



BOWRAL PUBLIC SCHOOL

Striving, Thinking, Learning



Newsletter

Wednesday 10 June 2009
Term 2 Week 7

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Mr Cayzer

Welcome back Mr Cayzer! After a period of time in hospital and then convalescing at home, Mr Cayzer is back at school and teaching 4C. In his absence, Mrs Faulkner did a fantastic job, but I know all the boys and girls are pleased that Mr Cayzer is back.

Bowral Sport Representatives

Over the last couple of weeks we have had students participating in a number of PSSA Knock Out competitions. Our boy's soccer team played in Goulburn and our girl's netball team played in Berkeley. Unfortunately the AFL gala day that was planned last week was cancelled due to rain. The students have these opportunities thanks to staff members giving up their time to coach and train the teams. Thank you Mr Tudor for coaching the soccer team and Mrs Bell for your work with the netball team.

Flu season

Winter is here and that means flu season. Dr Booy, Head, Clinical Research National Centre for Immunisation Research & Surveillance outlines the recommended treatment for flu:

- Stay in bed and rest until the temperature has been normal for 48 hours
- Drink enough fluids to maintain normal urine output
- Take paracetamol to control fever, aches and pains
- Use antiviral medication early, as this may shorten the length and severity of illness
- Avoid exposure to dust, alcohol, fumes and tobacco smoke as much as possible

Consult a doctor if symptoms such as difficulty breathing, coughing up green/yellow phlegm or severe headache develop.

To find out more, watch a video about flu in the *School Parents* ezine at www.schools.nsw.edu.au/news/ezine/yr2009/issue03/watch_flu/

Swine Flu Update

Advice from DET regarding Swine Flu:

Children who have travelled to greater metropolitan Melbourne, Mexico, Panama, USA, Canada and Japan will be required to stay away from school for seven days after their return to NSW. It is important that we take this advice seriously and make sure we follow it in all our schools.

If there are other members of the family who DID NOT travel with the child to the locations I've mentioned they can continue to come to school.

These arrangements also apply to the Department's preschools. NSW Health advises that anyone returning from one of these

locations who develops flu-like symptoms should seek medical advice in accordance with the guidelines published on our influenza website at; <https://detwww.det.nsw.edu.au/adminandmanage/ohands/hsi/index.htm>.

Parents, if you have any questions or concerns feel free to discuss this with a member of staff at school.

Wendy Buckley
Principal

REMINDER DIARY DATES

- Monday 15 June** ♦ P&C Meeting in the school library 7:30pm
- Friday 19 June** ♦ SELF HELP — Jellore
- Tuesday 23 June** ♦ UNSW Spelling & Writing
- Wednesday 24 June** ♦ School Athletics Carnival
(back-up date Wednesday 1 July)
- Term 2** ♦ Canteen Open Wednesdays, Thursdays & Fridays

Bowral Public School



Our next P&C meeting will be held in the library on Monday evening (15 June), commencing promptly at 7.30pm (tea and coffee is provided so arrive a little early to grab a cuppa). This meeting will provide a great opportunity to meet Wendy Buckley.

The P&C executive recently approved expenditure to allow the upgrade of the school's networking/cabling capabilities, to better accommodate the Connected Classroom (Interactive Whiteboards/Smart Boards) and to enable classes that are currently experiencing problems to improve their network access. Wendy has been informed that our school will be provided with an Interactive Whiteboard with video conferencing capabilities which will open a whole new world of learning for our children. We have been asked to support the expansion of this technology in our fundraising efforts, hence the expenditure at this ground level.

Hope to see you on Monday.
Justine McKinlay

Canteen News

We are hoping for great weather for the athletics carnival on the 24 June. As the canteen is providing a service on the day, (athletics menu attached) we would appreciate anyone who can help out on the day. If you can spare some time, please contact Donna Manton (dma08538@bigpond.net.au).

CANTEEN REMINDER

The Athletics carnival will be held Wednesday 24 June 2009.
A canteen will operate at the carnival offering food and drinks as detailed on the menu.

Bowral Public School Canteen: Athletics Menu

Pre- Order Meal Deal \$4.00		Sandwiches and Snacks	Cost
Sausage Sizzle Fruit Juice Popper 200ml various flavours Lolly Surprise		Home made Soup with roll NB	\$2.00
		Red Rock Deli & Smiths Chips (various flavours)	\$1.00
		Watermelon Slices	\$0.50
		Jumpys (various flavours)	\$0.70
		Home Made Cake or slices NB	\$0.30 - \$0.50
		Frozen Treats	
Cost			
Sunny Boys (Orange, Cola, Raspberry)	\$1.00	Fruit Juice Poppers 250ml	\$1.20
		Water 375ml	\$1.10
		Water 600ml	\$1.60
Confectionary		Hot Drinks	
Bag Jelly Snakes (3 in bag)	\$0.50	Hot Chocolate	\$1.00
Bag Frogs (3 in bag)	\$0.50	Tea	\$2.00
Ovalteenies	\$0.80	Coffee	\$2.00
Killer Pythons	\$1.00		

NB: Home made soup and Mini Muffins are being made by members of the Canteen Committee. Accordingly, they have NOT been prepared in a nut free/gluten free environment. Ingredients may include dairy and gluten products.

Slices will also be provided by members of the Canteen Committee for parent and carers that are attending the event!

To assist in catering for the Athletics Carnival, please pre-order your Meal Deal by completing the note below and returning it together with the required money to your class teacher on or before Friday 19 June. In the event the Athletics Carnival is cancelled due to poor weather, Pre-ordered Meal Deals will be issued from the Canteen on the day.



Athletics Carnival Canteen pre-order by Friday 19 June 2009

Name of Student:..... Class:.....

Please order Sausage Sizzle Meal Deal @ \$4.00 per Meal Deal. Total \$.....