



THE BRIDGE

STUDENT NEWS FROM TOOLEYBUC CENTRAL SCHOOL

21st February 2013 Term 1 Week 4

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Melanie's Thoughts



Melanie Wait
Principal

Great Start

We have had a wonderful start to the 2014 school year, students have been engaged in their learning and displaying all the attributes of a successful learner. We are looking forward to a fantastic year!

Super Swimmers

Congratulations to all those students who competed in the swimming carnival. The levels of participation were outstanding and I was pleased to see everybody 'having a go'. Our winning house was Wakool on 651 points over Murray 601 pts. Congratulations to our 2014 Age Champions.

Primary

- Junior boy - Equal Mackinnon Rogers & Quinlan Mackenzie
- Junior Girl - Tara Andrews
- Senior Boy - Campbell Everitt
- Senior Girl - TJ Dastey

Secondary

- Junior boy – Lane Hodgson
- Junior Girl - Laura Domaille
- Senior Boy – Callum McNab
- Senior Girl - Rachael Hoare

Welcome Afternoon Tea

Thank you to all those parents who attended our Welcome Afternoon Tea. It was a wonderful opportunity to take the time to talk with parents in a more informal setting. It was also pleasing to see the number of parents who attended the 'Helping your child succeed at school' information session. There was lots of positive discussion and it reinforced the importance of strong links between the school and the home.



Foundation students have settled into the school routine

Condolences

On behalf of the Tooleybuc Central School community I would like to extend our condolences to Belinda, Harriet, Rowena, Prudence and family on the passing of Andrew. Our thoughts are with you at this sad time

Have a question?

If you have any concerns or questions about our school or your child, please don't hesitate to make an appointment to see me or your child's teacher.

School Photos

School Photos will be taken on Wednesday 26th February. Please ensure students are in full school uniform, including black leather shoes.

Bus Travel

Just a reminder that if you need to vary your bus routines please complete the form on the back of this edition of The Bridge or phone the Front Office. If your child needs to go on another bus then it is your responsibility to contact the bus driver to organize this. Students should not be travelling on another bus without permission being sought prior.

Voluntary Contributions

Don't forget Voluntary Contributions are now due, these funds are used to support student learning by providing resources for students to use. Elective fees are not voluntary and students studying these subjects need to pay these as soon as possible.

Volunteers in Schools

Just a reminder that if you wish to volunteer in our school and haven't completed the Statutory Declaration prior to June 2013 you are required to undertake a NSW Working with Children Check.

<http://www.kids.nsw.gov.au/Working-with-children/New-Working-With-Children-Check/Volunteers-and-students>

No Hat, No Play

Just a reminder that Term 1 is a No Hat, No Play term. It is preferable if students wear a bucket hat as these provide the most protection from the sun.

Personal Goods Brought to School

The NSW Department of Education and Communities and Tooleybuc Central School do not hold insurance nor does it accept responsibility for private property brought to school by students, staff and visitors, this can include mobile phones, calculators, toys, sporting equipment and cars parked on school premises.

Insurance

Parents and guardians are responsible for paying the cost of medical treatment for injured students, including any transport costs. Most medical costs will be refundable by Medicare. If you are a member of


an ambulance or health insurance fund, you may also be able to claim transport or other expenses from the fund.

Ambulance Cover

Please ensure that you have current ambulance cover as an ambulance will be called in the event of an injury or accident.

MUSCLE THINKERS

We can continue to grow and strengthen as learners.



- ✓ Expandable ability- get smarter
- ✓ Improving
- ✓ Adventurous learning
- ✓ Failures and mistakes are useful
- ✓ Effort pleasurable- important to learning
- ✓ Focuses on information- what can I learn from this?
- ✓ Collaborative/generous

MY MOTTOS

- ☺ No pain, no gain
- ☺ Learners know trying hard matters
- ☺ I can look for ways to improve



Facebook

Follow us on Facebook. Like our page 'Tooleybuc Central School' and keep up to date with school events.

