

# This is how we Learn and Live!

SCHOOL NEWSLETTER • 5 December 2018 • TERM 4 WEEK 8



## Calendar Dates

| Term 4         |   |
|----------------|---|
| <b>Week 8</b>  | Swim Scheme Years 2-4   |
| 5 December     | 1pm Volunteer Thank you afternoon tea<br>Scripture Assembly     |
| 6 December     | Stage 2 Incursion and Year 6 Dinner                             |
| <b>Week 9</b>  |   |
| 11 December    | Kindergarten Excellence Assembly and Concert 9:15am – 11am      |
| 12 December    | Excellence Assemblies Yrs 4-6 9:15am<br>Yrs 1-3 11:30am         |
| <b>Week 10</b> |   |
| 17 December    | Stage 1 Concert 9:15am  |
| 18 December    | Celebration of Learning K-6 Class Picnics and Disco             |
| 19 December    | Year 6 Graduation Assembly 1:45pm                               |
| Term 1, 2019   |   |
| <b>Week 1</b>  | Bell Times 8:45am – 2:45pm                                      |
| 30 January     | Year 1-6 Students Return<br>Kindergarten Best Start Assessments |
| 31 January     | Kindergarten Best Start Assessments                             |
| 1 February     | Kindergarten Best Start Assessments                             |
| <b>Week 2</b>  |   |
| 4 February     | Kindergarten Students Return at 9:15am                          |

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## PRINCIPAL'S REPORT

### New School Times from 2019 8:45am to 2:45pm

Consultation meetings have been held at P&C meetings regarding the proposal of new school times for 2019. We can all agree that due to significant growth across Riverbank Public School and The Ponds High School the combined school collection time of 3:00pm is becoming extremely hectic. On Wednesday 14 November, the P&C voted in favour of changing our school hours in 2019 to 8:45am until 2:45pm. The new school times will commence from Wednesday 30 January.

### Construction of new Building

I am pleased to announce the construction of our new building has commenced. The upgrade of Riverbank Public School will accommodate the growing student population in the area. The project will deliver 15 new flexible teaching spaces, a covered outdoor learning area, additional student amenities, shade structures and an extension of administration and staff facilities. During construction, students, staff and visitors to the school will use the new access to the school grounds on Wentworth Street, located near the school's basketball court.

Patterson Building Group have established a site office on the school grounds, and erect temporary fencing around the site of the new building. Work hours will be:

- Monday to Friday, 7:00am to 6:00pm
- Saturday, 7:00am to 1:00pm

I will continue to keep you informed as the project progresses. Please do not hesitate to contact me should you have any concerns or questions.

### Planning for 2019

We are busily planning in preparation for next year. To allow us to plan as effectively as possible, we would like those families who know they will not be returning to the school in 2019 to confirm these details as soon as possible. If you are aware that your child will return to school late next year, I ask that you confirm these details as well. We are anticipating 1350 students, with 56 mainstream classes and 3 support classes.

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## Creative and Performing Arts Spectacular Evening

On Tuesday 27 November many of our students performed in Riverbank Public School's Creative Arts Spectacular. It was an outstanding night with a variety of dance, music and drama performances. Groups included; junior choir, senior choice, guitar group, violin group, drama group and a number of dance groups. Sincere thanks to all staff who contributed to the performances and the night. Thank you to parents and community for your continued support of Creative and Practical Arts, it was a great night to celebrate the 2018 school year.



## Community Helpers Thank You Morning Tea - Wednesday 5 December 1:00pm

Today we celebrated and acknowledge the service of our volunteers at Riverbank Public School. Thank you to all volunteers who have contributed to our school.

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## **Kindergarten Excellence Assembly and Concert**

Kindergarten families are invited to attend our end of year Excellence Assembly and concert on Tuesday 11 December in the School Hall.

- Assembly: 9:15am – 10:00am
- Christmas Concert: 10:15am – 11:00am

## **2018 Excellence Assemblies**

Please join us in acknowledging our students' achievements as we celebrate excellence and effort. You are invited to attend our Excellence Assemblies on Wednesday 12 December in our School hall.

