



### DATES FOR YOUR DIARY

#### STUDENT Events

##### Book Week

Dress as a book character day Monday 28th August

Fathers' Gift Day  
1st September

#### PARENT/CARER Events

Out of The Blue  
Art Exhibition  
Week 8 and 9  
7th—17th Sept

#### P&C Meeting

Tuesday 19th September  
11:30am

### Save the date!

Senior Graduation  
19th November 2017

2017 School Concert  
Wed 6th Dec 2017

**Please update your  
diary as this date was  
incorrectly written in  
the last newsletter.**



### The Launch of our Official Fisher Road School Facebook Page

In a further effort to promote a positive school community and with the support of the P&C, we are proud to announce that our school will be launching an official Facebook page.

Our Facebook page is for promoting a sense of community and will be used to provide families with information about events and activities and positive achievements within our school. The page won't replace regular communication modes (such as the newsletter, webpage and email), rather, it will communicate through social media many of the interesting, exciting, fun and engaging learning of our students, giving you the chance to interact with "likes" and comments. It will also link our school to various local service providers who also have Facebook pages. The current group will remain as a locked P&C operated group for parent/carers under the same Rules Of Engagement. A notice, including permission and the new Rules of Engagement will go home to all parent/carers shortly in anticipation of the official launch, after which you can share this with your family and friends.

**Reminder**

# BOOK WEEK

Students and Staff dress as a book character on Monday!



This **BOOKWEEK** may those who love reading share it.  
May all understand that others might not see letters and words the same.  
Some might move while trying to listen.  
Some might talk while trying to understand.

Remember **LEARNING** always starts from **EXPLORING** and there is no right way to explore.

Let us sit & read, swing & read, dance & read, look & create, listen, adapt and enjoy each other's differences brought together in a book

Active DT For Kids—Facebook



*As you know Book Week* is being celebrated next week with all students and staff dressing up on Monday as their favourite book character. This is an exciting opportunity to recognise visual literacy across our junior and senior school and share in the celebrations of so many other schools with this student event.

*A few highlights for me this newsletter include* farewell to some of our Senior camp students. There was a buzz of excitement in the morning as students were boarding the bus and being responsible for locating and loading their own baggage. Students were high fiving each other, some were sitting waiting and some were smiling. Jacob being very responsible reminding fellow passengers to "put your seatbelt on" and Hannah (who has been packed for a fortnight) showing her delight sitting in the front. Three of our senior classes participated in the Narrabeen Sport and Recreation camp this year with a focus on ROAR 'Relationships, Outdoors, Activities and Resilience'. All six staff attended the 3 days and volunteered to stay the night ensuring that our students could engage in the many wonderful opportunities that camp provides; rock climbing, archery, high ropes, kayaking, campfire, and swimming.



*Externally Funded Service Providers* On Friday the department released guidelines for schools in working with externally funded service providers. As a result, when the school executive have read through this documentation there will be minor tweaking to our current procedures to align with the policies and procedures of the department. For this reason, for the remainder of this term (4 weeks) there will be no further parent/carer requests approved. The update will be released to families at the end of the term ready for Term 4. Pre-approved applications will continue as usual, to minimise any change or disruption. Thank you for understanding our stance that working together benefits our students whilst also acknowledging that Fisher Road procedures need to be in alignment with department expectations of all public schools.

*School image* Later this term we are expecting a delivery which will provide a much needed upgrade of the look of our school foyer. We want this foyer to be a welcoming space, comfortable and inviting where parents and families, carers, professionals and community visitors sit and wait. There will be new seating and a large display of various brochures and information hung on the wall.

*Too sick for school* at this time there are a large number of illness going around. Just as the expectation that if your child is well they should be at school, we also have an expectation that if your child is unwell, they are not at school. Thank you for your consideration of others and not sending your child to school sick.

*After School Care at Fisher Road* Matt, Polly (P&C Secretary) and myself have agreed on the areas in the school that can be used by an after school care provider. This is now being sent to the Department Assets who will advise the next step. We are supporting this process entirely so that our students have access to this much needed service (after school care/holiday programs etc) Further updates as known.

*Out with the old* booster seats used in our transport vehicles and in with the new six booster seats purchased for our junior students to travel safely as part of their excursions/community programs.

*Student achievement* Russell is attending sport each Wednesday afternoon with Cromer High School integrated studies classes. This week he played softball and cheered along with his peers. Russell is making such wonderful progress in sharing and supporting peers with positive comments. Well done Russell!