Up Coming Events Term 1 2014

Week 5

Sun 23 Feb	Young Leaders depart for Melbourne
Mon 24 Feb	Young Leaders - Melbourne
Tue 25 Feb	Zone CHS Swimming Carnival @ Hay
Wed 26 Feb	School Photos (full school uniform)
Fri 28 Feb	Primary Football/Netball @ Barham

Week 6

Fri 7 March	Riverina CHS Swimming Carnival
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Notices Home

The following letters have gone home this fortnight:

- PSSA Moulamein Swimming Carnival
- PSSA Moulamein Swimming Carnival 2nd Note
- Swimming Sport Year 7-10
- Young Leaders - Year 6
- Canberra Year 5/6 1st Letter
- Deniliquin Year 6 Rising Generations
- Melbourne Medical Year 7/8
- Sovereign Hill Year 3/4 1st Letter
- VET Bus Costs – VET Students
- Upcoming Events 13/02/2014
- Term 1 Letter Foundation/Year One
- Term 1 Letter Year 1/ 2
- Term 1 Letter Year 3/ 4
- Term 1 Letter Year 5/ 6
- PE change Year 1/ 2
- Football/Netball @ Barham Year 5/6
- Scripture (Primary)

Wanted to Buy:

30 ML of Permanent High Security Water



All students participated in the Salmon Relay with enthusiasm.



Rachael and Cody eager to take part in the Salmon Relay.



Keisha enjoying the Swimming Carnival



Lane, Max, Shane and Beau enjoy the Swimming Carnival.



Emma receiving the Riverina Blues December 2013.

Primary News

Simon Dunn (Assistant Principal)

Welcome back to school for another year. It has been fantastic to see so many smiling faces at school again and everyone has settled into new routines very well.

Hats

Please remember that according to the school's policy Term 1 is a compulsory hat wearing term. Please ensure that your child has a hat in their bag each day so that they can play on the oval if they feel like it.

Home Reading

It is very important to make reading at home part of a daily routine. For students to achieve the 200 night home reading benchmark for the year it is crucial that they start reading regularly as soon as possible. Reading is a skill for life and one that is essential for your child to experience success at school and throughout their lives.

Swimming Carnival

What a wonderful success the swimming carnival was. It was fantastic to see record levels of participation throughout the carnival and it was this participation that made it a close race for house supremacy on the night. Of course we must congratulate the junior and senior primary champions: Mackinnon, Quinlan, Tara, Taylen, Campbell, Cooper, Tamara-Jade and Phoebe but I must also congratulate everyone who got in and had a go. By just participating to the best of your ability you truly demonstrated what wonderful champions you all are.

Thank you to all of the parents and relatives that attended on the evening to support everyone as well as helped to create the atmosphere on the night. I must also thank all of the parents who assisted with various jobs on the night without your assistance the night would not have been as successful.

Foundation/Year One

Students were asked : ***'What is the best part of school?'***

Year One

The best part about school is having Aunty Val at school and having friends. By Montana.

I like playing with my friends at school. I like stories. By Nancy.

I like it when I can play outside on the slide. I like playing games with people. I like doing story writing. By Connor.

I like playing with my friends. I like shark tiggy and hide and seek. I like story writing, I write about my brother sometimes. By Alex.

Foundation

I like playing with Jess and playing on the playground. By Joel.

School is the best because we can play on the playground and the classroom is good too. By Starr.

I like playing on the slide and the play equipment. I like to show my sisters the playground. By Jessie-James.

I like building with the mobilo, and playing with my friends. I like learning to read. By Imogen.

I like playing on the playground with Paul and his friends, and I like playing with my friends too. By Sienna.

I like playing with my friends and I like to see my sisters. I like drawing too. By Abbey.

I like sitting down on the floor listening to stories and playing with my friends. By Jordan.



Foundation/Year One

Secondary News

Bruce Nield (Head Teacher)

Home Learning and Diaries

The start of the year is seeing a new focus on diaries and home learning. Diaries will be signed by roll call teachers on Fridays and parents should have signed the diary beforehand so that we can be sure that students are showing parents their diaries and completing home learning.