- Years 4 – 6: from 9:15am
- Years 1 – 3: from 11:15am

Parents and carers will be notified in advance if their child is receiving an award. Please note, however, that some awards are only announced on the day. Everyone is welcome to attend; it is not by invitation only.

## **Stage 1 Christmas Concert**

Our Stage 1 classes will be performing a Christmas Concert on Monday 17 December at 9:30am. Please see the invitation at the end of this week's newsletter.

Have a wonderful fortnight.

**Jeanie Brown**  
**Principal**

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## Restorative Practices

Restorative Practices form the relational basis for Quality Teaching and Learning at Riverbank Public School. Our Restorative Practice Framework, because of its explicit nature, offers a common language and practice capable of fostering healthy relationships.

Student achievement is enhanced through Restorative values being embedded as a way of being and learning together. Our approach fosters individual responsibility and helps develop empathy. Inappropriate behaviour or choices and mistakes can be viewed as an opportunity for insight, learning and development in both the academic and social domains.

The explicit framework is inextricably linked to the Quality Teaching Framework and includes the following sets of questions to be asked by children, teachers and parents.

When Things Go Wrong.....When Someone Has Been Hurt

- What happened?
- What were you thinking of at the time?
- What have you thought about since?
- Who has been affected by what you have done? In what way?
- What do you think you may do to make things right?
- What did you think when you realised what happened?
- What impact has this incident had on you and others?
- What has been the hardest thing for you?
- What do you think needs to happen to make things right?

The process is empowering as it takes students from the past to the present and gives them hope for the future. It empowers them to make things right and heal any harm that has been done.

A restorative classroom setting is one that values dialogue through an inclusive approach where everyone expects to be heard and through this participatory process, students develop the capacity to learn that emotions are an important and legitimate expression of healthy dialogue. This process helps students to deal with conflict, tensions and difference in respectful ways that engender trust and foster healthy relationships.

## School Motto

The school's motto, 'Learning to Live, Living to Learn', reinforces a broad and enriching curriculum, which not only focuses on the development of literacy and numeracy skills but also on the social and emotional wellbeing of the students whilst respecting a culturally diverse community.

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## Riverbank Public School Code of Behaviour

- We share the voice space by listening actively to others and expressing ourselves confidently.
- We follow instructions by being in the right place, at the right time, doing the right thing.
- We use build-ups by saying encouraging, affirming things to others.
- We keep our hands, feet and objects to ourselves so that everyone is safe.
- We own our own behaviour because we choose how we behave.

## Our Help Increase the Peace (HIP) Keys – School Rules:

Our school values will incorporate the 'Help Increase the Peace Keys' to promote a harmonious, nurturing and challenging living and learning environment.

The HIP program offers a whole school approach to building relationships through communication, co-operation, trust building and conflict resolution.

|                   |                                     |
|-------------------|-------------------------------------|
| <u>YELLOW KEY</u> | Care for Others                     |
| <u>GREEN KEY</u>  | Think Before Reacting               |
| <u>BLUE KEY</u>   | Respect Yourself                    |
| <u>RED KEY</u>    | Work Together for a Non Violent Way |
| <u>BLACK KEY</u>  | Expect the Best                     |



## Congratulations to our Term 4 Week 6 Stage 2 Merit Awards recipients

| <u>Class</u>                               | <u>Class</u>                         |
|--|--------------------------------------|
| <b>3B</b> – Lucas, Thanvi, Ethan           | <b>3/4T</b> – Agnes, Tayla, Vivaan   |
| <b>3E</b> – Emma, Saahith, Darsh           | <b>4B</b> – Angelica, Tyrell, Punima |
| <b>3J</b> – Danaisha, Kirrilee, Jayden     | <b>4D</b> – Madeline, Henrick, Sanah |
| <b>3K</b> – Harshavardhan, Mylee, Isabella | <b>4RC</b> –                         |
| <b>3M</b> –                                | <b>4W</b> – Oliver, Angadjit, Cael   |
| <b>3/4C</b> – Roop, Kaan and Abeer         |                                      |

