

Parramatta West A NSW Public School



The West Weekly

Issue 52 - Term 2 - Week 5

22nd May 2017

Principal's Message

What wonderful fun the year 4 children and their parents had last Thursday and Friday nights. Thank you to all those who came along - parents, children and teachers. We will post a few pictures on our public site to give parents of children in years 6 and 2 a bit of an idea of what they can look forward to in terms 3 and 4. More photos will be shared on the closed page.

Thank you to all those who had a go at the Family Circle homework activity with the talking sticks. Many parents made comments on the reply slips which told us how much fun you had with it, and many are planning to keep going with the idea, maybe once a week. You might find the questions that I post in this newsletter useful ones to use, or you can make up your own. Or you can just use these weekly questions with your child after school.

"Can you tell me an example of kindness that you saw or showed today?"

"Who inspired you today?"

Extra curricular activities

Are you aware of the number of activities that your children are able to be involved in at our school? From sports to creative arts to academic areas many children are extremely busy following up ideas that interest them, or trying something new. However, some children are very busy, involved in so much, and others do not get involved in anything. I am curious to know if there are children who really want to do something extra that we are not offering, or who are for some reason not putting their hand up to be involved. I will be asking them this, but you might also want to have this conversation at home with them. I look forward to the answers!

Attendance

I find it interesting every year that attendance improves when NAPLAN is on. Somehow parents or children believe it is important to be at school on these days. While I know there was at least one student who probably would have been at home, rightly, during these days due to a heavy cold, but who "soldiered on" and did his best in the assessments, all other children appeared perfectly well. So why are the numbers of children absent on other days so much greater? Regular school attendance is extremely important for your children's learning. This sounds like an obvious statement, but it has far more impact having a day off every week or every two weeks than parents might imagine.

1 day off school every fortnight is 10% of the school year missed.

This equates to 1 year of missed school by year 10!

Parents and children may think that you can catch up what you miss on the day you return. In reality, while

children do pick up some things, they miss others, they miss consolidating ideas, and how much MORE could they have learned had they been there?

Please consider carefully the need for your child to have a day off school.

Anthea Donaldson

Principal

Class Awards

KAB Iman

KC Mohammad R

KH Harish

KK Adish

KN Mustafa

KS Zalaa

KT Zain

1F Krishwin

1H Aksha

1J Alisha

1K Kimberly

1M Darell

1S Ayhan

2B Laura

2G Aarohon

2L Mahrosh

2N Harry

2P Florence

2/3H Mohammad

3K Youssef

3P Arozo

3S Isaak

4H Shreeyukta

4J Jefferson

4S D J

4/5M Sereen

5A Jazlynn

5D Madison

6H Fizza

6J Chris

6R Shaahid

MCD Tammy

MCS Shivansh

MCT Dallas

Stage News

Kindergarten

Thank you to everyone that supported Pyjama day last week. The kids had great fun wearing their pyjamas to

school whilst raising money for the Year 6 Farewell.

Featherdale excursion

Please make sure that you have returned your child's permission note and money for our Featherdale excursion – we go next week!

Sharing food/money

Please remind your children that they are not to share food with their friends at school. We have a number of children in Kindergarten with allergies that need to be careful with what they eat. If you give your child money for the canteen please remind them that it is for them only – they are not to buy food for their friends.

Topic Talks

This week children need to bring in a photo of themselves as a baby and talk about what they were like. If you do not have a printed copy you can email one to your child's teacher. Please ask them for their email address. Next week children need to bring in a treasured family item to share with the class. This could be a toy, story book or even another photo. If you do not want your child to bring the actual item to school you can send it a photo of it or get them to draw a picture of it.

Have a wonderful week,

Mrs Armour

Year 1

We had such fun last week wearing our pyjamas to school! It was great to see everyone supporting year 6. Eye care testing is starting this week. Students will be taken out to have their vision tested. If you have filled out the form this will happen over the next few weeks. If you would still like to have this done please see the office for another form.

School sores have been going around the school. Please ensure if you see any unknown rashes or scabs please go to the doctor, and do not send your child back to school until it is no longer contagious. A Fact Sheet is attached to this newsletter.

For topic talks this week, talk with your parents or grandparents to present information about technologies they used at school and how is it different to the technologies you use at school.

This week's maths focus:

- Identifying the value of money
- Using money

Make Mum's Day is coming up on the 5th of June. Keep it free to come and enjoy some time with your children.

Have a great week!

Miss McSpadden

Year 2

Thank you to everyone that donated a gold coin to our Year 6 Farewell fundraiser. It was a great day, made even better by seeing students and teachers having fun in their pyjamas.

The Eye Care Program will begin this week. Student's that have returned their note and had permission given, will have their eyes tested by an Optometrist at the school. This is a valuable and free program. Please see the front office if you are new to the school or did not receive a note.

You may have noticed the big van parked in the upper playground this past week. All students will attend a session with their class and teacher. They will meet Happy Healthy Harold and learn about making friends and maintaining healthy relationships. Ask your child about Harold and the adventures he takes them on!

Please remember to pack a hat and drink bottle for your child every day. Even when it is overcast or raining.

This week's Learning focus

- **English**

Spelling- this term we will be focusing on word families (single sounds put together make a new sound) and affixes (the beginning or end part added to a word).

Word family

Suffix

-ank

-ly

Eg. bank, sank, tank, blank

Eg. happily, slowly, angrily, quickly

Writing: This term we are continuing to write informative texts. We will also be learning about fairy tales, narratives and poetry.

Reading: comprehension. Ask your child to tell you about the book they are reading.

Topic talks- Interview Your Parents

In History this term, we are looking at what the world was like in previous generations. Using the list of questions you were given last week, pick 5 questions to ask one or both of your parents. You can also ask your grandparents!

