

NEWSLETTER



Tuesday, 31 May 2011

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Principal: Jennifer Miggins

Term Dates

Term 2 ☞ 27th April – 1st July.

Term 3 ☞ 18th July – 23rd Sept.

Term 4 ☞ 10th Oct – 16th Dec.

DATES FROM THE CALENDAR:

Term 2

Week 6

✓ **Wednesday 1st June**

Jump Rope for Heart Yr.7

✓ **Thursday 2nd June**

- Dramatic Minds Workshop
Teach NSW for Students
- Small Schools Rugby
League Knockout in Tumut
U/13s & U/16s

Week 7

✓ **Thursday 11 English Studies**

Job Interview Excursion
Drugs in Schools

✓ **Friday 10th June**

Yr 9/10 Exams in Science &
Maths

PRINCIPAL'S MESSAGE

Riverina Highlands Learning Community, Gifted and Talented –

Literacy Day Wednesday 25th May, in Tumut. The Year 7 & 8 students who attended had a very rewarding day sharing their creative writing talents. The students were very enthusiastic and have a task to complete which will be presented and published later in the year when it is completed. Congratulations to those students who attended.

There will be another GAT day focusing on Numeracy in Term 3.

Zone Cross Country Carnival

Congratulations to those students who attended and represented Gundagai High School. Again, our students did very well. At this stage, unofficially Mac Young won the boys 16 years, Stephanie Cribb was 4th in the 16 years girls, Danian Makeham was 3rd in the 15 years boys, Emily Bridgeman 3rd in 14 years girls, Cooper Thatcher 4th in the 14 years boys and Josh Bawden 4th in the 12 years boys.

P&C WORKING BEE

The P&C claim the date of Sunday 26th June for a working bee at the high school.

The day will involve cleaning up the gardens and tree areas of the school, so if you are able to spend some time to garden, cut branches from trees, tidy garden beds, plant trees/shrubs then please give the school a call (69441233) to let us know if you are available.

If you have a chainsaw and a chainsaw ticket (qualification) also please let us know if you are willing to help.

We will be organising volunteers into groups with set work areas for everyone's safety so it is important that we know who will be here on the day and what equipment you can bring with you.

There will be morning tea and BBQ lunch provided.

Jennifer Miggins

Principal

DEPUTY PRINCIPAL'S MESSAGE

Children's Infectious Diseases

At the end of this week's newsletter there is information regarding infectious diseases. Please read this information as it will help families understand the symptoms and rules about attendance at school etc.

National Reconciliation Week

National Reconciliation Week is held every year between 27th May and 3rd June and is framed by two significant dates in Australia's history which best symbolise the hopes and aims for reconciliation.

May 27th marks the anniversary of the 1967 referendum in which over 90 per cent of Australians voted to give the Commonwealth the power to make laws for Aboriginal people. June 3 marks the anniversary of the High Court's judgement in the Mabo case in 1992.

Online course and uni search

Myfuture is a free national online career information service aimed at anyone wishing to explore career options. It is an interactive, user-driven website that provides a range of interactive and information resources including:

- occupation and industry profiles
- labour market and salary information
- helpful hints and tips about writing resumes, finding a job, preparing for job interviews and changing career paths.

The website has information on over 18,000 courses and 2,000 scholarships offered by Australian universities and training providers. Visit www.myfuture.edu.au.

Simon Bridgeman
Deputy Principal

FRONT OFFICE NEWS

Subject and Voluntary Contributions

Invoices will be posted shortly for outstanding Subject Contributions. For your convenience they may be paid by instalment.

School Uniforms

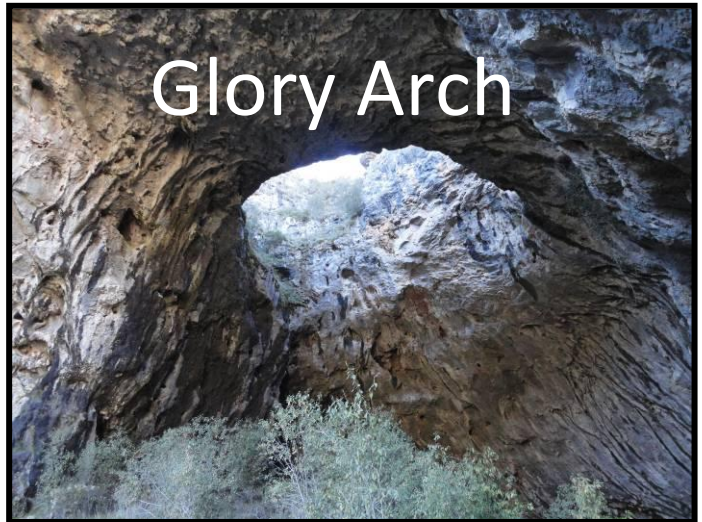
Another order will be placed next week. Due to the delay in filling orders if you require items over the next few weeks I would suggest you place an order now.