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## STEM

In Week 7, primary classes had an amazing opportunity to participate in a STEM incursion at Riverbank P.S. Before our session, we learned that STEM stands for Science, Technology, Engineering and Mathematics. We were ready to learn more, so, we put on our creative thinking hats and let the fun begin. Stage 2 learned all about 7 segment light displays. Did you know this is how the numbers on a digital clock are illuminated? We worked with a buddy to create an electrical circuit that needed a generator, connector, output and switch to allow electricity to flow through the 7-segment light display. When this happened, it illuminated. We experimented and tried to create numbers 0 - 9 on the display (we even got really clever and started making letters, too!). We had a fabulous time and can't wait to learn more.



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## RPS Sport Update

### Term 4 Week 6 Round 13

#### AFL

##### **Riverbank PS vs John Palmer PS**

|                |           |                       |                                 |
|----------------|-----------|-----------------------|---------------------------------|
| <b>Juniors</b> | Won 26-21 | Team Player - Tyrell  | Best and Fairest – All the team |
| <b>Seniors</b> | Lost 0-42 | Team Player - Brianna | Best and Fairest – Sophie       |

What a fun day it was trying to kick a football straight with all the wind. The Juniors got off to a cracking start by kicking two goals within the first five minutes. John Palmer came back but our team never lost the lead and were very excited to get the win. The Seniors put their best efforts in throughout the whole game and it was great to see them working as a team. It was enjoyable seeing Sophie using the wind to her advantage, where she was able to kick the ball down most of the field. We look forward to our final game of the season next week.

#### Cricket

##### **Riverbank PS vs John Palmer PS**

Won by Forfeit

#### T-Ball/Softball

##### **Riverbank PS vs Parklea PS**

|                 |            |                      |                            |
|-----------------|------------|----------------------|----------------------------|
| <b>T-Ball</b>   | Lost 13-21 | Team Player - Tanvi  | Best and Fairest – Dhvani  |
| <b>Softball</b> | Lost 3-4   | Team Player - Tamara | Best and Fairest – Natalya |

What a fantastic and beautiful day to celebrate our return to the summer sporting series! The girls were all gun-ho on the bus and ready for a great game. After mixing up our opposition (Mrs Worrall really should wear her glasses), we were set up for two exciting and very close matches.

Our terrific Tee Ballers came up against an opposition who had a few more years of experience under their belts. In saying that, our new star recruit, Tanvi, was playing a spectacular game running onto the ball and getting it quickly to the relevant fielders or catcher. Her tenacious attitude earned her the well-deserved team vote. Zoe kept our opposition on their toes with her foul ball hits but after a few, settled into her groove and got on base then home. Rupali, Summer and Lily kept the score board ticking over and our team in close proximity to the opposition. In our last at bat, however, things just didn't seem to connect and Parklea just sneaked away from us. Regardless, the girls kept their heads up and enthusiastically high fived our opposition as well as

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themselves. Dhvani was a knock out today, supporting and helping others with positions, scoring and equipment as well as keeping a smile on her face even when she was left on base.

Over in the super Softball team, the opposition kept our girls on their toes with a very close and low scoring match. Natalya was a dynamite pitcher who surprised herself with her ability to get Parklea out quickly. This earned her the coveted coaches award for the day. Chahat played a great game at third base tagging out our oppositions lead runner and ensure they did not get away from us. Tamara was a gem in the game with her ability to run, bat and field. She received a special mention from Parklea and earned herself the prestigious team award. On a field that was slowly heating up under a very bright and warming sun, our players performed extremely well. Keep up the dedication, girls.

## NRL Tag

### **Riverbank PS vs Kenthurst PS**

|                |          |                    |                               |
|----------------|----------|--------------------|-------------------------------|
| <b>Juniors</b> | Draw 6-6 | Team Player - Kai  | Best and Fairest – Isaac/Koby |
| <b>Seniors</b> | Won 9-7  | Team Player - Arin | Best and Fairest – Charlie    |

Outstanding performances by both teams this week. Juniors showed off their improved ball skills and began to read the defense, creating plays to break through it. This included one exceptional wrap around play which Koby and Isaac had been rehearsing for some time. They executed it perfectly which resulted in a fantastic try! Some precision tagging by Kai and Tiroj made sure they limited the amount of tries the opponents scored. The game was extremely even throughout, with Riverbank able to score in the final play of the game to even the scoreboard.

