

# Harrington Public School Newsletter

Moving Forward Together

With RESPECT and RESPONSIBILITY we strive to achieve our  
PERSONAL BEST

High Street, Harrington NSW 2427  
Phone: 02 6556 1267 Fax: 02 6556 1788  
Email: harrington-p.school@det.nsw.edu.au  
www.harrington-p.schools.nsw.edu.au



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## MESSAGE FROM LISA

We are coming up to the Easter weekend which is a fantastic opportunity to spend time with our families and loved ones. Our staff has worked incredibly hard over Term 1 to settle students in and get them working to their full potential as quickly as possible. Each classroom is producing high quality work, much of which has been posted on FB for you to see. I would like to thank everyone on our Harrington Public School team for their dedication and the hours of work they put in to provide your children with, what I consider, the best educational opportunities around.

I would also like to thank the many volunteers that support our school whether it be in classrooms, through the P & C and canteen or just anonymously by spreading the word about how fantastic our school is. We value all of your efforts and thank you sincerely.

We have a lot of community members that take pride in our school and have recently contacted me to let me know of some poor behaviour, particularly swearing by students whilst in school uniform. I urge parents to have a chat to your children and encourage their best behaviour whenever they are out of your care, particularly in their school uniform because it unfortunately reflects on our school.

We do talk to any children that are identified and have called a few of our families but it doesn't hurt for everyone to touch base around expectations every once in a while.

We hope you have a beautiful Easter break and look forward to seeing everyone refreshed and ready for the last two weeks on Tuesday 3rd April.

## QUOTE FOR THE MOMENT

WE ARE ALL NOW CONNECTED BY  
THE INTERNET, LIKE NEURONS IN A  
GIANT BRAIN.

*Steven Hawking*



eSmart  
Schools

**These days, sending and downloading images and videos is easy. The difficult part is if you can trust the person you're sending it to. Here's some stuff you need to know to help protect yourself.**

### Sharing images and video

- Remember that it's easy to forward photos and videos sent by text or email and posted online, so if you wouldn't want a photo or video, or some information about you displayed at your school assembly, think twice before you post it online or text it to anyone.
- As well as potentially damaging your reputation, you can actually be charged in court with making child pornography if you share nude or explicit photos of yourself.
- To protect your own safety, it's not a good idea to send a photo or video of yourself to someone you don't know in real life.

### Using cameras

- Considering other people is a big part of using technology safely and respectfully. So it's best not to take a picture of someone unless they know you're doing it and agree to it. That's especially true if they are doing something that they might regret or be embarrassed by later, or might get them into trouble.

### Other people's images and videos

- Webcams can help us stay in touch, but it's important to think carefully and consider your safety before you accept a file or webcam feed from someone you do not know or trust in the real world.
- Remember that web cam images can be faked – so even if you think you've seen someone you're chatting to online, they might not be who you think they are.
- If you see something online or get a text which scares or worries you, tell a trusted adult right away, and see if you can block the person who sent it to you.



Education &  
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## SCHOOL VALUES & EXPECTATIONS

This term the Positive Behaviour for Learning focus will be on revisiting our school expectations of Respect, Responsibility and Personal Best– exploring what they look like, what they mean and what is expected in all settings across our school.

**Week 9 ‘Put rubbish in the bins’ – Setting: Rubbish bins**

**Week 10 ‘Showing our School Values everywhere’ – Setting: All settings**



**APRIL 3 IS THE LAST DAY TO  
COLLECT COLES VOUCHERS!  
PLEASE SEND YOUR VOUCHERS  
INTO SCHOOL AS SOON AS  
YOU CAN!**

**THE SCHOOL WILL BE  
ACCEPTING VOUCHERS UNTIL  
JUNE 2018**

## ANNUAL SCHOOL CONTRIBUTIONS

The time of year has come again when we ask our families to pay their Annual School contributions. The contribution is \$20 for one child, \$30 for two children and \$35.00 for a family. This payment can be made through the Parent Online Payment (POP) system which can be found on our school website, or at the front office either by cash or EFTPOS.

These contributions are important to us as it's how we maintain costs for class books, pencils, paint and other general supplies. The more contributions we get the more money can be put into resources for our classrooms. Last year we had 32% of our families contribute which was more than the previous years. We would love to get more families contributing this year to see the percentage keep growing.

Invoices will be sent home soon. If you have already paid when the invoice comes home, just ignore the slip.

