



Werrington Public School

Term 4 Week 8, 2nd December 2019

Dates for your calendar!

3rd December

High School Orientation day—Cambridge Park High

4th December

3-6 Assembly

5th December

Kindy 2020 Transition

9th –13th December

Swim School

11th December

K-2 Assembly

12th December

Privilege Day

16th December

Presentation Day 9:30am
Primary 3-6
11:30am Infants K-2
Year 6 Graduation Ceremony 1:30pm

17th December

Werrington Wise Assemblies
K-2 9:30
3-6 10:15
Year 6 Farewell

18th December

Last school day of school for students

29th January

First day back for Students
Year 1-6

29th—31st January

Kindy 2020 Best start interviews



Principal's Message

Dear Parents and carers,

We are very pleased to have Mrs Avery back with us and feeling so much better! A more bittersweet feeling though is the news that Mrs Young, our current relieving Assistant Principal, will be leaving us at the end of the year in a substantive Assistant Principal role at North Richmond Public School. We will miss Mrs Young very much and wish her all the success at her new school.

Chicken Pox

We have received notification that there has been an outbreak of chicken pox over the last week. Chicken pox is highly contagious disease and if your child shows any signs or symptoms please seek medical advice immediately and keep your child at home. Please take the time to read the fact sheet attached to this week's newsletter.

Werrington Wise Assembly

The final Werrington Wise assembly will be held on Tuesday 17th December at 9.30am for K-2 students, and 10.15am for students in years 3-6. All Assistant Principal awards must be handed in by 9.30am on Thursday week 9 (12th December) in order to be counted. Invitations to the Werrington Wise Assembly will be handed to students after this date.

Presentation Day

Presentation Day will be held on Monday 16th December from 9.30am for 3-6 students and from 11.30am for K-2 students. This award ceremony will include class awards as well as the prestigious Diamond Award, an award presented to students who have earned 2 Gold Awards during their schooling at Werrington. We look forward to seeing the parents, carers and guests of all our award recipients.

End of Year

Just a reminder that the last day for students this year is Wednesday 18th December. Students returning in 2020 in Years 1-6 return to school on Wednesday 29th January. Students semester 2 reports will be handed out on Monday 16th December (week 10).

Colour Run

Last Friday the P & C held the Colour Run as a school fundraiser. The students looked amazing covered in coloured powder with huge smiles on their faces! Thank you to the P&C for organising such an enjoyable event! If you are yet to return your fundraising money, please do so as soon as possible.

Address
School Email

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Phone 02 9623 7077

Road Safety

There have recently been some incidents where students were seen riding bikes and scooters across or down the middle of the road, as well as crossing the road in front of oncoming traffic. This of course, is extremely dangerous. Please reinforce road safety with your children, and always encourage them to use the crossing at all times.

Enrol In Kindergarten 2020 Now

We are currently accepting enrolments for Kindergarten **2020**. We are required to submit our anticipated numbers for 2020 to the Department of Education. It would be of great assistance to have accurate numbers of proposed Kindergarten enrolments before then. Please contact the school office for further details.

Planning for 2020

Our school is already planning for 2020. To help us with this, would you please advise the office if your child is not returning to Werrington Public School in 2020? Of course, you do not need to do this if your child is in Year 6!

Story Time & Friday playgroup

The school offers two activities each week for babies, toddlers and pre-schoolers. **Story Time** is held every Wednesday afternoon at 2.30pm in the library and **Playgroup** is held every Friday morning from 9.15-11am in the before and after school care centre attached to the library. If you have a baby, toddler or pre-schooler in your care, please come along for some fun .

All welcome!

Teacher Professional Learning

Regularly, teachers and staff undertake professional learning to keep up to date with the latest theory, research and practice in education. Many of these are held after school hours! These sessions include:

- Mrs Avery PPA and EPIP conference;
- Mrs Mason attended the Art of Leadership conference;
- Mrs Shields attended the Redbank conference and
- Miss Hall and Mr Cordingley attended Coding in Schools

Have a great fortnight,

Ms Proglia
Relieving Principal



Chickenpox and Shingles

Chickenpox is a common viral infection that can reappear later in life as Shingles. Chickenpox vaccination is recommended for all infants at 18 months of age. Shingles vaccination is recommended for all adults at 70 years of age.

Last updated: 06 November 2019

What is Chickenpox?