Barbara Ballard
School Administration Manager

GEOGRAPHY EXCURSION – YARRANGOBILLY CAVES

At 8:13am Thursday morning, Year 9 and Year 12 Geography jumped on a bus for a two hour trip in the mountains. This particular trip's destination was Yarrangobilly Caves. The caves there had endured many natural disasters, including bushfires and floods. The teachers accompanying the students were Mr Crane, Ms Smallwood, and Mr Evans.

Year 9 students were studying the topic '*Physical Characteristics of a Karst Environment*'. Year 12 were studying the topic '*Ecosystems at Risk*'.

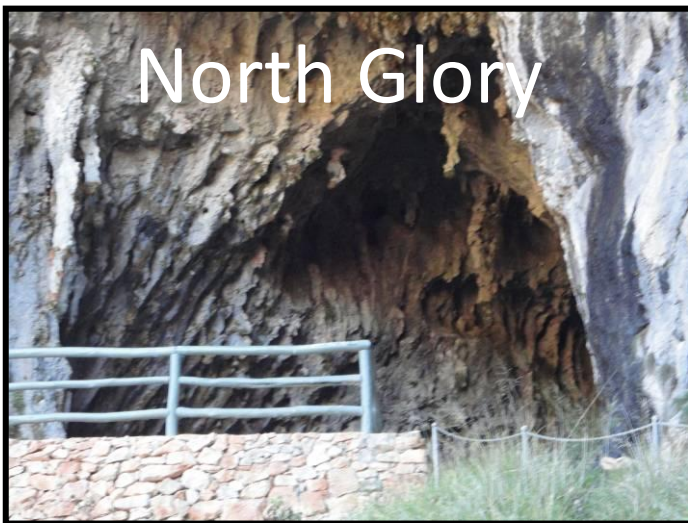


Glory Arch

Once we got there, we had our recess and our guide, Regina Roach talked us through the caves.

There were two caves Year 9 were allowed into; North Glory and South Glory (Self-guided) Caves.

Year 12 were allowed into the Jersey Cave and South Glory Caves.



North Glory

There were many interesting things inside the cave. For example, there were old wires, names engraved in a passageway, and a dead rabbit.

It was a great day and on behalf of Year 9, I'd like to thank Regina Roach for guiding us through the caves.

Article written by Terry Watson (Year 9)

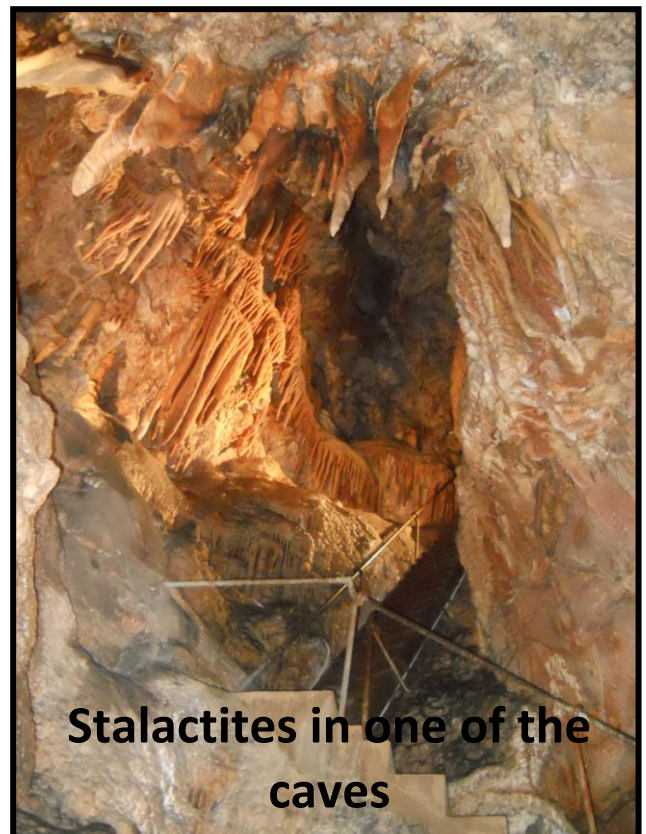
Year 12's Addition to the Trip

On Thursday, 26th May Year 12 Geography and all of Year 9 went on a field study to the Yarrangobilly Caves. After an early start and a long bus trip, we arrived at the caves around 9.30am.