And I think to myself  
'what a wonderful  
school'

Donna Blatchford

School Principal



Concert signing

# Class JO

Jen and Carmel

Class JO have been cooking rice pudding for a few weeks now. We have fine tuned our recipe and it is DELICIOUS!!!!!! All students are making an effort to help pour the ingredients into the Thermomix and push the buttons to turn it on. We enjoy listening for the beeping sound to indicate that we are up to the next step. What could be better than the smell of warm rice pudding on a winters day!



# Class VR

Virginia, Donna and Wendy

Our class continue to be involved in the preparation for the 'Out of the Blue' exhibition next month. Threading the bottle tops and straws is an activity which we are now very proficient at doing. Sequencing and fine motor skills have been put to the test and improved upon as we repeat the process on a daily basis.





# Class NS

Nick and Alena

In Class NS some of the students have been using Mathseeds from the ABC Reading Eggs program to work on their maths skills in the classroom. ABC Mathseeds teaches students aged 3-9 core maths and problem solving skills with fun, highly interactive and rewarding lessons. ABC Mathseeds combines highly structured lessons with fun motivational elements that keep students engaged and keen to learn. In the photos below we can see Sekayi and Daniel using Mathseeds on the computers in the classroom. They both love using the program and have made good progress using it.



# Class CW

Tess and Jenny

With Caroline away this week, our wonderful casual teacher Tess has worked alongside Jenny continuing the wonderful learning programs in Class CW. This is their contribution.

Class CW have been making banana milkshakes as a part of their cooking and tasting program. All children helped in choosing and preparing the ingredients. During the process we encouraged the children to use their sensory awareness in exploring the foods. Not all students enjoyed the final product but staff were impressed by their willingness to try new things. Well done CW !



# Class SH

Sam, Kari and  
Rosie

Class SH have been taking advantage of the warmer weather these past couple of weeks and venturing out for more time outside, riding, walking and enjoying the school surroundings.

Some of our favourite activities at the moment include:

## Bike Riding

Mia and Billy enjoyed time riding around the oval on our little red trikes, Billy was pleased to offer Mia a ride and she accepted with great enthusiasm.



Walking Rafaela has been making great progress with her walking and is becoming more and more independent. Look at her walking the stairs! Go Rafaela!



## Playing the Drums

George has discovered his rhythm and eagerness for playing the bongo drum during our weekly music sessions.

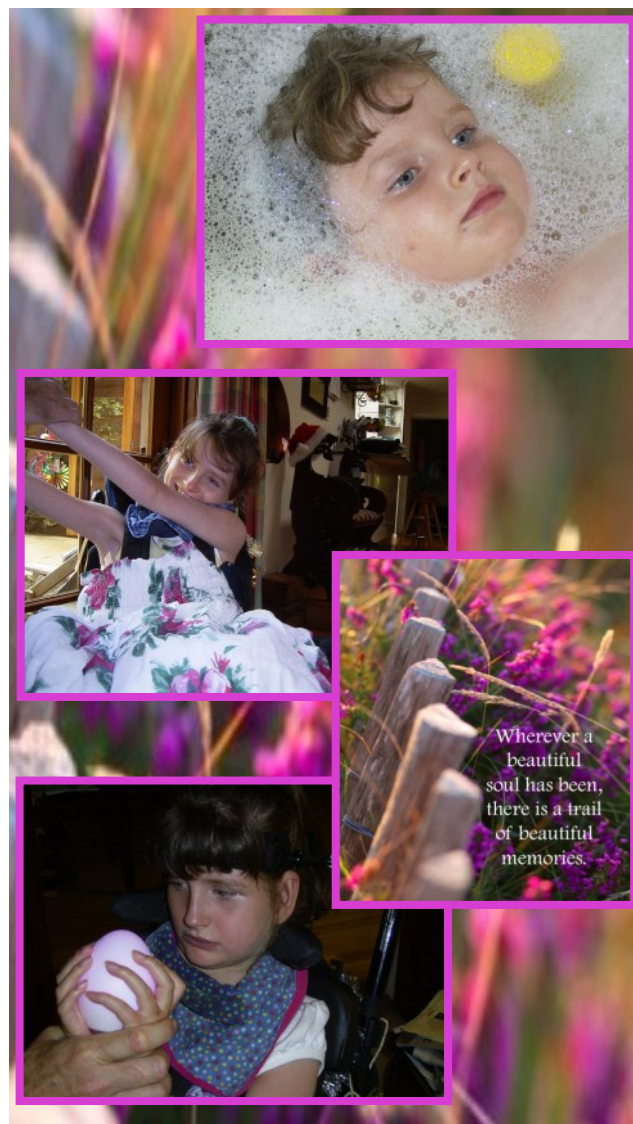
## *A Celebration of Ella's Life*

Our community heard the sad news earlier this term that Ella, a student who had been at Fisher Road School since 2003 and who graduated from Year 12 last year, had passed away.