Seniors played their best game of the season! Fantastic efforts throughout the game with plenty of communication, support and teamwork. Everyone played with passion and continued to work hard throughout the match. At halftime, Seniors were down by 3 tries. The team was able to discuss, re-evaluate their tactics and start fresh in the second half. Their composure in the second half allowed them to steadily narrow the score line, eventually taking the lead! The scoring was spread between many teammates which highlights how much the win was a result of an excellent team effort.

## Week 7 Round 14

**Cancelled due to weather**

**Nathan Lee**

**Sports Organiser**

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Early Bird Offer

# School Holiday Workshops



## 2-DAY WORKSHOPS

Ages 8 -14 years @ The Ponds High School

### MAKERSPACE INVENTOR Workshop

Craft and invent anything with electronic building blocks and iPad control!

**Guaranteed FUN!**

### DIGITAL ART + DESIGN Workshop

Learn to design, create and edit digital art for the web on iPads!

BOOK NOW at [PIXELKIDS.com.au](http://PIXELKIDS.com.au)



@pixelkidsacademy

# Term 4

# Riverbank Public School

# 2018

| Term Four | MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY  | SAT/SUN         |
|-----------|---|---|---|---|---|-----------------|
| Week 1    | 15 October<br>Students Return   | 16 October  | 17 October<br>2-3pm Yr 6 Transition to Ponds HS                             | 18 October<br>Ridges Festival   | 19 October<br>Assembly 1/2C<br>Summer PSSA              | 20<br>21<br>Oct |
| 2         | 22 October<br>School Photos<br>Copyright Audit             | 23 October<br>School Photos                                   | 24 October<br>CAPA/Sport Photos<br>Interrelate<br>9.15am NAPLAN             | 25 October<br>Exec Planning Day<br>9-11am Yr 6 market Day at Ponds HS | 26 October<br>Walk a Thon<br>Assembly 3E<br>Summer PSSA | 27<br>28<br>Oct |
| 3         | 29 October<br>Copyright Audit                              | 30 October<br>2-3pm<br>Grandparents Day                       | 31 October<br>Yr 5 Brewongle  | 1 November<br>Yr 6 Brewongle  | 2 November<br>Assembly<br>KG & 1S<br>Summer PSSA        | 3<br>4<br>Nov   |
| 4         | 5 November<br>Copyright Audit                              | 6 November<br>K Fire Truck<br>Incursion 11am                  | 7 November<br>Remembrance Day   | 8 November<br>2019 Kindergarten Transition                            | 9 November<br>Assembly<br>5/6L & 3/4C<br>Summer PSSA    | 10<br>11<br>Nov |
| 5         | 12 November<br>Copyright Audit                             | 13 November   | 14 November<br>7pm - P & C<br>Parliament<br>S1 Fire Truck<br>Incursion 11am | 15 November<br>2019 Kindergarten Transition                           | 16 November<br>Assembly<br>KM & 1K<br>Summer PSSA       | 17<br>18<br>Nov |
| 6         | 19 November   | 20 November   | 21 November   | 22 November<br>2019 Kindergarten Transition                           | 23 November<br>Assembly 3K<br>Summer PSSA               | 24<br>25<br>Nov |
| 7         | 26 November<br>Yrs 3-6 STEM<br>Incursion <br>Swim Scheme | 27 November<br>CAPA Night 6pm<br>HS hall<br>Swim Scheme       | 28 November<br>Swim Scheme  | 29 November<br>Swim Scheme<br>2019 Yrs 1-6<br>Orientation             | 30 November<br>Swim Scheme                              | 1<br>2<br>Dec   |
| 8         | 3 December<br>Swim Scheme   | 4 December<br>Yr 6 Orientation day at Ponds HS<br>Swim Scheme | 5 December<br>Scripture Assembly<br>Swim Scheme                             | 6 December<br>Year 6 Dinner<br>St2 Incursion<br>Swim Scheme           | 7 December<br>Swim Scheme                               | 8<br>9<br>Dec   |
| 9         | 10 December   | 11 December<br>9.15am Kindy<br>Excellence Assembly & Concert  | 12 December<br>Excellence Assembly<br>Yrs. 4 -6 9.15am<br>Yrs. 1-3 11.15am  | 13 December   | 14 December   | 15<br>16<br>Dec |
| 10        | 17 December<br>St1 Christmas Concert<br>9.30am<br>Reports Home  | 18 December<br>Yrs K – 6<br>Celebration of Learning           | 19 December<br>Year 6 Assembly<br>1.30pm<br>Last day for Students           | 20 December<br>SDD  | 21 December<br>SDD                                      | 22<br>23<br>Dec |
|           | 24 December   | 25 December   |   |   |   |                 |