## TERM 1 CALENDAR

### Week 9

Thursday, March 29	Easter Day Out to Majestic Cinemas, Port Macquarie
Friday, March 30	<b>Good Friday</b>

### Week 10

Monday, April 2	<b>Easter Monday</b>
Friday, March 30	Assembly 2-3pm

### Week 11

Thursday, April 12	Colour Fun Day
Friday, March 30	<b>Last day of Term 1</b>

## TERM 1 EVENTS & NOTICES

### NOTICES

#### Storm Management Procedures

This is just a brief reminder of our Storm Management Procedures. These procedures are put in place to protect everyone and our beautiful heritage listed Norfolk Pines at the front of the school.

If there are events of high wind or storms we will be asking families to collect their students and enter school grounds from the Coode St gate on the western side of the school to avoid walking under the pine trees. We post notification of this process on Facebook and Skoolbag so parents are aware that we are in a Storm Management Procedure. It worked really well in 2017 and we thank families for their support.

#### Lunchboxes

We have had a couple of issues recently with children bringing lollies and chocolate to school in their lunch box or hidden in their bags. We ask for support from our families to try and provide as healthy a lunch and recess as possible, not just because it's the national recommendations but it helps their learning, concentration and mood. Our crunch and sip break is also a target for a healthy snacks as well.

Can you check through bags, keep treats in lunch boxes to a minimum and also be aware if they are stopping at the shop on the way to or from school and buying lollies.

Thank you so much for your support and understanding in this matter.

#### Mozzies

At the moment we are experiencing some major issues with mozzies and insects. We ask families who are concerned to provide a roll on or pump-spray insect deterrent in their bags and apply it before they come to school.

Unfortunately we are not allowed aerosols at school.

### WHAT'S COMING UP

#### NAPLAN in Term 2

Year 3 and 5 students will be sitting the NAPLAN assessment on Tuesday 15<sup>th</sup> May, Wednesday 16<sup>th</sup> and Thursday 17<sup>th</sup> May. This is an external assessment that takes place nation-wide and is used as a point in time reference of how schools and students are performing towards state and national averages.

We ask that limited pressure and focus be put on these assessments to avoid unnecessary nervousness and anxiety for students. The school is confident in all students' learning and that the students will participate to the best of their ability at this time. If you have a major concern about your child sitting the assessment please contact myself via the front office or make an appointment to pop in. Accommodations or withdrawal is available.

#### EOI's for Major School Excursions 2018

Please remember to bring in the EOI and deposit for your

assistance please contact the front office and let us know.

**K-2: Billabong Wildlife Zoo** – Thursday 27<sup>th</sup> September, 2018.  
Cost: \$15.00

**Stage 2 - Years 3&4:** Coffs Harbour Beach School and Adventure Camp – Wednesday 22<sup>nd</sup> August till Friday 24<sup>th</sup> August, 2018. Cost: \$250.00

**Stage 3 - Years 5&6:** Bathurst Goldfield and Bushrangers Trail plus Historical Sydney – Monday 20<sup>th</sup> August till Friday 24<sup>th</sup> August 2018. Cost: \$420.00

#### Easter Hat Parade and Open Classrooms

Today was our Easter Hat Parade and Open Classroom. Thank you for the huge support we had from families and the community for this event. It is so much fun. Please check out our school Facebook page for photos from today.

#### Easter Day Out

Our Big Day Out is tomorrow! Thank you to all the families who have supported this fun excursion, we'll be posting lots of photos throughout the day.

### SPORTING SCHOOLS PROGRAM

**The Sporting Schools Program Term 2** will commence **Wednesday, 2<sup>nd</sup> May 2018, 3-4pm** and run for 10 weeks. Students will be learning Monday- Soccer and Wednesday- Netball skills. Numbers are limited so please ensure you return your child's permission slip ASAP. It will be a *First In* basis. Students will need to bring their own afternoon tea. Parents will be notified if your child is not able to participate in the program.

Could parents please discuss afternoon pick up arrangements with your child.



#### Sporting Schools - Permission Slip Term 2, 2018

I give permission for my child/children: \_\_\_\_\_

Please tick which Sporting Schools Program you would like to attend: (you may only select 1 sport)

- ☐ Monday afternoons, starting 7<sup>th</sup> May - soccer, 3 - 4pm.
- ☐ Wednesday afternoons, starting 2<sup>nd</sup> May - netball, 3 - 4pm.

Parent/Carer signature: \_\_\_\_\_

Date: \_\_\_\_\_

child's major excursion in 2018. It is much easier to start paying it off early. Remember that if you need financial

**Colour Fun Day**

Our Colour fun Day is coming up quickly. Please start to finalise your sponsorship and when they are completed bring them back to school. Once their forms are in we will get your child to choose their prizes according to the money they have raised.