Many staff attended this beautiful celebration of Ella's life where beautiful memories were shared with words from her family that spoke conveying each aspect of Ella's milestones and the various relationships she had formed with family, friends and staff.

These photos are shared with permission from Ella's family recognising her beautiful contribution to our lives.

Ella will continue to be remembered fondly in our school as she will in our wider community.





# Camp

We had an awesome time at Narrabeen Academy of Sports camp this year. All students were well behaved and participated in all activities. We did rock climbing with staff and students together conquering fears of heights to top climb to the top! Archery was a great hit with Russell getting the only bullseye! Low ropes course took lots of concentration and team work. Night time swimming was a great finish to our first day. Day 2 brought sunshine and no wind so a lovely long kayak on beautiful Narrabeen lake was on offer. What a great way to spend the morning with no one tipping in a huge success! The flying fox was next with some students also taking on the high ropes course. Beaming smiles all round as the students zipped through the air, it was lovely seeing them having such fun with some students doing the zip rope multiple times! A lovely bonfire that night with toasted marshmallows saw us all off to bed early with some very tired people. Our last day was a lovely adventurous bushwalk heading through some rugged scrub which our students handled with ease! A hugely successful camp with both staff and students having an absolute ball.









## Work Experience Students from Mosman High School



This semester we have had a number of students from Mosman High come to our school and work with our students as part of their Year 10 work experience program. This has been a great learning opportunity for the students from Mosman High and for many of them it has also been a profound experience. As can be seen from the letter the school received from two students, Tahlia and Chloe, who participated in the program.

*“Two weeks ago, we were lucky enough to have the opportunity to help care and work with a group of beautiful kids at Fisher Road School. We have learnt so much from this experience and will carry this week with us for the rest of our lives. We connected to a lot of the children and will forever miss them as we hope the best for their futures and wish to see their smiles again. Thank you so much to the teachers for letting us have this experience, we will definitely come again.”*



### SUPPORT YOU CAN TRUST

Sunnyfield's Community Service Hubs are modern and accessible for people with disability. Set in an inclusive and relaxed setting, the Community Service Hubs feature a gym, kitchen facilities, specialised sensory rooms, outdoor areas and open spaces for recreational activities.

Sunnyfield's person-centred active support focuses on designing flexible and personalised plans that are based on individual interests and aspirations to promote independence and skills for life.

#### Our programs support you to

- Use your voice
- Lead and mentor others
- Learn about what's good for you
- Take part in new experiences
- Learn new skills
- Discover your community
- Feel good about yourself



Sunnyfield's after school care program is offered Monday - Friday, 3.15pm - 6.15pm. Open to participants aged 12 - 17.

#### Our program includes

##### About me

- Building independence
- Developing self-awareness
- Getting to know yourself

##### Skills for Life activities

- Travel training (practical)
- Using an iPad\* and technology time
- Literacy skills
- Cooking

##### Relationships and community

- Exploring my local community
- Experience new and exciting activities
- Connect and socialise with peers and meet new friends

##### Performing and creative arts

- Vocalisation and speech
- Express yourself through music
- Explore various music genres and dance styles
- Get creative through art

##### Healthy living and well-being

- Stretching and flexibility
- Learn new techniques for relaxation
- Health and well-being techniques
- Healthy living and hygiene
- Outdoor excursions

##### Individualised supports

- Assistance with self-care activities
- Individual skills development
- Assistance with domestic activities



#### Contact

Start the conversation today and contact our friendly Client Engagement Team.

T 1300 588 688

E [enquiries@sunnyfield.org.au](mailto:enquiries@sunnyfield.org.au)

[www.sunnyfield.org.au](http://www.sunnyfield.org.au)



# Class RP

Staff: Rebecca, Sue & Ebony



## SAILABILITY:

Our very cool-looking sailors had yet another great morning out on the waters of Manly. They all really relax into their boats and we are so grateful for this incredible opportunity for our class. Thanks Eli and team!!

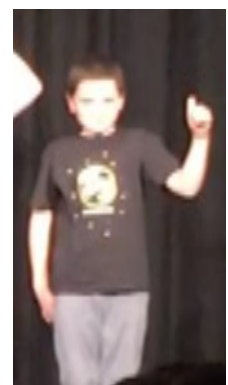


## PCS Music Festival



Attending the Pennisula Community of Schools 2017 Music Festival with our School Signing Choir on the 7th August was most definitely a highlight for me this year! On stage, under the concert lights (which were bright!) our students took centre stage before being joined alongside their buddies from Wheeler Height Public School during their performance of 'What a Wonderful World'. Thank you to our amazing staff Matt, Sue.M and Sue.R who attended and supported this event. Particular thanks to the parents who purchased tickets and watched the concert. I received fabulous feedback from our community and this caption highlighted the importance of our involvement.

