



## NEWS BULLETIN

*Strong Smart Proud*

68 Molong Street  
Condobolin 2877

Principal: Ms Deborah Nay

Telephone: 0268 952 134  
Facsimile: 0268 953 665

### DATES TO REMEMBER

#### Friday 21 August

1P Assembly  
1.00 pm - Hall

#### Tuesday 25 August

School Photos

#### Friday 28 August

Staff Development Day  
Condo Show Day  
Regional Athletics Dubbo

#### Tuesday & Wednesday

15 - 16 September  
Variety Concert

#### Friday 30 October

Book Fair

### Allergy AAA School

this means that children, parents, carers and visitors are asked **TO NOT WEAR anything scented** as we have children with severe allergies in our school.

Please: NO nuts  
(including nutella)

### SCHOOL BANKING

MONDAYS



### Principal's Report

In this past couple of weeks we have noticed a number of students arriving at school well before 8.40 am. Parents are reminded that teachers do not go on duty until that time. As such, students are not supervised prior to 8.40 am. For student safety, we ask that parents consider the time in which students leave for school so they arrive at a safe time. Where students arrive early, they are to stay seated until the bell goes and teachers are on duty.

#### Whooping Cough (Pertussis)

It has been reported to all primary and pre-schools that there are some cases of whooping cough occurring in Condobolin primary school aged children, and we have been asked to increase awareness and education in the community.

The aim Western NSW Public Health has in providing this information is to identify cases early, prevent the spread, and protect babies.

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Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. Older children may just have a cough that is persistent and is worse at night. The infection can occur even in fully-vaccinated children.

- Children with symptoms should see a GP.
- If your doctor diagnoses whooping cough, please let the school know and keep your child at home until they have taken 5 days of antibiotics.
- Keep coughing children away from babies.
- Whooping cough vaccines give good protection against infection but immunity fades. If your school-aged child has younger siblings, it's a good idea to check that they are up to date with their vaccines.
- Three whooping cough vaccines are given to babies at 2, 4 and 6 months. A booster vaccine should be given at 4 years of age.
- A second free booster is given in year 7 at High School.

Pregnant mothers are advised to have the whooping cough vaccination from 28 weeks onwards to help protect the baby.

Western NSW Public Health Unit has provided additional information about whooping cough in this newsletter. The fact sheets are attached.



Attendance Trophies - 1P (Bebe Kennard & Sylvie Voss) & 4W (Eliza Saunders & Connor Thompson)

Cont'd ...

### NAPLAN Results

It is expected that reports for the 2015 NAPLAN should arrive in schools this week and be sent home to parents by this Friday. We will send the reports home once they have arrived.

### Spelling Bee

Congratulations to the students that participated in the school spelling bee last Friday. The following four students have been successful in being selected to represent our school at the Regional Spelling Bee on Thursday, 10 September in Dubbo as our spelling champions:

Stage 2 – Jiya Bhatt and Emma Buckland

Stage 3 – Mikaylah Sallows and Amelia Dowling

### Premier's Reading Challenge

The Premier's Reading Challenge closes for students this Friday, 21 August. Students will need to have completed their list of reading material on line by Friday to be eligible for a certificate.

### Pupil Free Day – Show Day

Staff will be involved in a Staff Development Day on Friday, 28 August. The pupil free day has been planned at this time to allow students from Condobolin Public School to attend the show if they wish.

### School Photos

This year, school photos will be taken next Tuesday, 25 August. Photo envelopes have been sent home. Please return envelopes to school by Monday.

As every child will be involved in their class photo, all children are expected to be in full uniform on this day.

### Assembly

Parents and carers are invited to attend the formal assembly this Friday in the hall starting at 1.00 pm. The students in 1P will be performing.

### PBL Focus

The focus for our PBL lessons for the rest of term is "Showing Self Control". When we do this, we are being STRONG.

Deborah Nay  
Principal

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## PBL NEWS

Focus this week:    **Showing Self Control**



*Strong*



*Smart*



*Proud*

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## Canteen News



**Now available at the Canteen:**

Lunch Wallets - reusable lunch order bags - \$12.00

Insulated Lunch Wallet - \$14.00







Premier's Spelling Bee Contestants



Bronze and Silver Awards





Gold Certificates



Platinum Certificates

## Library News Flash

All Premier's Reading Challenge contestants **must** log on to 'Student Reading Records' and type in your books under Title

Please return all reading books to the library **NOW**.

Thank you  
Mrs L'Estrange.





## Condobolin Annual Show

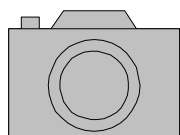


**Information is available at the office for any students interested in entering exhibits in the Condobolin Show.**

**Lots of categories for students:**

- Art:** Sections for 5 & under; infants; primary junior & senior.
- Cookery:** Lots of sections in Special Needs and Junior Cookery Sections.
- Floral Art:** Special primary section (fruit & veg animal; flower posy; fairy garden)
- Handicrafts:** Student handicraft - lego; paddle pop stick creations; frames; jewellery etc
- Photography:** People; selfie; landscape; flora; fauna; holidays etc
- Pickles, Jams, Preserves, Chutneys:** WW1 Theme: Decorated jar or plate using dried fruit &/or vegetables.
- Scrapbooking:** Scrapbook page layout.
- Pet Parade:** Lots of sections.

