



Tuesday, 26 July 2011

Gundagai High School
PO Box 107
157 Hanley Street
GUNDAGAI NSW 2722
Phone: 6944 1233
Fax: 6944 2180

Email:
gundagai-h.school@det.nsw.edu.au
Website:
www.gundagai-h.schools.nsw.edu.au

Principal: Jennifer Miggins

Term Dates

Term 3 ☞ 18th July – 23rd Sept.

Term 4 ☞ 10th Oct – 16th Dec.

DATES FROM THE CALENDAR:

Term 3

Week 2

- ✓ **Monday 25th July**
Year 12 Physics to Wagga
- ✓ **Thursday 25th July**
Year 12 Geography study day

Week 3

- ✓ **Tuesday 2nd August**
UNSW English Test
- ✓ **Thursday 4th August**
Riverina Athletics - Albury

Gundagai High School

NEWSLETTER

PRINCIPAL'S MESSAGE

WELCOME

- **Ms Rebecca Kingwill** to Gundagai High School who is a new staff member in the HSIE Department, she is working four days per week with Ms Smallwood sharing the other day in the week.
- **Ms Anna Streckfuss** is back two days a week in the Science faculty sharing the timetable with Ms Smallwood.
- **Mr Jim Graham** is currently filling the maths position.

2011 Term 3 Riverina Highlands Learning Community School Development Day, with all staff from Gundagai, Tumbarumba, Batlow and Tumut High Schools, was a very successful day where staff had the opportunities for professional dialogue about improving student engagement and the role of current technology and the extension of the current senior shared curriculum project.

Positive Behaviour for Learning (PBL). The Staff and P&C are doing their Positive Behaviour for Learning Universal Training this week. This framework will support the school to systematically work towards creating a safer, more effective and positive working and learning environment within the school.

Other P&C representatives interested in being involved in the program implemented please contact P&C President Lizzie Britt on 0411888097 or Jennifer Miggins 69441233

Parent/Teacher Night was a valuable opportunity for parents to discuss their child's progress with staff. Many took this opportunity and the staff look forward to working with parents in support of the student's learning.

Important Dates:

- **Stage 5 (Year 9 & 10) Day is on Thursday 28th July**
- **Subject Selection Evening Tuesday 9th August for Year 8 into 9 & Year 10 into 11.**

SASS Recognition Week Monday 1st – Friday 5th August

This week is an opportunity to formally thank our SASS Staff for the fabulous job they do in support of the teaching staff and our students at Gundagai High School. It is also important to recognise the vital role they play in the success of our school. The Teaching Staff and P&C will be holding a morning tea on Friday 5th August for our SASS Staff.

The 2011 Theme is "SASS Staff ... Stepping Up to the Challenge"

Jennifer Miggins
Principal

DEPUTY PRINCIPAL'S MESSAGE

New student portals

Four new student portals have been developed to support the different needs of students: Kindergarten to Year 2, Years 3-6, Years 7-12 and TAFE.

With the success of the Year 7 to 10 rollout, the Years 11 and 12 portal will be available on 25 July, with KIDSPACE (K- 2) to follow on 1 August and finally Student Portal (Years 3-6) on 8 August.

The portals will be accessible from both home and school. The new URL is: <http://student.det.nsw.edu.au> so please change all bookmarks and links for the student portal to this new URL.

Enhanced features include being able to search, access and organise information for school tasks via the student portal on computers used at home or at school, at any time. Dates can be added into a calendar portlet as reminders for assessment tasks, homework and other important events and colours can also be customised.

Nutrition for good sports

Check out the Australian Institute of Sport (AIS) website which has a host of information on nutrition to assist elite athletes, recreational athletes and the general public stay up to date with the latest strategies in sports nutrition. This section also contains fact sheets on diets, training and body size and shapes; there are delicious recipes to download, info on supplements and publications. The AIS also offers sport scholarships later in the year, so if you have an aspiring athlete in the family, bookmark the website (www.ausport.gov.au) for future reference.

State Cross Country

Congratulations Mac Young. Mac travelled with the Riverina Team to Eastern Creek raceway on Friday 22nd July to compete in the Under 16 State Cross Country race.

He achieved a result that has him well into the top 100 boys across all schools in New South Wales.

A terrific achievement and experience for Mac.

Simon Bridgeman
Deputy Principal



RURAL FIRE SERVICE CADETS STREET STALL

The Gundagai High RFS Cadets are having a street stall this Thursday to Saturday. There will be raffles, 100 club and other items for purchase. Please support the cadet's funds raising efforts by making a purchase from the stall. A group of 6 cadets, Brian and Karen Lewin, Ian and Lynda Petty and I cut an excellent trailer of wood for the raffle on Sunday, a highly valued commodity at the moment. I wish to express my thanks to Brian and Karen for allowing the cadets to collect the wood from their property. Money raised will be used to assist them to travel and compete at the National Titles in Myuna Bay in October.