**"What a wonderful world it actually is was demonstrated so beautifully when Fisher Road SSP and Wheeler Heights PS students came together to perform. The benefits of inclusion spoke loudly to the audience who responded accordingly with their applause."**



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# 2017 Post School Options Bus Tour

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Our annual post school options parent bus trip was a huge success. Kari and Matt took 10 parents of our years 11 and 12 students to visit 4 post school agencies. They visited Sunshine, Fighting Chance, Packforce and Northside, all located on the Northern Beaches. This trip is organised each year to give the parents of senior students a head start in looking at agencies that may be appropriate for their child when they leave Fisher Road School and head into post school life. We try to include a range of agencies that cater for varying levels of required support as well as options that offer employment opportunities or community engagement programs, which gave the parents an insight into what is available when their child completes school. We received some great feedback from parents on how informative the day was and how much they got out of it. Some comments received included;

*"Good variety of types of settings."*

*"The whole day was excellent. Hard to envisage how to improve it- brilliant to hear of people's passion."*

*"All aspects were useful, including small groups and talks. Also liked talking to other parents and teachers."*

*"Really appreciated the time and organisation done by Fisher Road and the service providers."*

Fisher Road would like to thank the parents for attending the bus trip. It can be a daunting time when your child graduates school and we like to offer as much support and information as we can, to make the transition process as smooth as possible.

Julie Keeble (Transition Coordinator)





## Class TH

**Staff: Trish, John & Justine**

Pancakes and fruit smoothies have been a hit with Class TH's food technology sessions this term. Dylan has been a great help opening and pouring the pancake mix into a bowl. Jake and Jonny have taken turns at cracking an egg into the mixture as well as adding milk. James and Lachlan have each taken turns at stirring the mix. Jake is the king at flipping pancakes. Each of the boys have enjoyed eating their pancakes with a spread of maple syrup, jam or honey on top.

The class have also started making healthy fruit smoothies. So far, mango and mixed berries have been popular. We will continue to try different flavours.



## Class JK

**Staff: Fran, Kari & Mandy**

Every Wednesday class JK put on their aprons and cook lunch for the senior students.

Some things we have been learning to do are how to follow a recipe, chop vegetables, crack eggs and fold pastry triangles.

This year we have been making zucchini slice, spinach and feta triangles, pesto pasta, baked chips and salad.

Of course cooking includes cleaning up and class JK are getting better at washing the dishes, drying up, stacking the dishwasher and washing the T-towels and aprons in the washing machine.

After setting the tables we then get to enjoy a lovely lunch in the café with our friends.

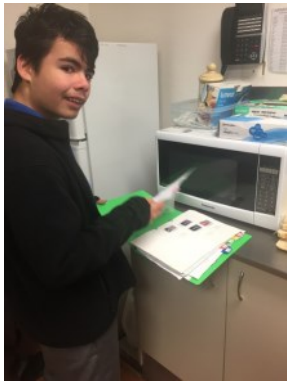
Big thanks to Laurie who volunteers every Wednesday to help make our café a success.



# Class SB

**Staff: Sally & Sue W**

Class SB have been working super hard at the Lunch Order program we run each Tuesday. Our class is so independent at running the program and working as a team that Sue and I are almost ready to let them go it alone!! They are also great at delivering lunch order forms and collecting the boxes when the program is finished. We often use the iPad app Proloquo2go when doing deliveries.



# Class MP

**Staff: Maria and Sue R**

Class MP has acquired a few 'bush tucker' plants three weeks ago. We have native mint which was tradi-



tionally used to cure headaches and colds but now more as flavouring for cooking. Grey and aniseed myrtle where the former has cinnamon



scented foliage and the later was also traditionally used to cure tummy aches but, now being used as dry herb for cooking. We also have War-

rigal greens also known as New Zealand spinach, was the 1st Australian vegetables that's pop-



ular to the first European settlers.

Maia and Connor helped us carry some of the plants into the garden.

Gwyneth dug up the hole for the plants while Laragh assisted Sue to take the plants out of the pot. We look after our plants twice a week and Nathaniel has



been assigned to most of the watering.





# Our Footprint Parent, Staff and Community Library

With the generous support of Footprint Books, a local distributor of special education resources. We are continuing to expand our library. This library aims to provide a range of special education resources for our parent, staff and community members. Currently we are organising the library so that every book can be accessioned with a loan system in place. Do you have a background as a librarian or want to donate your time helping to barcode books? If so please let us know, we would love some assistance. Each newsletter will feature a range of resources that have been kindly donated by Footprint Books to our library so that you know the topics covered and what is available to borrow.