Chickenpox is a viral illness caused by Herpes zoster virus (also known as Varicella-Zoster virus)

In children it usually causes a relatively mild illness but it may reappear later in life as Shingles.

Chickenpox in adults and immunosuppressed people can be severe. Infection in pregnancy can cause foetal malformations, skin scarring, and other problems in the baby.

Before routine childhood vaccination began in November 2005, chickenpox was a very common illness. The incidence of chickenpox appears to have decreased as more people receive the vaccine.

What are the symptoms?

Chickenpox (varicella) begins with a sudden onset of slight fever, runny nose, feeling generally unwell and a skin rash.

The rash usually begins as small lumps that turn into blisters and then scabs. The rash appears over three to four days. At any one time, the lesions of the rash vary in stages of development.

Symptoms usually occur two weeks after exposure to the virus.

Most people recover without complications, but sometimes the infection can lead to serious complications, such as pneumonia and inflammation of the brain. Rarely, the infection can be fatal.

Persons who are previously vaccinated can still get chickenpox. If chickenpox occurs in a vaccinated person it is usually mild and less contagious than in an unvaccinated person.

How is it spread?

Early in the illness, the virus is spread by coughing. Later in the illness, the virus is spread by direct contact with the fluid in the blisters.

The infection is highly contagious to people who have never had chickenpox or who have not been vaccinated.

People are infectious from one or two days before the rash appears (that is, during the runny nose phase) and up to five days after (when the blisters have formed crusts or scabs)

Chickenpox infection triggers an immune response and people rarely get chickenpox twice.

Who is at risk?

Anyone who has not had chickenpox or been vaccinated in the past can get chickenpox.

People with a past history of chickenpox are likely to be immune to the virus. Even adults with no history of chickenpox have a chance of being immune (because of past infection that was mild). Doctors sometimes perform a blood test to see if these people need a vaccination.

How is it prevented?

A varicella-containing vaccine (MMRV – measles, mumps, rubella, varicella) is now recommended and funded for all children at 18 months of age.

Varicella vaccination is also recommended for all non-immune adolescents (>14 years) and adults. This involves two doses, at least 1 month apart. It is especially recommended for people at high risk, for example, health care workers, people living with or working with small children, women planning a pregnancy, and household contact of persons who are immunosuppressed.

People with chickenpox should avoid others (and not attend childcare or school) until at least five days after onset of the rash and all the blisters have dried.

People with chickenpox should cover the nose and mouth when coughing or sneezing, dispose of soiled tissues, wash their hands well and not share eating utensils, food or drinking cups.

Pregnant women should avoid anyone with chickenpox or shingles and should see their doctor if they have been around someone with these illnesses.

Children with an immune deficiency (for example, leukaemia) or who are receiving chemotherapy should avoid anyone with chickenpox or shingles as the infection can be especially severe.

How is it diagnosed?

Most cases can be diagnosed based on the symptoms and by appearance of the rash. Sometimes the diagnosis is confirmed by testing samples taken from the rash or from blood samples.

What is Shingles?

Shingles (also called Zoster) is caused by the reactivation in the body of the same virus that causes chickenpox, usually in adulthood and many years after the initial chickenpox illness.

The illness is characterised by a painful chickenpox-like rash on a small area of skin, usually on one side of the body.

Pain and tingling associated with the rash may persist for weeks or months after the rash has cleared. This is called post-herpetic neuralgia.

The virus can be spread by direct contact with the skin rash of infected people. This causes chickenpox in people who are not immune.

Shingles develops more commonly in people who are immunosuppressed.

How is Shingles prevented?

A single dose of zoster vaccine is recommended and funded for adults at 70 years of age. Adults 71-79 years of age are eligible for free vaccine under a catch up program until 31 October 2021.

People aged 60-69 years are also recommended to have a single dose of zoster vaccine but this is not funded. The exact duration of vaccine efficacy is not known but protection does wane over time. The need for revaccination is not yet determined.

Adults aged 50-59 years are not routinely recommended to receive zoster vaccine, but they can receive it if they want to protect themselves against Shingles.

How are Shingles and Chickenpox treated?

Shingles can be treated with special antiviral drugs such as acyclovir. Your general practitioner can advise on ways to minimise the discomfort associated with the symptoms of infection.

Chickenpox infection usually resolves without treatment.