Dale Chadwick
RFS Cadet Coordinator

HISTORIC SITES OF GUNDAGAI MAINTENANCE PROGRAM

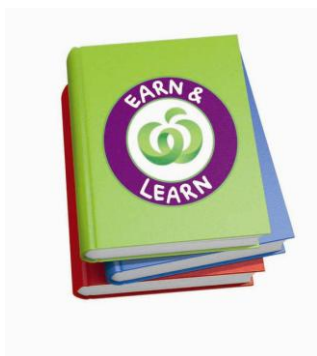
As an added interest for students and a community based liaison project, GHS students have recently commenced work during Wednesday sport at the Railway Station precinct. The objective is to provide assistance to the maintenance of Gundagai's Historic sites and to educate students about being involved in community spirit projects. They have worked very hard and have learnt to appreciate the experiences of our pioneers and forebears by investigating the construction and uses of the railway track and station. Our focus was to clear the cutting at the southern end of the precinct of grass and debris and eventually make a walking track through to Rusconi Park. The students were given gloves, buckets, and rakes and set about the task ahead. Whilst it is early days, we could already start to see the improvement. The work will continue at other sites during semester two.



Ashleigh Smart & Regina Evans



Meg Armour & Shian Kennedy



Our school is taking part in Woolworths Earn & Learn community program. This year, they are giving away more than \$5 million worth of educational resources for Primary and Secondary schools all over Australia, including ours!

From July 18th to September 18th 2011, Woolworths will give you one Earn & Learn point for every \$10 you spend in store (excluding the purchase of cigarettes, alcohol and gift cards). Points will automatically appear on your shopping docket. All you need to do is save those dockets and bring them to school (Woolies have given us a special collection box). You will be able to track our progress on our points barometer poster at school or online at woolworths.com.au/earnandlearn

At the end of the 9-week program, we can redeem our collection of points against a choice of more than 7,000 educational resources. The list is extensive and includes library books, classroom equipment, art & craft materials and much, much more...

There's no limit to the number of points we can collect, so your participation will really make a difference. The more points we earn, the more resources we can order!



**Help Woolies to help our school.
Start collecting Woolworths
Earn & Learn Points today!**

COMMUNITY NEWS

WANT TO QUIT SMOKING?

Free Quit Smoking Information Seminar
Wednesday 10th August, 2011
6.30pm
Gundagai District Services Club, Gundagai
For more information Contact Jeannette Blundell
Primary Health Nurse, Quit Educator
Riverina Division of General Practice
0459512231

SENSORY PROCESSING-MAKING SENSE OF THE WORLD

Do you know a child who never sits still; loses control easily; plays roughly with friends and equipment; appears “fussy”; is hard to get going; appears to be inattentive; and/or at times is difficult to motivate? These behaviours may result from how a child perceives and responds to sensory information. This workshop provides information about how children learn through their senses. Strategies to support individual learning styles in the home and early childhood settings are discussed through case studies.

Date: Monday 15th August 2011

Time: 6.30-9.30

Venue: Mirrabooka, Sheridan Street Gundagai 2722

Cost: \$90 or \$80 each for 2 and more participants.

Payment due before the night to confirm booking. Cheques made payable to Gumnut Childcare Centre and posted to 136 West Street, Gundagai NSW 2722

This workshop is suitable for parents, early childhood professionals and health professionals.

Enquiries and bookings: Kim Pollack at Gumnut Childcare centre

Call 69 441889 or email gumnut1@westnet.com.au



Helping Kids Learn

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

Time from exposure to illness

2 to 10 days.

Symptoms

Sudden onset of fever and a combination of headache, neck stiffness, nausea, vomiting, drowsiness or rash.

Do I need to keep my child home?

Seek medical help immediately. Patient will need hospital treatment.

How can I help prevent spread?

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.

Mumps

Time from exposure to illness

14 to 25 days.

Symptoms

Fever, swollen and tender glands around the jaw.

Do I need to keep my child home?

Yes, for 9 days after onset of swelling.

How can I help prevent spread?

Immunisation (MMR) at 12 months and 4 years of age.

Ringworm

Time from exposure to illness

Varies (may be several days).

Symptoms

Small scaly patch on the skin surrounded by a pink ring.

Do I need to keep my child home?

Yes, until the day after treatment has begun.

How can I help prevent spread?

Careful hand washing.

Scabies

Time from exposure to illness

New infections: 2 to 6 weeks

Reinfections: 1 to 4 days.

Symptoms

Itchy skin, worse at night. Worse around wrists, armpits, buttocks, groin and between fingers and toes.

Do I need to keep my child home?

Yes, until the day after treatment has begun.

How can I help prevent spread?

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.

Scarlet fever

Time from exposure to illness

1 to 3 days.

Symptoms

Sudden onset sore throat, high fever and vomiting, followed by a rash in 12 to 36 hours.

Do I need to keep my child home?

Yes, until at least 24 hours of treatment has begun and the child is feeling better.

How can I help prevent spread?

Careful hand washing. Sick contacts should see their doctor.

Children's infectious diseases

Slapped cheek (Erythema infectiosum, Fifth disease, Parvovirus B19)

Time from exposure to illness

1 to 2 weeks.

Symptoms

Mild illness: fever, red cheeks, itchy lace-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.

Do I need to keep my child home?

No, this disease is most infectious before the rash appears.

How can I help prevent spread?

Careful hand washing; avoid sharing drinks.

Whooping Cough (pertussis)

Time from exposure to illness

7 to 20 days.

Symptoms

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.

Do I need to keep my child home?

Yes, until the child has taken the first 5 days of a special antibiotic.

How can I help prevent spread?

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.

Worms

Time from exposure to illness:

Several weeks.

Symptoms

Itchy bottom.

Do I need to keep my child home?

No.

How can I help prevent spread?

Careful hand washing. Whole household should be treated. Wash linen, towels and clothing worn in the past 2 days in hot water and detergent.