All entries for school students are free of charge. There are prizes awarded for 1<sup>st</sup> and 2<sup>nd</sup>.



### School Photo Day

Date: Tuesday 25 August 2015 (Week 7, Term 3)



Parent/Carers please remember:

Prior to **photo day**, please send your child to school with:

1. A completed envelope with either a pack or a combination of packs ticked (✓) and \$ money included.

**On photo day**, your child should have:

2. Full school uniform dress code.
3. Their best smile and tidiest hairstyle.

Family photograph envelopes may be collected at the office for those parents/carers interested in purchasing a family photograph.

**The following certificates will be awarded at Friday's Assembly at 1.00 pm**

Merit Certificates					
<b>KB</b>	Roy May	<b>KR</b>	Andrew Buckland	<b>1J</b>	Mikaela Harris
<b>1P</b>	Ainsley Salter	<b>2S</b>	Josie Johnson	<b>2T</b>	Sarah Maurice
<b>3B</b>	Abilene Bennett	<b>3/4F</b>	Josh Saddler	<b>4W</b>	Sienna Imrie
<b>5S</b>	Shanaya Buick	<b>5/6P</b>	Mikayla Sallows	<b>6R</b>	Zac Manwaring
<b>K6L</b>	Noah Wighton				
Student of the Month					
<b>KB</b>	Taya Donovan	<b>KR</b>	Bede Leighton	<b>1J</b>	Alice Packham
<b>1P</b>	Bebe Kennard	<b>2S</b>	Hudson Cartwright	<b>2T</b>	Faith Johnson
<b>3B</b>	Noah Nash	<b>3/4F</b>	Yasmin Dargin	<b>4W</b>	Kieara Tanswell
<b>5S</b>	Antoinette Murray	<b>5/6P</b>	Darcy Hope	<b>6R</b>	Cailin Glasson
<b>K6L</b>	Lorraina O'Dell				



This week in ...

4W

4W's  
Persuasive  
Writing

Students in 4W have been learning about persuasive writing.

Persuasive writing requires a writer to state clearly an opinion and to supply reasons and specific examples that support the opinion. Persuasive writing presents reasons and examples to influence the actions or thoughts of the reader.

These are some of the published pieces of persuasive writing displayed on the writing wall in the 4W classroom.

### Healthy food

Everyone should eat healthy food so you live a healthy life.

If you don't eat healthy food you become unhealthy and will get fat.

If you eat healthy food you will be healthy. In order to eat healthy, you must eat vegetables and fruit.

You can protect your body by simply eating healthy, doing plenty of exercise and ten hours of sleep.

People can avoid the unhealthy food by not eating junk like soft drinks or chocolate.

By: Arianne Garguider

### HELP NATURE

Everyone should help nature because without nature we could die plus we need air or we suffocate we also need fruit.

If you kill nature everything will die and there will be nothing left.

It will happen if people keep killing plants by stomping them in our national parks.

To protect plants keep them in national parks.

People can avoid hurting plants by helping them, such as watering, sunshine and a little bit of shade it can grow.

By Joel

### SPORTS

Everyone should participate in sport so they become healthy and fit. If don't do you can be unhealthy and not fit. You should eat healthy foods, run the track, do star jumps 10 times, and sit ups 5 times a day. People can avoid being unhealthy by eating junk food once a day and eating healthy food all the time.

BY XAVIER GRIMSHAW

### Everyone should have a shower

Everyone should have a shower because if you don't you will stink.

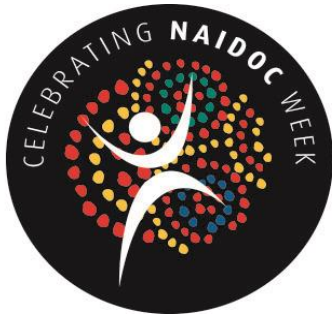
If you don't have a shower you will stink and people want go near you

You should have a shower once a day

EXAMPLE: hop in the shower and wash yourself

People can avoid the stink by simply having a shower.

BY ELIZA



## **Please join us in celebrating NAIDOC 2015**

**When: Thursday 3<sup>rd</sup> September 2015**

**Where: Renown Park**

**Time: 11.30 am- 1.00 pm**

Free BBQ, jumping castle for the kids,  
face painting, Entertainment for young and old.

# **We all Stand on Sacred Ground:**

Learn, Respect & Celebrate

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

# Whooping Cough (Pertussis)

Last updated: 30 March 2015

## 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 and 6 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 Childhood 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 in NSW 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 there 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/PublicHealth/Infectious/whoopingcough/index.asp>

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)



# Protect your newborn from whooping cough

A whooping cough vaccination during pregnancy can protect your newborn from day one.