# STEM

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# Riverbank Public School Kindergarten Concert

You are invited to Kindergarten's Excellence  
Assembly and end of year concert to  
celebrate another wonderful year of learning  
at Riverbank Public School!

Tuesday 11 December  
Riverbank Public School Hall  
Excellence Assembly 9:15am  
End of Year Concert 10:15am





Where in the world

is Santa Claus?

You're invited to the Stage One Christmas Concert  
to help us celebrate another wonderful year of  
learning at Riverbank Public School  
and to help us find Santa!

Monday 17th December  
In the Riverbank P.S. hall  
Seating at 9:15am

9:30am start



# CANTEEN MENU

TERM 4 2018



## Hot Food

- Chicken Nuggets 4 for \$3.00  
6 for \$4.20
- Party Pie \$1.20
- E Corn on the Cob \$1.20
- Garlic Bread \$2.00
- Sausage Roll - Lite \$3.20
- Filo Spiral \$3.50
- Meat Pie - Lite \$3.80
- Pizza Slab - BBQ Chicken \$3.50
- Pizza Slab - Margarita \$3.50

## Burgers

- E Chicken Burger \$4.20
- E Sweet Chilli Burger \$4.20
- E Beef Burger \$4.20
- E Vegie Burger \$4.20
- E Meatball Sub \$4.20

ALL BURGERS INCLUDE SALAD

## All Wrapped Up

- E Parmy Toasted Wrap \$4.50
- E Chicken Caesar Wrap \$4.50
- E Sweet Chilli Chicken Wrap \$4.50
- E Nemo Wrap \$4.50
- E Lamb Toasted Wrap \$4.50
- E All Meats / Cheese Wrap \$4.50

## Pasta & Rice

- E Macaroni & Cheese \$4.20
- E Butter Chicken & Rice \$4.20
- E Pasta Bolognese \$4.20
- E Lasagne \$4.20
- E Fried Rice & Chicken Wings \$5.00
- E Vegetable Lasagne \$4.20

## Sushi Rolls

- E Chicken & Cucumber \$3.50
- E Tuna & Cucumber \$3.50
- E Chicken Teriyaki \$3.50

AVAILABLE TUESDAY, WEDNESDAY & THURSDAY

## Snacks

- E Pizza Muffin \$1.00
- E Cheese Stick \$1.00
- E Carrot Sticks \$1.00
- E Piece of Fruit \$1.00
- E Boiled Egg \$1.00
- E Popcorn \$1.00
- Jumpy's \$1.00
- Honey Soy Chips \$1.50
- JJ Chicken Crackers \$1.50
- E Yoghurt Cup - Small \$2.00
- Large \$2.30
- E Fruit Salad - Small \$2.00
- Large \$3.50
- Banana Bread Slice \$2.00
- E Dip Snack Box \$2.00

