



Newsletter

Wednesday 25 February 2009

Term 1 Week 5

BOWRAL PUBLIC SCHOOL

Striving, Thinking, Learning

From the School Team Leader

WINGECARRIBEE DISTRICT PSSA SWIMMING CARNIVAL

Co-ordinated by Mrs Bell, this event was held at the Mittagong Pool last Friday. The success of our school once again was just incredible with five of the six aged champions coming from Bowral Public School. Many people made a positive contribution to this day and I thank our swimmers as well as parents and caregivers who contributed to the enjoyment, fun and excitement on this occasion. The school tent received its first 'outing' outside of our school playground and I appreciated the assistance of all people who were able to assist in putting up the tent prior to the carnival and helped to pack it away ready for transportation back to school prior to 3.10pm. Results of the day are included in the District Carnival Report section of this newsletter. Congratulations to all our swimmers and especially to those who will continue their training in preparation for the South Coast Regional PSSA championships at Dapto Pool on Thursday 5 March 2009.

HEALTH MATTERS

Principals across the state have been asked to include information about outbreaks of whooping cough (pertussis) and meningococcal disease in their school newsletter. I would encourage all families to spend a few minutes reading the information provided. As school leaders, principals have an obligation to contact our local public health unit if we become aware of any new cases of whooping cough in our school. Finally, could I urge all families who have asthmatic children to ensure the Asthma Action Plan is reviewed on a yearly basis. During February each year, health sources indicate that a number of school-age students are hospitalised due to asthma related illnesses.

STUDENT ABSENCE

If a student is absent from school on any day, it is important that a note, explaining the absence, is provided for their child's teacher upon their return. This is a legal requirement. A growing number of families are contacting the school to let teachers know when students are absent. This approach is very much appreciated.

DISMISSAL TIME

The school bell to signify the end of the school day is sounded at 3.10pm. I am reminding both families and students that there are a number of dedicated and safe exit points that should be used at this time. In the school's endeavours to limit the possibilities of cars and pedestrians 'mixing', access to the Boolwey Street exit **SHOULD NOT** be via the area leading from the demountable buildings. A safer alternative is to use the Lower Playground area. Support from families regarding this matter is very much appreciated.

2009 KINDERGARTEN TO YEAR FOUR DANCE DAY

This Department of Education and Training initiative is an excellent opportunity for students with talent and skills in dance to develop this art form. Nomination forms for this day, Monday 6 April at Sydney Dance Company Studios located at The Wharf, Pier 4, Hickson Road, Walsh, close on Monday 2 March 2009. The cost is \$35. Any families who wish to avail themselves of this opportunity are asked to collect a nomination form from me by Friday 27 February 2009. If a school nominates more than one student, a priority list is required so I ask that families include a brief resume of their child's dance experience that can be used to assist in this process.

THE EDUCATION TAX REFUND

I am including page information that has been provided by the Australian Tax Office for the information of all families. Both a website and telephone number is included for your convenience.

SELF HELP DAY

Sports House Gibraltar (yellow) will host the first self help day on Friday 27 February 2009. This will occur between recess and lunch. Whilst the day doesn't require students to wear school uniform, it is important that regular school policies remain in place. Firstly students need to wear closed in shoes. Thongs, sandals, crocs or similar shoes **SHOULD NOT** be worn, in line with the school's Occupational, Health and Safety requirements. Secondly, all students **MUST** wear a hat and wear clothes that cover the shoulders and midriffs of children. This advice is in keeping with Bowral Public School's sun safe policy. The co-operation of families at this time would be appreciated.

KINDERGARTEN 2009

Many thanks to families who have been collecting their children each day at 2.30pm. As of Monday 2 March 2009, Kindergarten students will be dismissed at 3.10pm along with the remainder of the school.

P & C MEETING

I appreciated the presence of those families who made last Monday's AGM a priority. I take this opportunity to thank the 2008 P & C for the valuable contribution that they made throughout the year and welcome the 2009 team and wish them every success for a successful year. More information can be located in the P & C column.

