td>
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<td><strong>Hepatitis A</strong></td>
<td>About 2 to 6 weeks.</td>
<td>Often none in small children; sudden fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine, pale stools.</td>
<td>Yes, for 2 weeks after first symptoms or 1 week after onset of jaundice.</td>
<td>Careful hand washing; close contacts may need to have an injection of immunoglobulin; immunisation recommended for some people.</td>
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<td><strong>Measles</strong></td>
<td>About 10 to 12 days until first symptoms, and 14 days until the rash develops.</td>
<td>Fever, tiredness, runny nose, cough and sore red eyes for a few days followed by a red blotchy rash that starts on the face and spreads down the body and lasts 4 to 7 days.</td>
<td>Yes, for at least 4 days after the rash appears.</td>
<td>Immunisation (MMR) at 12 months and 4 years. Contacts who are not immune may be excluded from school for 14 days.</td>
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