<p><b>Understanding Sensory Processing Disorders in Children</b></p> <p>-Guide for Parents and Professionals-</p>	<p><b>Go Yogi</b></p> <p>Everyday Yoga for Calm, Happy, Healthy, Little Yogis</p>
<p><b>More creative coping skills For children</b></p> <p>-Activities, stories, games and Handouts to help children Self regulate</p>	<p><b>All Birds Have Anxiety</b></p> <p>-Kathy Hoopmann</p>
<p><b>Creative Ways to help Children manage big feelings</b></p>	<p><b>Striker slow down !</b></p> <p>A calming book for children are always on the go</p>
<p><b>The Red Beast</b></p> <p>Controlling Anger in Children with Asperger's Syndrome</p>	<p><b>A Parents ABC of the Autism Spectrum</b></p>

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# Fisher Road Swimming Program

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The Fisher Road Swim School team has developed the Fisher Road School Program so that each student will be assessed and grouped into swimming level based on ability before the end of 2017.

The swimming program is categorised into four levels. The first level supports our students with high support needs and provides a hydrotherapy program which is a water-based exercise activity that combines heat, buoyancy and water to allow for a range of movement. It will also stimulate the body to be calm, relax and for them to enjoy the activity.

The second level focuses on water familiarisation where students become familiar with, feel calm and relaxed when in and around the water. The next level is water movement where the focus is on buoyancy and mobility. This is building confidence in floating and in moving independently. The last level is the development of swim skills where students use arms, legs or both to move on the surface or underwater.



Each swimming level has set goals and activities with some lessons to be taught using songs and games that our students enjoy. Once a level of independent water awareness is attained, our students will start a broader range of activities including learning safety skills.

We are currently searching for Aboriginal marine names that will identify each swimming group, creating the check-list of swimming skills, drafting the program and designing posters to display in the pool area.

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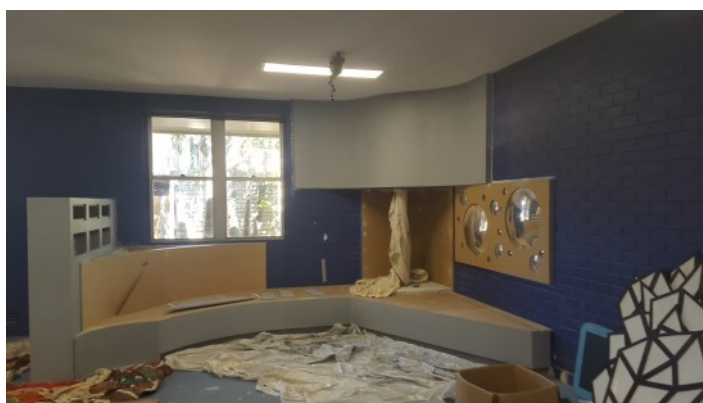
## Sensory Room – Update

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Our Sensory Room upgrade is in full swing !

Painting has been completed this week and some of the sensory activities have been attached, hung and installed. We are super excited as we watch this space transform into the outstanding design. Another mention to Lucka Slatner (Design Director from Light Atelier), her husband and team who are volunteering to complete the many deadlines in this project. At this stage we anticipate the official launch to be early Term 4. Further information and an official invitation will be sent out shortly.

**Did you know we will have a touch panel activated by body heat, a light display activated by sounds and an audio bed ?**





# Grand Opening of the Dee Why PCYC

The Dee Why P.C.Y.C. (Police Citizens Youth Club) Northern Beaches, on the Kingsway opposite the council's Civic Centre, was officially opened last Friday (11/8/2017). This world class, \$26 million facility will provide a fantastic entertainment and sporting hub for the peninsula's youngest residents. It is an amazing complex and well worth visiting to have a look inside at the facilities. The official opening ceremony was attended by a variety of prominent council and government figures, such as the NSW Governor, David Hurley, and Brad Hazzard, the Minister for Health, and Medical Research. In the photo below you can see Brad Hazzard with Nicholas Stevenson, who represented the school at the opening.



## Information for parents and children with Vision Impairment [www.vifamilynetwork.org.au](http://www.vifamilynetwork.org.au)



Sign up to the Australian Childhood Vision Impairment Register



Find out about events and projects



Access online resources from Australian low vision service providers

**Complaints about this Research:** This project has been approved by the Hunter New England Human Research Ethics Committee, Reference Number 08/09/17/5.04. Should you have concerns about your rights as a participant in this research, or you have a complaint about the manner in which the research is conducted, it may be given to the researcher, or, if an independent person is preferred, to the Hunter New England Human Research Ethics Professional Officer, Hunter New England Research Ethics Unit, Locked Bag 1, New Lambton, NSW 2305. Telephone: (02) 49214950.