## IMPORTANT FACTS FOR PREGNANT WOMEN

- Whooping cough vaccination at 28 weeks is the best way to protect your baby until their first vaccinations at six weeks of age
- Vaccine is now free for pregnant women in NSW
- Your baby will still need the whooping cough vaccine at six weeks
- Whooping cough is serious and potentially life threatening

## WHAT IS WHOOPING COUGH?

Whooping cough (also known as pertussis) is a highly infectious bacterial disease that causes severe bouts of coughing. In adults, the symptoms can be mild, but if the infection is spread to a baby who is not yet vaccinated, it can be life threatening.

## IS MY BABY AT RISK?

Yes. Babies cannot be immunised against whooping cough until they are six weeks of age. Vaccinations for whooping cough are best given at 28 weeks in each pregnancy, giving your body time to produce antibodies that will pass to your baby before birth. These antibodies will protect your baby until they are ready to receive their own vaccinations at six weeks of age.

## IS THE VACCINATION SAFE?

Yes, the vaccine is safe for both the pregnant woman and baby if given during pregnancy. Studies from the US and UK involving more than 40 000 pregnant women found only mild side effects such as pain or redness in the arm where the vaccination was given. It doesn't increase the risk of complications during pregnancy and the National Health and Medical Research Council has recently updated recommendations for pregnant women to be vaccinated in their third trimester.

## WHAT DO I NEED TO DO?

Talk to your doctor today about getting free whooping cough vaccine in your third trimester.

The immunity you get from the whooping cough vaccine fades over time so you need to be vaccinated during each pregnancy at around 28 weeks.

It is also important that those who will be closest to your baby in the first weeks of life also receive a whooping cough vaccine. Make sure your other children are up to date with their vaccines and ask carers and close family members who have not had a whooping cough vaccine in the past 10 years to make sure that they receive a vaccination at least two weeks before they have any contact with your baby.

You can also protect yourself and your baby from the dangerous effects of the flu during pregnancy by asking your doctor for the flu vaccine which can be given at any stage during your pregnancy.

*The free whooping cough vaccine during pregnancy is the best way to protect your newborn from day one. Talk to your doctor today about vaccinations.*



**Health**

More information about whooping cough is available at [www.health.nsw.gov.au/whoopingcough](http://www.health.nsw.gov.au/whoopingcough)

visit [health.nsw.gov.au/protectnewborns](http://health.nsw.gov.au/protectnewborns)



## Identify • Protect • Prevent

[IDENTIFY symptoms](#) | [PROTECT baby](#) | [PROTECT older children](#) | [PROTECT adults](#) | [PREVENT spread](#)

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- A second free booster is given in year 7 at high school.

[Public health units can provide further information if required.](#)

[Please contact us on 6330 5880](#)



Born to Read – For Life – Condobolin Inc.

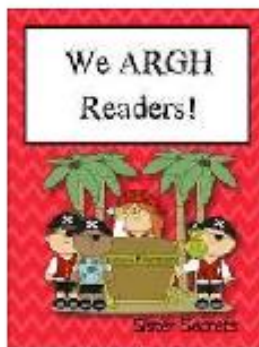


Born To Read – For Life  
Condobolin Committee

Invite



Infants Students Condobolin Primary School  
to



# A Pirate Party

11.30 am  
Thursday 10<sup>th</sup> September  
AT  
Condobolin RSL Club



RSVP 24<sup>th</sup> August, 2015  
Mrs Kate Symonds,  
Secretary, BTR Condobolin Incorporated  
[born2read.Condobolin@gmail.com](mailto:born2read.Condobolin@gmail.com) phone: 0268964225

# Parenting the Anxious Child

This seminar looks at strategies parents can learn to best help settle and manage their child's anxiety. It also assists parents in gaining a better understanding of the causes of anxiety.



**DATE:** Wednesday 2nd September 2015

**TIMES:** 12pm to 2:30pm (Seminar No:1)  
or  
6pm to 8.30pm (Seminar No:2)

**LOCATION:** "Condobolin Primary School"  
Molong St. Condobolin 2877

**COST:** Suggested cost \$20

To make a booking, or for more information about the course please contact 0428 238 569

In conjunction with SaCC Condobolin Primary  
Contact Mrs Beverly Martin



Western New South Wales



Your link to support  
**1300 339 016**



Health



Need support,  
but don't know where to go?  
Call the Western Family Referral Service



Are you a parent/carer of a child aged 0-18 years, a young person aged over 16 years, a pregnant woman?

We can support you to find services that will help you or your family.

Telephone, Drop in, and Outreach to your home or community can also be arranged.

Please contact us on:

**1300 339 016**

**Head Office: 213 Brisbane Street, Dubbo**

**Operating Hours: 8am and 6pm Monday - Friday**  
(except public holidays)

Info provided on:

- Housing
- Centrelink
- Mental Health
- Medical Services
- Drug & Alcohol Services
- Counselling
- Early Intervention Services
- Legal Services
- Domestic Violence Services
- Education
- Youth Services
- Parenting Programs
- Other services, as identified by you

[westernfrs@unitingcarenswact.org.au](mailto:westernfrs@unitingcarenswact.org.au)

