

# GWANDALAN PUBLIC SCHOOL

Principal: Don Begg  
Week 2 Term 3



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## Dear Friends of Gwandalan Public School

### Brooke C —State Cross Country Champion.

Congratulations to Brooke C upon her win in the 3000m Cross Country at the State PSSA Championships held last Friday.

### Athletics Carnival -Friday 7 August

Venue: Tunkawallin Oval. Please wear sports colours and a broad brimmed hat.

Canteen will be operating from 10.00am. We are looking forward to many families attending.

### Hot Rod and Steetcar Rally — This Saturday 8 August.

Time: 10.00 am—3.00 pm

Venue: Gwandalan Bowling Club Foreshore

Entry: Gold Coin Donation

Please support this day as funds raised go towards our P & C.

### Father's Day

Welcome to the Father's Day Breakfast program for 2009. This year's breakfast is shaping up to be bigger, better and more exciting than the last 2 years. We are expanding further than the Central Coast this year, out to the Hunter Region, Northern Sydney and the ACT.

Once again there is a writing competition. The writing should be about your father or another male role model in your lives. Remember to be innovative. Please remember that they need to be on A4 sheets of paper (portrait NOT landscape) and have name and class in the corner. More information about the breakfast will be in the newsletter in the coming weeks. Entries are due to the class teacher by the end of week 2 (Friday 7 August).

Good Luck

Mr Kemp

**Senior Girls Soccer** – The Senior Girls Team played the third round of the NSW State Knockout Competition against Bateau Bay last Thursday at Doyalson. They competed tenaciously throughout the entire match to eventually triumph 1 – 0, with Courtney scoring two minutes before full-time! The girls played exceptionally well as a team and displayed great sportsmanship. Thank you again to the parents who attended, providing transport and great support for our team. Their next game will be against Chittaway Bay and this will be played at Doyalson on Thursday. Fantastic work girls, we are so proud of your efforts.

**School Athletics Carnival** – Don't forget about the School Carnival which will be held at Tunkawallin Oval this Friday. (7<sup>th</sup> August). Any parents who are able to assist as officials on the day are asked to contact Mr Mandroules at school any time. Any help at all would be most appreciated. We will also be running a Canteen on the day, including a BBQ, and we are looking for any helpers to assist Ann- Marie throughout the day as well.

**Sport In Schools** – This commenced last week and will run each Wednesday throughout the term. Please ensure your payments are in to allow your children to participate in these highly recommended sporting activities run by professional instructors.

**Premier's Sporting Challenge** – This term all classes at our school will be participating in the Annual Premier's Sporting Challenge. Last year the two Year 6 classes took part and achieved Gold Awards for their efforts. As well as this the school obtained a grant of over \$2000 to put towards new sporting equipment. Hopefully, by having all classes from Kinder to year 6 participating we will receive even more rewards and funding, as well as raising the fitness levels of our students.

### **Premiers Reading Challenge**

Just a reminder to everyone doing the challenge this year that the challenge must be completed by the end of the month. The cut off date for our school is Wednesday 26 August to allow time for data entry and validation.

Barbara Pirlo  
Co-ordinator PRC

### **P&C NEWS**

The Hot Rod Spectacular will be on this Saturday at Gwandalan Bowling Club Foreshore. Please come along and support this event. All the money raised goes to the P&C which goes straight back into school resources. Any volunteers to help with the BBQ, selling raffle tickets and general organisation on the day would be great! The major raffle will be drawn on the day. Prizes as follows:

P&C Meeting- Tuesday 7<sup>th</sup> July 2009 at 7pm in the Community Room

### **GPS P&C - MAJOR RAFFLE**

- 1<sup>ST</sup> Prize**      Weekend at Point Wolstoncroft  
                         Sport & Recreation Centre
- 2<sup>nd</sup> Prize**      Tree Top Adventure Park Family Pass  
                         – (2 Adults & 2 Children) Wyong Creek
- 3<sup>rd</sup> Prize**      18 Holes of Golf for 2 People at Belmont Golf Club, including 1 x Golf Cart

Drawn On 8/8/09                      **\$1 each or 6 for \$5**

The minutes of the P&C meetings can be viewed at:  
<http://www.gwandalan-p.schools.nsw.edu.au/pandc.htm>

## DEPARTMENT OF EDUCATION AND TRAINING

### Human Swine Flu Information Sheet

This year it is likely many more people will come down with flu-like illnesses than in recent flu seasons because few people have immunity to the human swine flu virus.

As the number of cases of flu increases, we all need to take steps to minimise the transmission of the virus in school communities as some staff and students are at greater risk of severe illness from flu.

Staff or students who become unwell should stay away from school until they are well to minimise the transmission of the flu.

Any student who identifies that they are unwell, or is displaying flu-like symptoms at school will be sent to a sick-bay area and their parent or carer will be called to take them home.

Please watch carefully for any signs or symptoms of flu-like illness in your child. If they are unwell please do not send them to school until their symptoms have gone.

These symptoms include fever, cough, tiredness, muscle aches, sore throat, chills or shortness of breath.

Some people are more likely to develop severe illness from both seasonal influenza and swine flu. NSW Health advises that this group includes people who:

- Are pregnant (particularly in the second and third trimester)
- Have chronic lung disease (including asthma)
- Are very obese
- Have chronic heart conditions
- Have chronic kidney disease
- Have chronic liver disease
- Have blood disorders (including sickle cell disease)
- Have neurological disorders
- Have metabolic disorders (such as diabetes)
- Have weakened or suppressed immune systems (which may be caused by cancers, medications or HIV/AIDS)
- Are of Aboriginal and/or Torres Strait Islander background (of any age).

If you or your child is in one of these categories, please seek urgent medical attention as soon as symptoms of flu appear because you may need anti-influenza medication and it works best if given early.

The department has policies in place to support schools this flu season. I can assure you that the department will continue to act on all advice received from NSW Health to ensure the health, safety and wellbeing of our staff and students.

Additional health information is available from the H1N1 Influenza 09 section of the NSW Health website at: <http://www.emergency.health.nsw.gov.au/swineflu/index.asp>

### Head Lice

We have had several cases of head lice at school. Please be diligent and check your child's hair every day. Treat if necessary. No child should attend school if untreated.