New DEAR Structure 7 - 10 for 2014

This year we have seen the introduction of reading boxes into Years 7 - 10. Students will only be required to bring their own reading material on Mondays and Fridays. Students will be reading passages on cards and answering questions as part of improving their comprehension skills.

Fairfax

Once again the school is participating in the Fairfax Festival. This year's focus is 'Theatre, Art and Technology' and the final week will be held from the 16th to the 19th of September. Students will be using a combination of drama, art and technology to tell their personal stories. Students in years 7 - 10 are encouraged to apply to Mr. Nield to participate in this great extra-curricular event.

English

Chris Connellan (English Teacher)

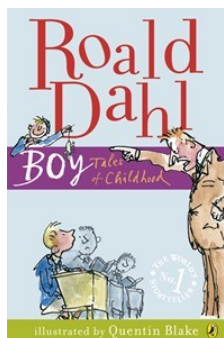
The Term Ahead for Years 7 - 10 English

Term One is a busy term in the English Department, with all students in Years 7 - 10 sailing full-steam ahead into honing their spelling, grammar and punctuation skills and improving their craft of writing. In this pursuit, some students have already created some very evocative and interesting journal pieces.

Term One has also seen all years 7 - 10 classes begin a close study of a novel:

Year 7 - *Boy... Tales of Childhood*, by Roald Dahl

Year 7 students will embark on composing their own autobiographies after they explore the autobiography of Roald Dahl – an entertaining & well written book, which is very rich in a range of experiences, reflection and humour. As Roald Dahl's story unfolds, the students will discover many experiences and characters from his past which went on to become the inspiration of a number of Dahl's classic stories.



Year 8 - *A Fortunate Life*, by A B Facey

Any student who thinks they have a tough life may think again when they read the autobiography of Albert Facey. Albert Facey was abandoned by his mother as an infant, grew up in the harsh conditions of the gold fields, did not have the privilege of ever attending school, was a pioneering farm worker in the wheat belt of Western Australia, narrowly escaped death at Gallipoli and lost his fortune more than once, as well as experiencing the tragic death of his eldest

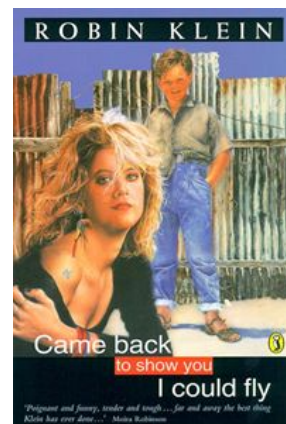


son and losing the love of his life, Evelyn, in his later years. Despite the many cruelties, sadnesses and sufferings he experienced, he never lost his love of life, his trust in the goodness of people and the drive to move forward. Rather than lamenting his losses, he appreciated the many experiences, opportunities and blessings he'd been given. At the urging of his family, he

wrote his autobiography just before his death. His story of positivity and resilience has a powerful message for all readers. After reading the novel, Year 8 students will write a tribute to Albert Facey, as well as an essay response.

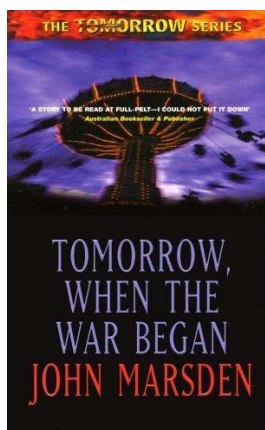
Year 9 – *Came Back to Show You I Could Fly*, by Robin Klein

'*Came Back to Show You I can Fly*' is an excellent novel for Year 9 to study as it includes interesting and vulnerable characters, who discover the inner strength to endure and overcome the issues which confront them. The novel highlights the difficulty and triumph that can be experienced by average characters, living in average situations. The novel delves into a range of issues which contemporary Australian teenagers can relate to – family dysfunction, bullying, self-esteem issues, loneliness, peer pressure and the scourge of drugs and addiction. These issues lend beautifully into research by Year 9 students into media and web based resources, which complements their understanding of these issues in society at large. With this understanding, the students will create a magazine article or webpage on a contemporary issue, as well as an essay response to the text.