What is the public health response?

Chickenpox is not a notifiable condition in NSW but the incidence is monitored through the number of patients attending emergency departments and the number of patients who are hospitalised with chickenpox or shingles.

Varicella vaccine protects against chickenpox, even if given up to five days after exposure.

Short-term immunisation with varicella-zoster immunoglobulin (VZIG) - which is made from antibodies in donated blood - can prevent illness in people at high risk of complications. This needs to be given within 96 hours of exposure to the virus to be effective.

People at high risk of complications following exposure include: pregnant women who have not had chickenpox and who have not been immunised; newborn babies, and; some people with immunosuppression due to illness or treatments.

Further information

For further information please call your local public health unit on **1300 066 055** or visit the NSW Health website at www.health.nsw.gov.au



K-2 Assembly

We were a very lucky audience at our K-2 assembly this week as we had the pleasure of seeing both our Infants Dance group perform a lively number and our Infant Choir show off their lovely voices! Well done to all students involved in those groups; your hard work practising throughout the year has certainly paid off!

November 27th

Big Hoot Award

Congratulations to KM for displaying respectful behaviour at our assembly. What an excellent team effort!

Special Assembly Awards



Little Hoot Award

Well done to Lailah Gemmell from 1S, for a sparkling effort in following the 5Ls at our assembly.



Our K-2 school assembly takes place on Wednesday each fortnight in the school hall from 2:00 pm. Awards are given to students at each assembly to celebrate their achievements and one class will perform an item. We encourage our families and local community to attend. Our next K-2 assembly will be on Wednesday 11th December.

From the K-2 team

Mrs Azzopardi, Miss Flynn, Miss Clark, Mr Dawson, Mrs Dempsey, Ms Fitz, Ms Gill, Mrs Kilbourne, Miss March, Mrs Mason, Mrs Roy, Ms Shields, Mrs Watson, Ms Welch and Mrs Khan

COLOUR RUN

On Friday Werrington Public School held their first ever Colour Explosion!

The P and C would like to say a huge thank you to all the beautiful children that participated in the event. It was wonderful to see so many children enjoy the afternoon. Thank you to the families that fundraised for this event.

We hope to let you know how much we raised in the next newsletter.

A huge THANKS to the wonderful P and C ladies and volunteers who worked hard behind the scenes as well as on the day to ensure this day was a huge success.

We really loved seeing so many carers come together on the day and help spread some colour throughout our school.

We are looking forward to doing this again in the future.





Diwali Poems by 1W

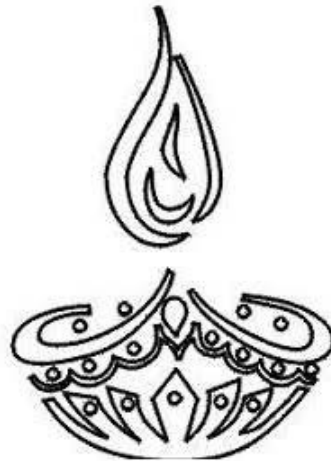
Twinkle, twinkle little lamp
Shimmer in the night
Make the night very light
Make the bad spirits go away
And all the good spirits come
By Braxton

Shimmer, shimmer little lamp
Where are you in the night?
Shine your light and make it bright
Scare the bad and bring the good

Glimmer, glimmer little lamp
Win the war and make it bright
Make a house light and bright
Then make the world shimmer right.
By Novy

Glow, glow, glow little lamp
How I wonder what you are
Shine like a star
At your house you look cool

Glow, glow, glow little lamp
How I wonder what you are
Shine in the night
With your light
I like you
By Mason



Glimmer, glimmer little lamp
How I wonder why you glow
Make your light
In the night

Glimmer, glimmer little lamp
How I wonder what you do
Lakshmi can come
With your light
By Manaia

Glimmer, glimmer little lamp
Oh so magic and so bright
Shine your light so you can win
The evil on Diwali
By Siddhika

Twinkle, twinkle little lamp
How I wonder what you are
Make your light
In the night

Twinkle, twinkle little lamp
How I wonder where you are
In the backyard at my home
I can see your light
By Liliyah

Little, little, little lamp
Where are you
On the path in the night
Shining bright in the light

Little, little, little lamp
Let Lakshmi bring the light
So we can come together
In the night.
By Georgia