Year 12 had a guided tour through Jervis Cave in which we learnt about the history of the cave, along with information about the three zones of caves and the delicate environment we were experiencing. All Year 12 students enjoyed the informative tour of the cave and were impressed with the stalactites and stalagmites that had formed from limestone.

We would like to thank Rob from Makehams Coaches, Mr Evans, Mr Crane and Ms Smallwood for such a good trip.

Article written in collaboration by Year 12 Geography Students



Stalactites in one of the
caves



Aboriginal Commune Information & Assistance Road Show



The focus of the road show is for Aboriginal community members to apply for their **birth certificates**. This will also bring a number of agencies together to hold an Aboriginal information and assistance day. The day will offer the Aboriginal community members the opportunity to;

- Apply for your birth certificate?
- Advice on getting your drivers licence?
- How to pay off outstanding fines with SDRO?
- Advice on your rights as a Consumer with NSW Fair Trading

(Copy of identification is compulsory eg: drivers licence, Pension Card, Bank/Credit Card, Medicare Card)

Date:	Time:	Locations:
Monday 20 June	11am – 3pm	Coo-ee Cottage 68 Fitzroy Street TUMUT
Tuesday 21 June	11am – 3pm	Griffith City Library Banna Avenue GRIFFITH
Wednesday 22 June	9am – 1pm	Bairnald Local Aboriginal Land Council 200 Church Street BALRANALD
Thursday 23 June	10am – 2pm	Albury Wodonga Aboriginal Health Service 644 Daniel Street ALBURY

Also in attendance on the day will be:

- State Debt Recovery will be assisting people with help & advice on how to deal with fines, payment options and making time to pay arrangements
- Aboriginal Programs Advisor from the RTA will be present for advice on the process to obtain a licence with the RTA and getting a licence restriction lifted.
- NSW Fair trading will provide information on your rights as a Consumer in NSW. Information topics will be on lay bys, refunds, scams, buying a car and tenancy.

If you require further information on the “Road Show” please contact
Stephen Smith Ph
(02) 6937 3040



Cygnett Laptop Case

Suits DER Laptops Vintage '09, '10 & '11

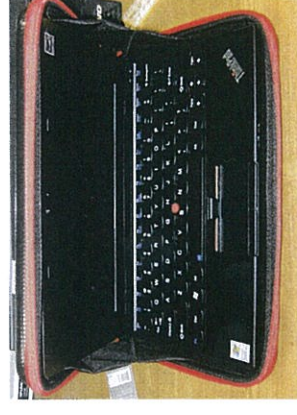
- Hardshell Laptop Sleeve with Zipper
- Lightweight semi-rigid shell exterior for ultimate protection
- Shock-resistant industrial design with padded interior
- Sleek and stylish materials in modern minimalist style
 - Fits up to 10 inch laptop



\$15
per
Case

We need at least 10 students interested to place an order.

See Mr. Jones to put your name down as interested.





Helping learner drivers become safer drivers

FREE workshops for parents and supervising drivers

To provide practical advice about:

- Current laws for L and P licence holders.
- Supervising learner drivers.
- Completing the Learner driver log book.
- The benefits of supervised on-road driving experience.

The next workshop in your area will be held on:

**Thursday 2nd June 2011 for a 6.30pm start
at Gundagai Shire Council**

Book NOW on 6944 0200 or 0427 470 535

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.

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.

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.

Children's infectious diseases

Hand, foot and mouth disease

Time from exposure to illness
3 to 7 days.

Symptoms

Mild illness, perhaps with a fever, blisters around the mouth, on the hands and feet, and perhaps the nappy area.

Do I need to keep my child home?

Yes, until the blisters have dried.

How can I help prevent spread?

Careful hand washing especially after wiping noses, using the toilet and changing nappies.

Head lice

Time from infestation to eggs hatching
Usually 5 to 7 days.

Symptoms

Itchy scalp, white specks stuck near the base of the hairs, lice may be found on the scalp.

Do I need to keep my child home?

No, as long as head lice treatment is ongoing.

How can I help prevent spread?

Family, friends and classroom contacts should be examined and treated if infested.

Hepatitis A

Time from exposure to illness
About 2 to 6 weeks.

Symptoms

Often none in small children; sudden fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine, pale stools.

Do I need to keep my child home?