# Compulsory School Attendance

Information for parents

Education for your child is important and regular attendance at school is essential for your child to achieve their educational best and increase their career and life options. NSW public schools work in partnership with parents to encourage and support regular attendance of children and young people. When your child attends school every day, learning becomes easier and your child will build and maintain friendships with other children.

## What are my legal responsibilities?

Education in New South Wales is compulsory for all children between the ages of six years and below the minimum school leaving age. The *Education Act 1990* requires that parents ensure their children of compulsory school age are enrolled at, and regularly attend school, or are registered with the Board of Studies, Teaching and Educational Standards for homeschooling.

Once enrolled, children are required to attend school each day it is open for students.

## The importance of arriving on time

Arriving at school and class on time:

- Ensures that students do not miss out on important learning activities scheduled early in the day
- Helps students learn the importance of punctuality and routine
- Give students time to greet their friends before class
- Reduces classroom disruption

Lateness is recorded as a partial absence and must be explained by parents.

## What if my child has to be away from school?

On occasion, your child may need to be absent from school. Justified reasons for student absences may include:

- being sick, or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstance (e.g. attending a funeral)

Following an absence from school you must ensure that within 7 days you provide your child's school with a verbal or written explanation for the absence. However, if the school has not received an explanation from you within 2 days, the school may contact you to discuss the absence.

Principals may decline to accept an explanation that you have provided if they do not believe the absence is in the best interest of your child. In these circumstances your child's absence would be recorded as unjustified. When this happens the principal will discuss their decision with you and the reasons why.

Principals may request medical certificates or other documentation when frequent or long term absences are explained as being due to illness. Principals may also seek parental permission to speak with medical specialists to obtain information to collaboratively develop a health care plan to support your child. If the request is denied, the principal can record the absences as unjustified.

## Travel

Families are encouraged to travel during school holidays. If travel during school term is necessary, discuss this with your child's school principal. An *Application for Extended Leave* may need to be completed. Absences relating to travel will be marked as leave on the roll and therefore contribute to your child's total absences for the year.

In some circumstances students may be eligible to enrol in distance education for travel periods over 50 school days. This should be discussed with your child's school principal.



## My child won't go to school. What should I do?

You should contact the principal as soon as possible to discuss the issue and ask for help. Strategies to help improve attendance may include a referral to the school's learning and support team or linking your child with appropriate support networks. The principal may seek further support from the Home School Liaison Program to develop an Attendance Improvement Plan.

## What might happen if my child continues to have unacceptable absences?

It is important to understand that the Department of Education and Communities may be required to take further action where children of compulsory school age have recurring numbers of unexplained or unjustified absences from school.

Some of the following actions may be undertaken:

- Compulsory Schooling Conferences

You may be asked, along with your child, to attend a Compulsory Schooling Conference. The conference will help to identify the supports your child may need to have in place so they attend school regularly. The school, parents and agencies will work together to develop an agreed plan (known as Undertakings) to support your child's attendance at school.

- Application to the Children's Court – Compulsory Schooling Order

If your child's attendance at school remains unsatisfactory the Department

may apply to the Children's Court for a *Compulsory Schooling Order*. The Children's Court magistrate may order a Compulsory Schooling Conference to be convened.

- Prosecution in the Local Court

School and Department staff remain committed to working in partnership with you to address the issues which are preventing your child's full participation at school. In

circumstances where a breach of compulsory schooling orders occurs further action may be taken against a parent in the Local Court. The result of court action can be the imposition of a community service order or a fine.

## What age can my child leave school?

All New South Wales students must complete Year 10 or its equivalent. After Year 10, and up until they reach 17 years of age, there are a range of flexible options for students to complete their schooling.

## Working in Partnership

The Department of Education and Communities recognises that working collaboratively with students and their families is the best way to support the regular attendance of students at school.

We look forward to working in partnership with you to support your child to fulfil their life opportunities.

If a student misses as little as 8 days in a school term, by the end of primary school they'll have missed over a year of school.

Further information regarding school attendance can be obtained from the following websites:

Policy, information and brochures:

Please visit the Department of Education's *Policy Library*

The school leaving age:

Please visit the Department of Education's *Wellbeing and Learning* website

Do you need an interpreter?

Interpreting services are available on request, including for the hearing impaired. The Telephone Interpreter Service is available 24 hours a day, seven days a week on 131 450. You will not be charged for this service.