Year 10 – *Tomorrow, When the War Began*, by John Marsden

Ellie and her teenage friends return home from a camping trip to discover that their world has changed forever... Australia has been invaded and is in the grip of a relentless war. All members of their community have been led away and held as prisoners of war. Their town and surrounding countryside is deserted. '*Tomorrow, When the War Began*' confronts its readers with complex moral dilemmas... Would you fight? Would you give up everything? Would you sacrifice life itself? How would you survive? Year 10 students must answer these questions, and more, as they reflect on their values and beliefs and discover their own inner strengths, in the process of evaluating those of the novel's protagonists. Their study of the novel will culminate in an analytical essay.



Career News

Kim Morton (Careers Teacher)

Career News will occur throughout the Bridge throughout 2014, giving you information that will assist you to make important career decisions.

Choosing a career can be a difficult task. There are so many options, so many courses, and so many institutions to choose from. Remember, it is likely that you will have several careers in your lifetime, so don't think too far ahead. Careers that you may be involved in later on have not been invented!

So, how can I choose? Important things to consider are:

- What do I enjoy doing?
- What subjects do I like most?
- How do I like to spend my spare time?
- What are my hobbies/interests?
- What do I value, or what is important to me?

Answering these questions will tell you things about yourself that will assist you in gaining career ideas. For instance, perhaps you like designing things, enjoy Visual Communication, draw designs in your spare time, and have a passion for the environment. Clearly, you might consider architecture, perhaps designing buildings where heating and cooling costs are reduced as much as possible. Or perhaps you like helping people, are interested in studying Health and Psychology, and it is important that you work as part of a team. You might then consider nursing,

health promotion, paramedics or counselling, for example.

FINDING OUT ABOUT STUDYING AT MONASH UNIVERSITY - Prospective students have a great opportunity to find out more about courses which interest them. Monash is, once again, holding the '**At Monash**' seminar series, where you can hear from current students, graduates and staff. The ones coming up shortly are (all 6.30-8.00pm):

- **Business and Economics** at the Peninsula campus, Tues 4 March
- **Nursing, Midwifery and Emergency Health** at Peninsula, Thurs 6 March
- **Business and Economics** at Clayton, Wed 12 March
- **Science** at Clayton, Thurs 13 March
- **Physiotherapy and Occupational Therapy** at Peninsula, Tues 18 Mar
- **Information Technology** at Caulfield, Wed 19 March
- **Pharmacy and Pharmaceutical Sciences** at Parkville, Thurs 20 March

More dates to follow in the next Newsletter, or check out dates for other seminars and **register** your attendance at: www.monash.edu/seminars.
Information: 1800 MONASH.

UNIVERSITY OF MELBOURNE COURSES

POPULAR – VTAC applications for 2014 indicated that **Arts and Science** degrees at Melbourne were the most popular undergraduate course choices across the state. Bachelors of **Commerce and Biomedicine** also fall in the top eight most popular courses. 2124 places were offered for Science, an increase of 11% compared with last year. Science offered the most places of any course at the university. About one third of all of Melbourne's offers were made to **Access Melbourne** categories of disadvantage – financial background or rural and isolated areas. **See details in a media release:** www.newsroom.melbourne.edu/news/university-melbourne-courses-again-prove-most-popular.

ATAR RISES FOR DEGREES AT SWINBURNE

Swinburne reports that 2014 has started with a significant increase in the number of students applying for and being offered scholarships and degree places at Swinburne university. Average ATAR scores have risen, while their Guaranteed ATARs provided more certainty for students and their parents when finalising preferences. The availability of CSP degree transfer places (UniLink diploma programs) also provided many motivated students with a great opportunity to pathway to second year of their wanted degree from an ATAR of 50 and above. This year Swinburne offered **28 Vice Chancellor's**

Scholarships for academic excellence and an additional **44 scholarships were awarded by university deans**. This is almost triple the number of scholarships offered in 2013.