CALENDAR

Friday 27 February	<ul style="list-style-type: none"> ◆ Gibraltar Self Help Day ◆ Kindergarten last day finishing at 2:30pm ◆ Clean Up Australia Day
Monday 2 March 2 March - 11 March	<ul style="list-style-type: none"> ◆ Kindergarten students finish at 3:10pm ◆ Life Education
13 March - 20 March	<ul style="list-style-type: none"> ◆ Bullying Awareness Program
9 March - 13 March	<ul style="list-style-type: none"> ◆ Stage 3 Camp - Narrabeen
Monday 16 March	<ul style="list-style-type: none"> ◆ P & C Meeting 7:30pm in the school library
Wednesday 1 April	<ul style="list-style-type: none"> ◆ School Cross Country (Robertson)
Friday 3 April	<ul style="list-style-type: none"> ◆ PSSA Soccer Gala Day
Term 1	<ul style="list-style-type: none"> ◆ Canteen Open Wednesdays, Thursdays & Fridays

PERMISSION TO PHOTOGRAPH STUDENTS

The use of photographs is often used to promote aspects of school organisation to the wider community. The wonderful smiles of students greatly assist in sharing with readers - in the school newsletter, local media and the Annual School Report, successful stories and programs that operate at Bowral Public School. Permission to allow students to be photographed was located in the Enrolment Application and addressed on the pink permission form issued to each student at the beginning of term. The school is now ready to move forward and include student photographs in the above listed publications. To ensure the school respects the wishes of families, I would appreciate written contact from any families who **do not** wish their children to be used for this purpose. No names are attached to any photographs used on the school website. If you require any further information, please don't hesitate to contact me at school by Tuesday 3 March 2009. I thank you for your cooperation in this matter.

SPORTS WARP

1. Cross Country Dates (to assist families with future planning)

- 1.1 School Cross Country at Robertson on Wednesday 1 April 2009. Back up day is Monday 8 April 2009
- 1.2 District Cross Country at Robertson (date in second term to be confirmed)
- 1.3 South Coast Regional Cross Country at 'Willandra' Cambewarra on Friday 12 June 2009
- 1.4 State PSSA/CHS Cross Country at Eastern Creek on Friday 31 July 2009

John Morris

School Team Leader



DISTRICT SWIMMING CARNIVAL 2009

On Friday 20 February, a perfect Highlands summer day, a team of twenty three students represented Bowral Public School at the Wingecarribee P.S.S.A District Swimming Carnival. They were Jonn, Toby, Emil, Clayton, Jack, Harry, Jesse, Nick, Zac, Darcy, Courtney, Tayla, Rosemary, Lucy, Ebony, Sophie, Kate, Simone, Caroline, Sasha, Isabella, Tarnee and Sarah. These students represented our school with pride. Not only did they swim brilliantly but they showed outstanding support for each other and behaved impeccably.

It was a very successful day for Bowral swimmers, resulting in a huge win for our school, as the swimmers amassed an amazing 138 points, nearly three times more than that of their nearest rival, the Bong Bong group of small schools. Their outstanding effort saw them finish third in the handicap trophy, a very difficult assignment when competing against much smaller schools.

Congratulations to all swimmers on a great effort. Well Done!

Nearly every race contested featured a Bowral student in the top three and of the six champion's trophies awarded, five went to our students.

They were: 11 YEAR GIRLS CHAMPION Tayla SENIOR GIRLS CHAMPION Courtney
 JUNIOR BOYS CHAMPION Toby 11 YEAR BOYS CHAMPION Clayton SENIOR BOYS CHAMPION Jonn

Seven new district records were set on the day, all of them by our students! Congratulations to these students for their outstanding record breaking swims. A special mention must go to Toby who broke four individual records on the day. He still has another year in the junior division so I am sure he will be lowering these records even further in 2010.