For further advice and questions contact your educational services team

T 131 536

Learning and Engagement

Student Engagement & Interagency Partnerships

T 9244 512

[www.dec.nsw.gov.au](http://www.dec.nsw.gov.au)

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NSW Department of Education and Communities





# Play For All Australia

Fisher Road School was invited to attend the opening of the new All-Ability playground at Belrose. It is located on Lindrum Reserve and welcomes the local community. 6 Students along with 4 staff members from our school attended the event and were lucky enough to be one of the first to enjoy the equipment. We all had a wonderful time playing and appreciating the park and we are very excited to have another valuable community resource to access in the future. We would like to say a huge thank you to all the hard working and dedicated staff who designed and created this fabulous inclusive park.





**ORAL HEALTH SERVICES  
FOR CHILDREN UNDER 18 YEARS**

**IT'S FREE!**

**CALL TODAY**

General dental treatment for children under 18 years of age is free at NSW Public Dental Health Clinics.

\* Some specialist services require additional eligibility and/or may incur a fee.

**Clinic Locations:**  
HORNSBY | TOP RYDE | ROYAL NORTH SHORE | NORTHERN BEACHES  
PHONE 1300 732 503



### Important Information for Parents/Carers

North Sydney Oral Health Service recommends that all children have a dental check prior to starting school to ensure their mouth is healthy.

Many children and eligible adults may be missing out on free general dental care as they are not aware of the Public Dental Service. All children up to 18 years of age registered with Medicare are able access Public Oral Health Services.

**Call 1300 732 503 to register your children**

### Did you know?

- Tooth decay is caused by sweet foods and drinks and by not brushing teeth every day.
- Tooth decay can affect behaviour. Children may have trouble eating, sleeping, talking and focusing in class.

### Healthy Dental Tips:

**Drink Well:** Quench thirst with lots of tap water through the day.

**Clean Well:** Teeth should be brushed after breakfast and before bed. Help children brush their teeth until they are 8 years old.

**Eat Well:** Offer your child healthy snacks like cheese, vegetable sticks, fresh fruit and plain yoghurt. Try and limit sweet foods for treats only.

**Stay Well:** Start learning to look after teeth as soon as possible. Book your children in for a regular check up every year.

**Please note:** Adult residents of Northern Sydney who hold one of the Government Concession Cards are also eligible for free general dental care through a public dental clinic.

If you do not speak English very well and need an interpreter, call the National Telephone Interpreting Service on 131 450 before calling the dental service.

NSW Education  
Public Schools

**SCHOOLS SPECTACULAR 2017**

**OWN THE MOMENT**

**FRIDAY  
24 NOVEMBER**  
11.00AM MATINEE  
7.30PM PERFORMANCE

**SATURDAY  
25 NOVEMBER**  
1.00PM MATINEE  
7.00PM PERFORMANCE

**TICKETEK**

TICKETS AVAILABLE FROM [TICKETEK.COM.AU](http://TICKETEK.COM.AU) OR CALL 132 849  
PLUS ALL OUTLETS [WWW.SCHOOLSPECTACULAR.COM.AU](http://WWW.SCHOOLSPECTACULAR.COM.AU)

**QUDOS BANK ARENA  
SYDNEY OLYMPIC PARK**

PRINCIPAL SPONSOR



IN ASSOCIATION WITH



BROADCAST PARTNER



VENUE PARTNER



**SPRING FETE!**

**Narraweena Public School**

**Saturday 16th September 9am-3pm**

Rides, swings, inflatable obstacle course, climbing wall & trampolines, jumping castle, driveable jeeps.

Face painting and petting zoo

Street stall food and BBQ, cakes, slushie machine and fairy floss

Side show alleys to win prizes

**Lucky Dip**

**FAIRY FLOSS**

**PS**





## Too sick for school?

Generally if your child feels unwell, keep them home from school and consult your doctor. This chart and the information it contains is not intended to take the place of a consultation with your doctor.