NOTE: Swinburne offers both university and TAFE programs. The Hawthorn campus has both university and TAFE programs. The Wantirna and Croydon campuses have TAFE courses only.

ARE YOU LOOKING FOR AN ARTISTIC EXPERIENCE? RMIT offers an array of short courses and single courses taught by experienced lecturers and established artists. Some examples are in: drawing, painting, photographic screen printing, lithography, sculpture, casting, jewellery and audio technology. Further info: Short and single courses: ph. 9925 8111, www.shortcourses.rmit.edu.au.

INTERESTED IN HEALTH SCIENCES, BUT UNSURE OF YOUR DIRECTION? Deakin University advises that if you are interested in a career in health but are unsure of your direction, the Bachelor of Health Sciences could be a good option. The degree draws from and complements the specialist fields offered by the Faculty of Health and enables you to structure your course and combine fields of study according to your interests and career ideas. Possible areas of study include: environmental health, exercise science, food studies, health promotion, nutrition, disability, psychology and sport coaching. Other universities offer a Health Science degree, but with different 'major' studies.

BOX HILL INSTITUTE NEWS – Seeking a career in the world of fashion merchandising, retailing or marketing? You want to travel the world as a fashion buyer, create exciting merchandising displays, develop a fashion website or market a fashion brand using social media? If you are creative, enjoy using social media and technology and are business minded, the Bachelor of Fashion Merchandising course will inspire you to pursue your ultimate fashion retail career. Check out YouTube clips at: <http://www.youtube.com/watch?v=RlI0nU9C0ps> http://www.youtube.com/watch?v=zVXe4Cgs_jw&list=UU_LweUp25BxY7NcaNTK8aNg.

Also don't forget to make use of the Tooleybuc Central careers website at www.tooleybuccentralcareers.com for lots of great information or drop into the Careers room to browse through lots of valuable information or have a chat to me about anything career related.

BELL TIMES

Secondary		Primary	
8.55	DEAR	8.55	Morning Session
9.09	Period One	9.09	
10.00	Period Two	10.00	
10.51	RECESS	10.51	RECESS
11.11	Period Three	11.11	Middle Session
12.02	Period Four	12.02	
12.53	LUNCH – Sitting and eating	12.53	LUNCH – Sitting and eating
1.03	1 st Half Lunch	1.03	1 st Half Lunch
1.13	2 nd Half Lunch	1.13	2 nd Half Lunch
1.33	Period Five	1.33	Afternoon Session
2.24	Period Six	2.24	
		3.00	End of Primary Day
3.15	End of Day	3.15	Catch buses

GEM

This year in secondary we have added another layer to our student monitoring. Gauging Educational Merit (GEM) is a program where students are ranked in every subject each fortnight according to their application and behaviour during class. These rankings from each class are averaged to provide each student with a GEM average.

Gauging Educational Merit (GEM)

Class score	Description	GEM Average	Result
10	Outstanding effort		
9 +	High level of effort	9-10	Maintain average for a term to receive canteen voucher and certificate
8	Sound effort	8-9	Maintain average for a term to attend reward BBQ
7	Satisfactory effort		
6	Limited effort (causing some concern)		Monitoring in the subjects where your score is below 7, reporting to class teacher
5	Poor effort (unsatisfactory)	5-6	Monitoring in all classes, reporting to Mr. Nield daily. Extra curricula privileges may be removed
1	Poor effort & behaviour, non submission of tasks	1-5	Monitoring in all classes, reporting to Ms Wait daily. Not allowed to attend excursion and extra curricula activities

VOLUNTARY CONTRIBUTIONS 2014

The New South Wales Government provides much of the necessary equipment and materials for the efficient running of the school. However, to keep up to date with the latest textbooks and to supply materials for such subjects as technics, craft and food technology, parents are asked to make a voluntary contribution. These are reviewed each year and kept to an absolute minimum, and are payable at the beginning of each school year.

These contributions are important in ensuring that we can optimize learning opportunities for students. Your cooperation in this regard is greatly appreciated.