Yes, for 2 weeks after first symptoms or 1 week after onset of jaundice.

How can I help prevent spread?

Careful hand washing; close contacts may need to have an injection of immunoglobulin; immunisation recommended for some people.

Impetigo (school sores)

Time from exposure to illness
1 to 3 days.

Symptoms

Small red spots change into blisters that fill with pus and become crusted; usually on the face, hands or scalp.

Do I need to keep my child home?

Yes, until treatment starts. Sores should be covered with a watertight dressing.

How can I help prevent spread?

Careful hand washing.

Influenza

Time from exposure to illness
1 to 3 days.

Symptoms

Sudden onset of fever, runny nose, sore throat, cough, muscle and headaches.

Do I need to keep my child home?

Yes, until they feel better.

How can I help prevent spread?

Immunisation is especially recommended for the elderly and people with underlying medical conditions.

Measles

Time from exposure to illness
About 10 to 12 days until first symptoms, and 14 days until the rash develops.

Symptoms

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.

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. Contacts who are not immune may be excluded from school for 14 days.

Children's infectious diseases

Meningococcal disease	
<u>Time from exposure to illness</u> 2 to 10 days.	<u>Time from exposure to illness</u> New infections: 2 to 6 weeks Reinfections: 1 to 4 days.
<u>Symptoms</u> Sudden onset of fever and a combination of headache, neck stiffness, nausea, vomiting, drowsiness or rash.	<u>Symptoms</u> Itchy skin, worse at night. Worse around wrists, ankles, buttocks, groin and between fingers and toes.
<u>Do I need to keep my child home?</u> Seek medical help immediately. Patient will need hospital treatment.	<u>Do I need to keep my child home?</u> Yes, until the day after treatment has begun.
<u>How can I help prevent spread?</u> Close contacts may need to take a special antibiotic and should see their doctor urgently if symptoms develop. A vaccination against one strain of meningococcal disease is given to all children at 12 months of age.	<u>How can I help prevent spread?</u> Close contacts should be examined for infestation and treated if necessary. Wash linen, towels and clothing worn in the past 2 days in hot water and detergent.
Mumps	
<u>Time from exposure to illness</u> 14 to 25 days.	<u>Time from exposure to illness</u> 1 to 3 days.
<u>Symptoms</u> Fever, swollen and tender glands around the jaw.	<u>Symptoms</u> Sudden onset sore throat, high fever and vomiting, followed by a rash in 12 to 36 hours.
<u>Do I need to keep my child home?</u> Yes, for 9 days after onset of swelling.	<u>Do I need to keep my child home?</u> Yes, until at least 24 hours of treatment has begun and the child is feeling better.
<u>How can I help prevent spread?</u> Immunisation (MMR) at 12 months and 4 years of age.	<u>How can I help prevent spread?</u> Careful hand washing. Sick contacts should see their doctor.
Ringworm	
<u>Time from exposure to illness</u> Varies (may be several days).	
<u>Symptoms</u> Small scaly patch on the skin surrounded by a pink ring.	
<u>Do I need to keep my child home?</u> Yes, until the day after treatment has begun.	
<u>How can I help prevent spread?</u> Careful hand washing.	

Children's infectious diseases

Slapped cheek (Erythema infectiosum, Fifth disease, Parvovirus B19)	
<u>Time from exposure to illness</u> 1 to 2 weeks.	<u>Time from exposure to illness</u> Several weeks.
<u>Symptoms</u> Mild illness: fever, red cheeks, itchy face-like rash and possible cough, sore throat or runny nose. If you are pregnant when your child has this disease see your doctor immediately because it could affect your unborn baby.	<u>Symptoms</u> Itchy bottom.
<u>Do I need to keep my child home?</u> No, this disease is most infectious before the rash appears.	<u>Do I need to keep my child home?</u> No.
<u>How can I help prevent spread?</u> Careful hand washing; avoid sharing drinks.	<u>How can I help prevent spread?</u> Careful hand washing. Whole household should be treated. Wash linen, towels and clothing worn in the past 2 days in hot water and detergent.
Whooping Cough (pertussis)	
<u>Time from exposure to illness</u> 7 to 20 days.	
<u>Symptoms</u> Starts with runny 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.	
<u>Do I need to keep my child home?</u> Yes, until the child has taken the first 5 days of a special antibiotic.	
<u>How can I help prevent spread?</u> Immunisation at 2,4,6 months, 4 years and in high school. A special antibiotic can be given for the patient and close contacts. Unimmunised contacts may be excluded from child care unless they take a special antibiotic.	