We would like to encourage anyone that wants to be involved to gain sponsorship and join in (not just students) We have quite a few community members that are looking forward to getting colour bombed – and don't worry you don't have to run!

Sponsorship forms have come home this week. Please let us know if you have extras that want to join in and we can send sponsorship forms home or they can be collected from the office. Sponsorship will need to be returned to school by the morning of the event to be included in the Colour Run.

**When:** Thursday 12<sup>th</sup> April, 2018

**Where:** Harrington Public School

**What:** Activities 9.30am- 1.00pm  
BBQ 11.30am-12.00pm  
Colour Run: 2.00pm – 3.00pm

**The Sausage Sandwich lunch is being organised by the P&C**  
**An order form is attached, please return ASAP – thanks ☺**

**MESSAGES FROM THE TEAM****KIDSMATTER**

As a staff we are reflecting on our KidsMatter journey and would like to support our families by adding in regular inserts regarding mental health, tips on creating mentally healthy environments and what to do to support each other through times of anxiety or stress. We pride ourselves as being a Mentally Healthy school and do all we can to promote and encourage strong wellbeing practices with our students. If you are ever interested in more information or just need support please come up to the office, we are always willing to assist☺

**PBL (POSITIVE BEHAVIOUR FOR LEARNING)**

Our Junior PBL Team are going strong and we have begun our fortnightly Peer Clubs. Peer referees have also started in the playground and our team members participated enthusiastically at assembly last Friday.

Peer Clubs are run on alternate (odd) weeks from assemblies. These are an opportunity to not only work on curriculum based activities but to develop a variety of social and emotional skills that benefit our entire student body. These lessons have been designed and developed by the Junior PBL Team and will be run by them with a teacher there to supervise only.

**AWARDS**

Don't forget if you have tallied 10 awards please bring them in so we can organise your Gold Awards. For every 10 awards your child is eligible for a Gold Award. Once they have received 50 Awards (5 Gold) they will become an Honour Student.

Once a student has received their 5 Gold Awards, Honour Student certificate and badge they need to collect and submit another 25 awards to receive **Diamond Status**.

Please note that Harrington's Got Talent Awards don't count towards the overall award tally for each level.

**SCHOOL BANKING**

Our School Banking Day is Tuesday. We would like to remind all our families that parents need to fill in the tab in their child's bank book with the details of their deposit so it can be stamped each week.

We now have Banking Bags for each class where students can put their bank books in on Tuesdays. We would like to encourage as many of our students as possible to bank as saving is a great skill to learn.

**BYOD – BRING YOUR OWN DEVICE**

Classes are starting to participate in technology activities during a variety of different lessons. If you would like your child to participate in the activities with their own devices please complete the required paperwork and return to school. BYOD paperwork can be picked up from the front office at any time. Many of our senior students will actually be bringing contracts home during the next few weeks.



**PHONES, HAND HELD DEVICES & SOCIAL MEDIA**

This is just a reminder that all phones and hand held devices (iPods, mp3's etc.) are to be kept at the office throughout the school day. They can be handed to the office in the mornings and collected as the students leave.

**We would also like to make it very clear that the school does not support primary school students on Social Media.**

We have not had any recent incidents with students but would like to encourage active involvement and conversations regarding cyber safety and social media at home.

We have clear policies and procedures regarding cyber-safety and if need be will follow them up with students bullying or inappropriately involving other students on social media sites if they cross over into the school domain.

**CHECK SKOOLBAG FOR:**

- Sporting Schools details
- Friday Sport Organisation
- Event details for each week
- Newsletters and copies of letters/flyers that have been sent home.
- Canteen Menu, Roster and Uniform Price List

This is a great place to find out information and answers to questions about times and places etc. There is a no reply system within Skoolbag. You can always call school office during working hours 8.30 -3.30 daily.

**CHECK FACEBOOK CLOSED GROUP FOR:**

- Classroom snippets
- Photos from school events
- Canteen news
- General Community support and encouragement

Please remember that staff are not always looking at Facebook so this is not the best place to ask a question as it is not always an instant response, though I'm sure other parents are happy to assist if they can. Any negative conversations or complaints should be handled privately – please contact the school to set up meetings if you have any issues, this is not the forum and these issues will be quickly deleted.

**CHECK FACEBOOK PAGE FOR:**

- School Promotion
- Celebration of successes
- Events and details

This is a new endeavour for us in 2018 to have a promotional page –please bear with us and if we have any of our community members that would like to assist in its

maintenance let Lisa know – all insights are valued!

**GREAT WORK MITCH & MIA!**

Well done to Mitch and Mia on making the Manning PSSA Zone teams – Mitch for soccer and Mia for Hockey.