HOMEMADE SNACKS AVAILABLE DAILY

## Drinks

- E Juice - Popper \$1.80
- E Plain Milk 300ml \$1.80
- With Sippah Straw \$2.30
- E Pop Top Juice \$2.00
- E Bottled Water 600ml \$2.00
- E Juice Bomb Sparkling Juice \$2.20
- E Flavoured Milk (3 Flavours) \$2.50
- E Up 'n' Go \$2.50
- Homemade Milkshakes \$2.00

## Ice Blocks

- Frozen Lite Cordial Cup \$0.50
- E Moosie Pouch \$1.00
- E Frozen Juice Cup \$1.00
- Slushie Cup \$2.00
- E Quelch Stick \$1.00
- Ice Cream Cup \$2.00
- E Juice Pouch \$1.00
- Frozen Yoghurt \$2.00

## Sandwiches, Wraps & Rolls

ALL SANDWICHES MADE ON WHOLEMEAL BREAD

- E Vegemite, Jam \$2.00
- E Tomato, Cheese \$2.50
- E Tuna or Egg \$3.00
- E Ham, Chicken or Salmon \$3.50
- E Salad Sandwich \$3.50  
(Lettuce, Tomato, Cucumber, Beetroot & Carrot)
- E Salad with Cheese \$3.90
- E Salad with Tuna or Ham \$4.20
- E Salad with Chicken or Salmon \$4.50
- Extras (Including Toasting) \$0.40
- (WRAP OR ROLL - ADD \$0.50)

Order your lunch online

**flexischools**  
flexischools.com.au

## Bento Box 1

- E ½ Sandwich \$5.00
- Chicken Wing
- Cheese & Crackers
- Fruit Selection
- 2 Mini Muffins

## Bento Box 2

- ½ Sandwich \$5.00
- Party Pie
- Dip & Carrot Sticks
- Fruit Selection
- 2 Mini Muffins

## Crunch Box

- \$4.00 E Vegie Sticks, Cherry Tomatoes, Cheese, Dip & Crackers

- E Garden Salad \$4.00
- With Ham or Tuna \$4.50
- With Salmon or Chicken \$5.00
- E Chicken Caesar Salad \$5.50
- E Add Ons \$0.50
- Egg, Cheese, Avocado
- Sprouts, Bacon, Croutons

## Salads

WE'RE ON OUR WAY TO BEING  
**GREAT**  
Healthy School Canteens

Our school canteen aims to comply with the NSW Healthy School Canteen Food & Drink Benchmarks with a focus on everyday healthy food and drink options.

*Whooping cough affects people of all ages. It can be especially serious for babies. Vaccination reduces the risk of infection and severe disease.*

# Whooping Cough (Pertussis)

Last updated: 28 June 2018

## What is whooping cough?

Whooping cough can be a life threatening infection in babies. Whooping cough in babies can lead to apnoea (pauses in normal breathing), pneumonia, feeding problems and weight loss, seizures, brain damage and, in some cases, death. Older children and adults can get whooping cough too and pass it on to babies.

## What are the symptoms?

- Whooping cough usually begins like a cold with a blocked or runny nose, tiredness, mild fever and a cough.
- The cough gets worse and severe bouts of uncontrollable coughing can develop. Coughing bouts can be followed by vomiting, choking or taking a big gasping breath which causes a "whooping" sound. The cough can last for many weeks and can be worse at night.
- Some newborns may not cough at all but they can stop breathing and turn blue. Some babies have difficulties feeding and can choke or gag.
- Older children and adults may just have a cough that lasts for many weeks. They may not have the whoop.

## How is it spread?

- Whooping cough is spread when an infectious person coughs bacteria into the air which can be inhaled by people nearby. If they are not treated early, people with whooping cough are infectious in the first three weeks of their illness.
- Whooping cough spreads easily through families, childcare centres and at school.

## Who is at risk?

- Anyone can get whooping cough. People living in the same household as someone with whooping cough are especially at risk.
- Immunisation reduces the risk of infection but immunity fades over time. You can still get whooping cough even if you've been immunised.

## How is it prevented?

Whooping cough vaccines provide good protection from infection but immunity fades which means that boosters are needed.

## Immunisation for babies

- Babies need to be immunised at 2 months, 4 months, 6 months and 18 months. The first dose can be given as early as 6 weeks of age.