Tayla : Girls 11 years 50 metres butterfly, 40.03 beating Kate's 2003 record of 40.37
Clayton : Boys 11years 50 metre backstroke 45.85 beating Bryce's 2007 record of 46.42
Toby : Boys Junior 50 metre backstroke 46.12 beating Caedyn's 1994 record of 47.07.
 Boys 9 years 50 metre freestyle 39.98 beating Clayton's 2007 record of 40.00
 Boys Junior 200metre individual medley 3.50.09 beating Bryce's 2006 record of 3.50.21
 Boys Junior 50 metre butterfly 43.97 smashing Sean's 1995 record of 47.87

Senior Girls Relay: The team of Tayla, Courtney, Sophie and Ebony 2.40.75 beating the record also set by a Bowral team in 2000 of 2.41.38. This was an amazing effort as due to regulations they were forced to start in the water at the shallow end for two legs of this relay.

Fifteen of our swimmers have been selected to represent the Wingecarribee District at the South Coast Regional Championships to be held at Dapto Pool, on Thursday 5 March. The swimmers representing the district from Bowral Public School are:

Courtney, Tayla, Rosemary, Ebony, Sophie, Sasha, Lucy, Simone, Jonn, Toby, Clayton, Nicholas, Jack, Darcy and Jesse.

We wish them the best of luck as they face very tough competition at the South Coast.

Finally a HUGE thank you to all parents who supported our team on the day and especially to Mrs Chapman who managed our team and ensured all swimmers were ready for their races.

Jane Bell

District Swimming Convenor

SWIMMING CAPS

The school has organised both silicone and latex swimming caps to be used by swimmers representing our school at next week South Coast Regional Carnival The cost is \$8.00 silicone and \$3.00 latex. The caps should be available early next week. All caps have the school logo printed on them.



Young Leaders Day

On Monday I had the privilege of taking our student leaders: Nick, Eliza, Grace, Will, Liam, Emily, Sophie and Christian to the Young Leaders Day at the Sydney Entertainment Centre. We heard some very inspirational and thoughtful presentations from author James Roy, actor Bridie Carter, sports reporter Mark Beretta and Olympian Natalie Cook. All discussed the importance of having a go, following your dream and importantly, picking yourself up and trying again and again. Every single one of them also spoke of the value they placed on family and friends who have supported them in everything they have chosen to do. Our leaders were a credit to our school and to their families. Special thanks to the parents for having the children at school very early and for ensuring they were picked up safe and sound after the day. Extra thanks to Mrs O'Toole for helping on the day, your thoughtfulness and help is appreciated

Bushfire Appeal

I know that Mr Morris has written on this very important national event. Special commendation to KF and 3/4T who spent some time at the 'Red Cross' banner discussing and sharing their understandings of what the importance of the cross means – caring – and why it is essential we all show compassion and kindness to those who are suffering. The amount raised totals \$586.

Photos removed

Rugby League

We recently had a visit from the St George Illawarra Dragons promoting exercise, team work, healthy eating and fun ie. a positive life style. The children were very excited and extremely good at listening to the training and fitness regimes of the players and the questions they asked showed they understood and were interested in what the players had to say. All children received posters and cards. Charlie, a devoted St George Illawarra fan and Minique, a dedicated league player both were fortunate enough to be given membership kits with hats, lanyards, stickers and keyring. Bowral students, thank you for showing your interest and your excellent manners. Thank you to Nick, Eric and Emma for welcoming and thanking our visitors. These students also gave up their lunch time to be with the players and students. Leadership in action.

Jan Christie

Deputy Principal

Photos removed

**MERIT AWARDS
WEEK 5
STAGE 1
CONGRATULATIONS**

2W Robert , Bree, Katherine, George
2B Zara, Kalep, Georgie, Connor
1/2P Lucie, Rayyon, Georgia, Nate
2/3J Sylvie, Connor
1L Emily, Claudia, Josh, Liam
1B Luca, Gabrielle, Archie, Jacob
1R Olivia, Zac, Lachlan, Teagan

BEHAVIOUR CLASS 1L

SINGING CLASS 1R

Meningococcal disease

Meningococcal disease is a rare but serious infection that mainly affects young children, teenagers and young adults.