Both students are off to the Hunter Regional selections tomorrow – we wish them all the best!

**ICAS (INTERNAL COMPETITION AND ASSESSMENT FOR SCHOOLS) COMPETITION DATES FOR 2018**

Year 3 – 6 students are invited to sit these independent tests each year in the areas of English, Maths and Science. The cost to participate in these tests is \$9.00 per exam entered. Students do not have to enter all tests but can choose the ones they feel they would like to participate in. These tests are not compulsory but they are an excellent opportunity for your child to participate in a more formalised test and gain skills and confidence in these areas.

The dates for each exam are listed below but we need to have an indication of how many students would like to participate well ahead of time so we can enter them electronically. Please fill in the slip and return it to school no later than Friday 6th April, 2018.

**Science – 29<sup>th</sup> May, 2018**

**English – 31<sup>st</sup> July, 2018**

**Mathematics – 14<sup>th</sup> August, 2018**

**✂ Please complete and return by Friday, 6<sup>th</sup> April 2018**

**ICAS 2018**

My child ..... who is in Year ..... would like to sit for the following ICAS papers in 2018.

☐ Science ☐ English ☐ Mathematics

I enclose \$9.00 per paper

Signed: ..... Date: .....

## P &amp; C NEWS



## P &amp; C MEETING

We had our March P & C meeting last Monday 19<sup>th</sup> March. We would like to thank everyone that was able to come along and help us with advice and decisions. The input of our school community is always important!

Our next P & C meeting is on Monday 19<sup>th</sup> May, 2018 from 6.00pm in the staffroom. New members are always welcome!

## VARIETY CLUB JET TREK



We would like to give our sincerest thanks to the volunteers that supported our P & C in catering for the Variety Club Jet Trek last Wednesday 21<sup>st</sup> March. This was a HUGE effort and involved many hours of organisation and work to get it all pulled together.

The P & C would also like to thank the Lions Club, Surf Lifesaving Club, CWA and Women's Auxiliary for their help leading up to and on the day. We would also like to acknowledge Woolworths, IGA and Coles for their donations of food.

## GIRLS NIGHT OUT- CHANGE OF DATE

Our new date for The Girls night out is Friday 18<sup>th</sup> May and we will be gathering at Harrigans from 6.00pm. Please come along and join us as it's a great informal opportunity to connect with the ladies in our community. You can accept the invitation on FB or return the slip that will be coming home soon.

## EASTER RAFFLE

The P & C drew their Easter at the Easter Hat Parade today. Names of the hamper winners will be included in our next Newsletter in Week 11.

## CANTEEN NEWS

The canteen is crying out for more volunteers! If you can offer some time or are happy to go on an emergency call up list when someone is away your support would be greatly appreciated.

You can also offer a POWER HOUR, just drop in for an hour at the start of the day or for the clean up!

We will also be putting a notification in Tell Everybody next month to put the call out to any community members that may like to give up some time and help out in the canteen. If you know anyone that may be interested please forward our details on to them or get them to contact the front office. The only requirement needed to help out is a Volunteer Working with Children Check which is free and can be obtained online (*search WWCC*)

## BOOK CLUB

Book Club is such an exciting part of your child's school experience. I remember the Book Club brochures coming home with my own children and how excited they became and desperate to be allowed to choose something from the catalogue. Mrs Neolie Eady is our current Book Club Co-ordinator and absolutely loves what she is doing but she is asking for some other interested parents/grandparents or community members that may like to learn how to run Book Club so she can phase out over the next few years.

The job involves organising with office staff for the catalogues to be handed out to staff and students, collecting and collating orders- a lot of this is online now and collating and handing out the orders once they come back to school.

In 2017 the Book Club raised \$430 to be used to purchase books and resources for the school. The money that we gain for resources comes from book club sales throughout the year and we are so grateful for the Book Club support our families give.

## UNIFORM SHOP

The Uniform Shop is open from 8.45am - 9.15am on Wednesdays or by appointment.

Please contact Lee on 0435 002 532 for enquiries.

## *Communicable Diseases Factsheet*

# Impetigo

***Impetigo is a highly contagious bacterial infection of the skin.***

***Good hygiene helps prevent spread of infection.***

***If antibiotics are given it is important to finish the whole course to make sure the impetigo will not recur.***

**Last updated: March 2017**

## **What is impetigo?**

Impetigo is a bacterial skin infection caused by *Streptococcus* and *Staphylococcus* bacteria. It is commonly known as 'school sores' because a majority of cases are in school-aged children. However, it can also affect infants, adults and adolescents.