<b>Bronchitis</b>	Symptoms are coughing, a runny nose, sore throat and mild fever. The cough is often dry at first, becoming moist after a couple of days. There may be a slight wheeze and shortness of breath. A higher fever (typically above 39°C) may indicate pneumonia.	... until they are feeling better. Antibiotics may be needed.
<b>Chickenpox</b> (Varicella)	Slight fever, runny nose, and a rash that begins as raised pink spots that blister and scab.	... for 5 days from the onset of the rash and the blisters have dried.
<b>Conjunctivitis</b>	The eye feels 'scratchy', is red and may water. Lids may stick together on waking.	... while there is discharge from the eye unless a doctor has diagnosed a non-infectious cause.
<b>Diarrhoea</b> (No organism identified)	Two or more consecutive bowel motions that are looser and more frequent than normal and possibly stomach cramps.	... for at least 24 hours after diarrhoea stops.
<b>Fever</b>	A temperature of 38.5°C or more in older infants and children.	... until temperature is normal.
<b>Gastroenteritis</b>	A combination of frequent loose or watery stools (diarrhoea), vomiting, fever, stomach cramps, headaches.	... for at least 24 hours after diarrhoea and/or vomiting stops.
<b>German measles</b> (Rubella)	Often mild or no symptoms: mild fever, runny nose, swollen nodes, pink blotchy rash that lasts a short time.	... for at least 4 days after the rash appears.
<b>Glandular Fever</b> (Mononucleosis, EBV infection)	Symptoms include fever, headache, sore throat, tiredness, swollen nodes.	... unless they're feeling unwell.
<b>Hand, Foot and Mouth Disease</b> (HFMD)	Generally a mild illness caused by a virus, perhaps with a fever, blisters around the mouth, on the hands and feet, and perhaps the nappy area in babies.	... until all blisters have dried.
<b>Hayfever</b> (Allergic rhinitis) caused by allergy to pollen (from grasses, flowers and trees), dust mites, animal fur or hair, mould spores, cigarette smoke	Sneezing, a blocked or runny nose (rhinitis), itchy eyes, nose and throat, headaches.	... unless they feel unwell or are taking a medication which makes them sleepy.
<b>Head lice or nits*</b> (Pediculosis)	Itchy scalp, white specks stuck near the base of the hairs; lice may be found on the scalp.	... while continuing to treat head lice each night. Tell the school.

<b>Hepatitis A</b>	Often none in young children; sudden onset of fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine, pale stools.	... for 2 weeks after first symptoms (or 1 week after onset of jaundice). Contact your doctor before returning to school.
<b>Hepatitis B</b>	Often no symptoms in young children. When they do occur, they can include fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine.	... if they have symptoms. Contact your doctor before returning to school.  ... if they have a chronic infection (not the first outbreak) and no symptoms.
<b>Impetigo</b> (School sores)	Small red spots change into blisters that fill up with pus and become crusted; usually on the face, hands or scalp.	... until antibiotic treatment starts. Sores should be covered with watertight dressings.
<b>Influenza</b>	Sudden onset fever, runny nose, sore throat, cough, muscle aches and headaches.	... until well.
<b>Measles</b>	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.	... for at least 4 days after the rash appears.
<b>Meningococcal Disease</b>	Sudden onset of fever and a combination of headache, neck stiffness, nausea, vomiting, drowsiness or rash.	<b>Seek medical attention immediately.</b> Patient will need hospital treatment. Close contacts receive antibiotics.
<b>Molluscum Contagiosum</b>	Multiple small lumps (2-5mm) on the skin that are smooth, firm and round, with dimples in the middle. In children, occur mostly on the face, trunk, upper arms and legs. Symptoms can last 6 months to 2 years.	
<b>Mumps</b>	Fever, swollen and tender glands around the jaw.	... for 9 days after onset of swelling.
<b>Ringworm*</b> (tinea corporis)	Small scaly patch on the skin surrounded by a pink ring.	... for 24 hours after fungal treatment has begun.
<b>Runny nose or common cold</b>		... unless there are other symptoms such as fever, sore throat, cough, rash or headache. Check with school.
<b>Scabies*</b>	Itchy skin, worse at night. Worse around wrists, armpits, buttocks, groin and between fingers and toes.	... until 24 hours after treatment has begun.
<b>Shigella</b>	Diarrhoea (which may contain blood, mucus and pus), fever, stomach cramps, nausea and vomiting.	... until there has not been a loose bowel motion for 24 hours. Antibiotics may be needed.
<b>Slapped Cheek Syndrome</b> (Parvovirus B19 infection, fifth disease, erythema infectiosum)	Mild fever, red cheeks, itchy lace-like rash, and possibly cough, sore throat or runny nose.	... as it is most infectious before the rash appears.
<b>Whooping Cough</b> (Pertussis)	Starts with a running nose, followed by persistent cough that comes in bouts. Bouts may be followed by vomiting and a whooping sound as the child gasps for air.	... until the first 5 days of an antibiotic course has been completed. Unimmunised siblings may need to stay home too until treated with an antibiotic.
<b>Worms</b> (Threadworms, pinworms)	The main sign of threadworms is an itchy bottom. Sometimes children feel 'out of sorts' and do not want to eat much. They may also have trouble sleeping, due to itching at night.	... and tell the school as other parents will need to know to check their kids.

**\*It is important that the rest of the family is checked for head lice, scabies and ringworm**

# Visual – Let's chat