Other

Creative and performing arts (CAPA): Visual arts

Science: Push and pull

PDHPE: Fitness, fundamental movement skills and Friendly Schools Plus program. Year 2 Sport is held on Wednesdays.

History: The past in the present- Technology

- **Maths**

Finishing of Subtraction concepts and strategies

- To be able to write and solve subtraction number sentences
- To be able to solve problems by writing subtraction number sentences

Starting Length area, Capacity and mass

- to be able to explore the length of objects by estimating and comparing
- understand how to find the area of an object
- know how to find the capacity and mass of an object using different measurements

Stay safe and have a great week!

Mrs Batac

Year 3 and Year 4

What a fantastic couple of evenings we had for our Year 4 Hangouts last week! It was wonderful to connect with so many of our Year 4 families, and we had a lot of fun!

Last week, we sent home notes about our upcoming excursion to the Field of Mars. This excursion links in with our science units, and will also connect some of the learning that is coming up next term when we start our geography unit. Please return the permission slip and make the payment for this excursion as soon as possible. Payments will close for the excursion on Friday 16th June.

Please make sure you are continuing to make payments towards your child's Enrichment Program as well. This yearly fee covers incursions such as Happy Healthy Harold, our Footsteps program last term, weekly gymnastics lessons next term, Manga High and Literacy Planet subscriptions. Payments can be made online or in the Office.

Last term, many of you expressed interest in having your child have their eyes checked and tested as part of the Eye Care program. Testing will begin on Thursday and will continue over the next few weeks. In the week prior to your child's testing, you will receive a questionnaire from the optometrist to fill out. Please fill this out promptly and return to school.

Don't forget that our annual 'Make Mum's Day' is coming up on Monday 5th June! Save the date!

Maths focus areas for this week:

Check out our Facebook pages for learning links!

- **Year 3** – solving subtraction word problems; using addition to subtract
- **Year 4** – using arrays to solve multiplication problems; two-step multiplication problems

Have a wonderful week everyone!

Miss Stuart

Year 5 and Year 6

The students in Stage 3 have been very busy taking up many different learning experiences, especially in the last few weeks. Some of the classes have already attended Healthy Harold education van where they have learnt about making good choices and consequences. Ask them what they talked about and what they learnt. It is a great opportunity for some important

conversations with your child. Some of the classes will be attending this week or early next week.

This week 20 year six students will be going on an excursion with Mrs Sell to hear from some amazing authors. They will have the opportunity to learn some techniques from writers first hand. We can't wait to hear about what they will experience on Wednesday. While they are at their excursion we have other year six students participating or hosting an inter school public speaking event on Wednesday morning. All of Stage 3 students will be attending and watching their talented classmates.

History & Drama

All of stage 3 should be preparing for their History and Drama assessment which they will need to present in the next few weeks. A note has gone home to all students and it tells them what they need to prepare. The students have been studying and researching 1800's Australian Colonies. They now have to show what they have learnt by taking on a role and performing to the class. Please contact a stage 3 teacher if you need further information about this assessment.

Maths

Year 5 - students are continuing to work on elapsed time and 24 hour time.

Year 6 - students are learning to add and subtract decimals as well as multiplying them

Have a wonderful week full of learning and new experiences

Miss Richards

Library News

Bookclub Issue 3 is finished and we await the new catalogs for Issue 4

Please if you are moving or going on holidays please return your library books and home readers. These are resources that are lost every year through students leaving without notifying us and therefore not returning their books.

Wicked Recommendations for this week are

1. Ella and Olivia recommended by Ashoi
2. The Lion, the Witch and the wardrobe by C. S Lewis
3. Friday Barnes, The Plot Thickens recommended by Diya

Mrs Sell

Volunteers needed!!

Each morning we need parents to come along and change the home readers for all the children. Can you help? Please come along to the uniforms shop at 9am if you are able to assist. The more helpers we get, the quicker we will be finished.

Lift Off - Friendly Parenting Tip

Tip 7: Teach skills of reflection.

Why is this good for your child? It helps them to learn to think for themselves and make wise decisions.

Try this > Use the themes, topics or situations in movies, books or the news to ask age appropriate reflective questions.

ICAS Science Competition

The University of NSW Science competition is on Tuesday 30th May 2017 for those students who have previously paid their money.

Stewart House Clothing Bags

If you have any clean unwanted clothes they can be donated to Stewart House. Clothing should be taken to your child's classroom. The last day for dropping off clothes is Wednesday 24th May. Thank you.

Nutrition Snippet

The simplest way

...to make beef kofta.

Cook extra for dinner and pack leftovers for lunch.

Serves: 12 | Preparation: 15 minutes | Cooking: 10 minutes

Ingredients

- 500g beef mince
- 1 small brown onion, grated
- 1/4 cup chopped fresh continental parsley
- 1 teaspoon minced garlic
- 1 1/2 tsps ground cumin
- 1 egg



Method

Combine all ingredients in a bowl, mixing together with your hands. Divide the mixture into 12 portions and shape each into a log. Heat the oil in a large frying pan over medium heat. Add the koftas and cook, turning occasionally, for 10 minutes or until golden brown and cooked through.

Serve with tabbouleh and tzatziki on Lebanese bread or with a side salad.

For more information visit www.eatittobeatit.com.au or join us at facebook.com/eatittobeatit

The Eat It To Beat It program is supported by the Western Sydney Local Health District Live Life Well @ School Program.

Health
Western Sydney
Local Health District



Impetigo

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).

Impetigo

page 1 of 2

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

Impetigo

page 2 of 2

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Parramatta West Public School

Cnr Auburn & Young Sts Parramatta, NSW, 2150

P: 02 9635 9347

F: 02 9687 1151

E: parramattw-p.school@det.nsw.edu.au

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