Uncomplicated impetigo does not cause permanent damage to the skin, but is highly contagious.

## **What does it look like?**

Impetigo occurs in two forms, blistering and crusted. In blistering impetigo the blisters arise on previously normal skin, and rapidly grow in size and number. The blisters quickly burst and leave slightly moist or glazed areas with a brown crust at the edge. The spots expand even after they break open and can be many centimetres wide. They sometimes clear in the centre to produce ring shaped patterns. They are not usually painful, but can be itchy.

Crusted impetigo has a thick soft yellow crust. Beneath this crust is a moist red area. Crusted impetigo spots grow slowly and are always smaller than the fully developed spots of blistering impetigo. They are not usually painful, but can be itchy.

Impetigo can occur on top of other skin conditions, particularly itchy ones. When the skin is scratched the infection can enter through the broken skin. Some of these conditions are atopic dermatitis (eczema), scabies, insect bites and head lice.

In cases where a larger area of skin is affected, patients may also have a fever, swollen lymph nodes or feel generally unwell.

## **How is it diagnosed?**

Your doctor may diagnose impetigo based on a visual inspection of the blisters/ sores, or by taking a swab to test for bacteria and check which antibiotic to use. The result of the swab takes several days.

## **How is it treated?**

Depending on how bad the infection is, your doctor may recommend the use of an antibiotic ointment or oral antibiotics in severe cases. Antibiotic ointment should be continued until the sores have completely healed. If oral antibiotics are given it is important to finish the whole course of treatment (usually 5 days) and not stop when the impetigo starts to clear.

Sores should be cleaned every 8 – 12 hours, dried thoroughly and covered with a waterproof dressing. Bathing the blisters with salty water will help to dry them out (use saline solution or dissolve about half a teaspoon of salt in a cup of water).

## How is it spread?

Impetigo is very easy to catch from other people. Impetigo is usually spread through direct contact with other infected people.

The bacteria primarily enter through damaged skin. People with conditions causing long-term damage to their skin, such as eczema or atopic dermatitis, are at greater risk of infection.

## How can you avoid spreading the infection?

While you have the infection:

- Sores should be kept clean and covered with a waterproof dressing to prevent them being touched or scratched.
- Used dressings should be placed in a sealed bag and put in the garbage bin as soon as they are removed.
- Hands should be washed thoroughly with soap and running water for 10 – 15 seconds after sores are touched or redressed.
- Children with impetigo should be kept home from school or other group settings if their wounds cannot be kept covered until 24 hours after antibiotic treatment has been started, or until the blisters have dried out if antibiotics are not used.

To prevent impetigo children should be taught:

- To wash their hands often with soap. Resources on handwashing can be found at <https://www.nhmrc.gov.au/guidelines-publications/ch55>.
- Not to scratch scabs or pick their nose.
- Not to share their clothes, towels, or toothbrushes.
- To have scratches and cuts cleaned and covered.

Parents should be careful not to allow items such as clothes, towels, bed sheets, razors or toothbrushes used by the affected person to be used by others. Other grooming items, such as nail scissors or tweezers, should be disinfected/washed thoroughly after each use.

In addition to general hygiene measures, specific measures to prevent spread in schools and childcare include:

- Teachers, children and families should understand the importance of hand washing, covering sores and staying home if sick
- Hand washing products (soap dispensers, running water and paper towels) should be available and accessible
- Activities should allow time for hand washing as part of routine practice (before eating and after going to the toilet)
- Temporary exclusion from child care or school if their wounds cannot be kept covered until 24 hours after antibiotic treatment has been started, or until the blisters have dried out if antibiotics are not used
- Surfaces such as counters, desks and toys that come in contact with uncovered or poorly covered infections, should be cleaned daily with detergent, and whenever visibly contaminated.

## Impetigo is dangerous for babies

It is important for people with impetigo to keep away from newborns and young babies. Newborn babies are particularly susceptible to impetigo because their immune systems are not fully developed.

## What is the public health response?

Impetigo is not notifiable in NSW. Public health units can advise on the control of outbreaks.

Group A streptococcal infection may lead to other rare conditions such as acute post-streptococcal glomerulonephritis 3–6 weeks after the skin infection, which is associated with antibodies produced to fight streptococcal infection.

In communities in Australia that have cases of rheumatic heart disease, episodes of acute rheumatic fever are thought to be triggered by impetigo as well as by throat infections with group A *Streptococcus*. In those communities prompt treatment and control of impetigo is an important part of preventing rheumatic heart disease.

**For further information please call your local Public Health Unit on 1300 066 055**