Symptoms of meningococcal disease may include a combination of:

- sudden onset of fever
- pin-point rash changing to large red-purple blotches
- cold hands and feet
- sore joints and muscles
- nausea and vomiting
- headache
- neck stiffness
- dislike of bright lights
- tiredness.

Babies and very young children may

- be irritable
- have difficulty waking
- have a high-pitched cry
- refuse to eat.

A rash does not always appear and not all of the symptoms of meningococcal disease may be present at once. Anyone with these symptoms should seek immediate medical care as this can be life-saving.

Meningococcal vaccine was given to many school children from 2003 to 2015 and is now routinely given to babies at 12 months of age.

Even if you or your child have been vaccinated against meningococcal disease, it's important to be on the look out for symptoms because the vaccine does not cover all strains of the disease.

Free meningococcal C vaccine is still available from NSW general practitioners for any students who have not been vaccinated. If you are not sure if your child has been vaccinated, it's safe to repeat the vaccine.

For more detailed information on meningococcal disease see the Department of Health's website for the **meningococcal factsheet** which is available at <http://www.health.nsw.gov.au/factsheets/infectious/int/meningococcal.html>. Or else call your **local public health unit** for further information. Contact details are available at <http://www.health.nsw.gov.au/publichealth/infectious/iphus/iphus.asp>

Whooping cough (pertussis)

In recent months there has been an increase in the number of school-aged children in NSW diagnosed with whooping cough (pertussis).

Please be on the look out for symptoms of whooping cough:

- a runny nose, followed by a cough, which becomes worse (older children and adults may have only a cough that can last for several months)
- a cough that occurs in spasms, which may be followed by vomiting
- a cough with a 'whoop' (a sudden noisy gasp at the end of coughing).

In order to prevent further cases, if your child or any member of your family has symptoms of whooping cough please see your doctor and take this notice with you. This is extremely important if there is a baby less than 12 months of age living in the household. Whooping cough can be a serious life-threatening infection for babies.

If your doctor diagnoses whooping cough in its early, infectious stage (within 3 weeks of the cough starting), please advise the school and keep your child at home until they have taken 5 days of antibiotics.

Immunisation reduces the risk of infection, however the vaccine does not give lifelong protection, and reinfection can occur. The vaccine is provided free of charge for infants at 2, 4 and 6 months and again at 4 years. Please check that your child has received this primary course. If your child has not been fully immunised, discuss a catch-up plan with your doctor.

Because protection wanes with time, free vaccine will be provided to Year 10 students as part of the NSW School-based Vaccination Program from 2009.

Information on whooping cough is available at <http://www.health.nsw.gov.au/factsheets/infectious/pertussis.html>.

For more information, please call your **local public health unit**.

Camperdown	02 9515 9120	Perrin	02 4734 2022	Broken Hill	08 4890 1489	Newcastle	02 4124 6477
Goulburn	02 4348 4845	Randwick	02 9382 8352	Dubbo	02 6841 5959	Port Macquarie	02 6588 6588
Hornsby	02 9427 9400	Albury	02 6082 8903	Goulburn	02 4024 4837	Taree	02 6707 0630
Paramatta	02 9840 3603	Bathurst	02 6339 5801	Lismore	02 8820 7500	Wollongong	02 4221 6700

Please visit the NSW Health website: www.health.nsw.gov.au/infectious/iphus.html

CSIRO

PHOTOS REMOVED

The Education Tax Refund – Get 50% back

Under the new Education Tax Refund, parents and others who are eligible can now claim 50% of their eligible education expenses up to \$750 for primary students and \$1500 for secondary students.

This means you could receive a refund each year of up to \$375 for each primary and \$750 for each secondary school student in your care.

Are you eligible?

To be eligible you must have received Family Tax Benefit Part A for each child whose education expenses you wish to claim. You can also claim the Education Tax Refund if you were stopped from receiving Family Tax Benefit Part A because your child received any of the following:

- Youth Allowance (student) aged 18
- ABSTUDY
- the Student Financial Supplement Scheme
- a scheme under s258 of the Military Rehabilitation and Compensation Act 2004
- Disability Support Pension
- the Veterans' Children Education Scheme
- an Australian Postgraduate Award.