- Getting your baby vaccinated on time gives them some protection when they are most at risk of severe illness.
- If your baby's vaccines are overdue, see your GP now to catch up.

## Immunisation for older children

- A whooping cough booster is needed at 4 years of age.
- Check if your child has been vaccinated. Look at their Blue Book, speak to your GP or ring the Australian Immunisation Register on 1800 653 809.
- A second whooping cough booster is given in high school through the NSW School –based Vaccination Program.

## Immunisation for adults

A booster for adults is recommended for:

- women who are in the third trimester of pregnancy, preferably at 28 weeks. Free vaccine is provided through GPs and hospital antenatal clinics.
- other adult household members, grandparents and carers of infants under 12 months of age.
- adults working with young children, especially health care and child care workers.

## If you are a close contact of someone with whooping cough:

- If you have been exposed to someone with whooping cough early in their illness while they are infectious, watch out for symptoms and see your doctor if you get a new cough.
- Some babies and some pregnant women need antibiotics to prevent whooping cough infection if they have had significant contact with an infectious person.

## How is it diagnosed?

Your doctor may ask about your symptoms and whether you've had any contact with whooping cough. If your doctor thinks you have whooping cough, a swab from the back of the nose or throat can confirm the diagnosis.

## How is it treated?

- Some babies may need treatment in hospital or in intensive care.
- Antibiotics are used to treat whooping cough in the early stages and can help prevent spreading whooping cough to others. People who are not treated early with the right antibiotics can spread the infection in the first 3 weeks of their illness. After 5 days of antibiotics, you are normally no longer infectious.
- The cough often continues for many weeks, despite antibiotics.

## What is the public health response?

Doctors and laboratories must confidentially notify cases of pertussis to the local public health unit. Public health unit staff can advise on the best way to stop further spread.

Infectious children are restricted from going to pre-school and school. Unimmunised contacts may be excluded from child care unless they take the special antibiotics.

## Identify - Protect – Prevent

[NSW Health whooping cough campaign:](http://www.health.nsw.gov.au/Infectious/whoopingcough/Pages/default.aspx)  
<http://www.health.nsw.gov.au/Infectious/whoopingcough/Pages/default.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](http://www.health.nsw.gov.au)

# Cough etiquette and respiratory hygiene

## Cover your cough



- When coughing or sneezing, use a tissue to cover your nose and mouth
- Dispose of the tissue afterwards
- Wear a surgical mask, if possible

## Wash your hands



- After coughing, sneezing or blowing your nose, wash your hands with soap and water
- Use alcohol-based liquids, gels or wipes if you do not have access to soap and water

Remember hand washing is the single most effective way to reduce the spread of germs that cause respiratory disease.

Anyone with signs and symptoms of a respiratory infection, regardless of the cause, should be instructed to cover their nose/mouth when coughing or sneezing; use tissues to contain respiratory secretions; dispose of tissues in the nearest waste receptacle after use; and wash their hands afterwards.



Australian Government  
Department of Health and Ageing



# Vacation Care

**\*\*limited spots available call now**

Offering craft and fun activities during the holidays

\*Located in The Ponds.

\*I have worked in childcare for over 15 years

\*A very clean, tidy, fun and caring environment for children to interact, learn and play

\*Operating hours 7am to 6pm Monday to Friday

\*Registered with Kids' Early Learning Blacktown Council Family Day Care

If interested please contact

Karissa 0431 345 405

JOIN US FOR THE  
ALL 'ACCESSIBLE & INCLUSIVE'  
CHRISTMAS MARKET & CAROLS EVENT!

CHRISTMAS MARKET 1PM - 6PM

- LOADS OF STORES
- FOOD TRUCKS
- KIDS FUN
- FACE PAINTING
- STAGE WITH PERFORMERS



CAROLS 4PM - 6PM

- COMMUNITY CAROLS
- SANTA CLAUS
- PERFORMERS

DECEMBER 8 - THE PONDS SCHOOL  
201 THE PONDS BOULEVARDE, THE PONDS