Independent students are also eligible to claim.

What can you claim?

You can claim the purchase, lease, hire or hire-purchase costs, repairs and running costs of:

- laptops, home computers and associated costs — for example, internet and paper
- educational software, printers, USB flash drives, disability aids to assist in the use of computer equipment for students with special needs
- stationery and art supplies
- school textbooks and associated learning materials
- trade tools and safety equipment for secondary school trade courses.

Some of the expenses you cannot claim include school fees or the cost of school uniforms, school excursions or travel to and from school, musical instruments or sporting equipment, clothing or footwear. For a more comprehensive list visit www.educationtaxrefund.gov.au

When can you claim?

You can claim your education expenses in your 2009 tax return. If you do not have to lodge a tax return, you will be able to lodge a separate claim with the Tax Office from 1 July 2009.

Remember, you need to keep all receipts for expenses you claim.

If your education expenses in one year are more than the claim limit for your children, you can add the excess to your education expenses for the following year.

For more information: visit www.educationtaxrefund.gov.au phone the Tax Office on 13 28 61.

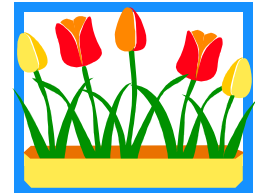


Thank to those who attended our AGM held on Monday evening. We managed to fill every position without resorting to bribery, which is wonderful (phew!). To those returning to positions and newcomers to the roles, I look forward to working with you this year.

Something we hope to achieve this year is greater transparency for both the P&C and the School Council. Agendas and Minutes of the meetings will be available on the school's website (give me a week before you check please!). Please remember that attending these meetings allows you to have a say in the direction our committees takes; it is not a closed circle. If you are unsure about any aspect, please do not hesitate in contacting me.

The school's response to the Victorian bushfires was discussed at our P&C meeting. There have been discussions with schools within our community and at this stage it appears that we will arrange a book drive and have children fill a pencil case for a child. We are contacting local businesses this week to ascertain the interest in helping and will announce details in next week's Newsletter. Look out for it.

Justine McKinlay
P&C President



NB Bulb Fundraiser orders—closing date Friday 6 March 2009

CANTEEN Lunch orders will be accepted on self help day Friday 27 February and open for counter sales at lunch time.



Friday 27 February is
'CLEAN UP AUSTRALIA DAY'
for schools.
Children are to bring gloves.
Tongs (optional).



Students may wish to bring a recycled shopping bag to collect rubbish in.



NOTICE ABOUT LOST PROPERTY
'OVER FLOWETH' ALREADY

*Clothing Shop ladies will sort twice this term
Week 6 (2 March) and Week 11 (6 April)
so please come in and claim your lost items.*

All items without a name will go to the uniform shop.

Bowral High School



Centre for Excellence in the Performing Arts
Year 7, 2010
Information Evening
Thursday 5 March 2009
School Hall
(entrance off Park Road)
6 pm—8 pm

Parents are invited to join the executive staff, teachers and current students at an information evening where they will gain first hand knowledge of the affordable and excellent education, diverse and challenging educational opportunities through curriculum and extra curricular activities provided at Bowral High School.

Parents unable to attend on this night will be able to join the principal and 2009 advisors for a morning tea on Thursday 12 March at 9:30am in the Staff Common Room.

COMMUNITY NEWS

A new training program is being conducted by the School of Psychology - University of Wollongong. The ability to control impulses, focus attention and keep information in memory are essential for successful learning. We require children with ADHD as well as non ADHD aged between 7 and 14 to participate in the new program. Information Dr Stuart Johnstone 4221 4495 or email sjohnsto@uow.edu.au

BOWRAL UNITED SOCCER CLUB
Final Registration 2009 Saturday 28 February at
Bowral High School Hall 3pm—6pm
Enquires Andy Bell 0418663682

ROLLERCOASTERS - An eight week program for children aged 5—12 whose parents have separated, divorced or remarried.
Information: Centacare on 4628 0044 Samya Engelbrecht