Technology Fee	All Years K to 12	\$10.00
Current voluntary contributions	Infants and Primary	\$40.00
	Years 7 + 8	\$85.00
	Years 9 + 10	\$45.00
	Years 11 + 12	\$45.00
Industrial Technology	Year 9 + 10	\$50.00 plus materials
	Year 11 + 12	\$50.00 plus materials
Design and Technology Food:	Year 9 + 10 elective	\$60.00
Hospitality	Year 11 & 12	\$150.00 or \$60.00 plus \$7.00 per practical lesson
Industrial Technology	Stage 6	\$80.00

Wanted

Second hand uniforms in good condition. If your child has outgrown their uniform please consider donating it to the school.

LOST UNIFORMS

Please name your uniforms so we can return items that are misplaced.

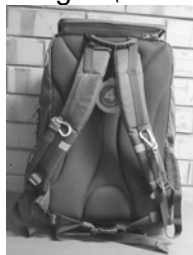
School Bags

Tooleybuc Central School has school bags which are available to purchase from the front office.

Small \$50.00



Large \$55.00



Tooleybuc Central School Uniforms

TCS dark green bucket school hats \$15, are available for purchase from the front office

Tops

Primary:	Dark green polo shirt (TCS)
	Jumper (TCS)
	Girl's summer culottes/green check dress
Secondary:	Green/yellow polo shirt (TCS)
	Rugby Jumper (TCS)

Pants

Primary & Secondary Boys	Grey School Pants/ Grey Max Dax
Primary Girls	Green school pants/ Green Knee Length Shorts
Secondary Girls	Black school pants/ Green Knee Length Shorts

Sport

Primary & Secondary	Yellow polo shirt
	Green basketball shorts
	Green tracksuit pants
	Sneakers

Shoes

Primary & Secondary Boys & Girls	Black Leather Shoes
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Stockists of School Uniform

Outdoors First


Garments will need to be ordered so they can be embroidered, however they are a very reasonable price and the turnaround is very quick.

Clark's Gift Salon

183 Campbell Street, Swan Hill – Phone 50321616

PSW

Bootleg Pants – Polyester 465 Bottle can be purchased online at <http://www.psw.com.au/>



Stuck?

**Need a hand with
Maths,
Science,
English,
Assignment Research or
Study Skills?**

Don't forget the Swan Hill Regional Library offers students in Years 4-12 & TAFE **Free Online Tutoring.** Expert tutors are online and waiting to help Monday through to Friday from 4pm – 8pm!

Connect from your library or from home at:
<http://www.swanhill.vic.gov.au/quicklinks/libraries>
See you online!

Questions?
Call the Swan Hill Regional Library on (03) 50 362480

STUDENT ASSISTANCE SCHEME APPLICATION FOR SUPPORT

If you would like an application for support please contact the school.

Canteen Menu 2014

Term 1 (commences 28th Feb)

Lunch (all hot food must be ordered)

Pie	\$3.00
Sausage Roll	\$2.00
Party Pie	\$1.00
Mini Pizza (Ham & Pineapple or Ham & Cheese)	\$2.00
Dim Sims (soy sauce – no extra charge)	\$0.50
Chicken Nuggets	\$0.50
Tomato Sauce	\$0.20

Snacks (do not include in lunch order, students to purchase at lunch time)

Muffins (Double Choc)	\$1.60
Bulla Frozen Yogurt (Apricot, Strawberry and Fruit Salad)	\$1.60
Billabong Triple Swirl	\$1.50
Chips (Honey Soy)	\$1.00
Raspberry Twists	\$0.20

Drinks

Big M (Chocolate, Strawberry & Iced Coffee)	\$2.00
Play water - 350ml (purple, orange, lemonade, red)	\$2.00
Prima (as drink or frozen) (apple/blackcurrant and tropical)	\$1.20

Lunch orders are to be written on a paper bag including students name and year (with money inside). Orders are then to be taken to front office by students or sent with the rolls.

Please remember to include only hot food and drinks on student's lunch orders. All snacks are to be purchased from the canteen at lunchtime.

Please note Raspberry Twists are now .20c each

CANTEEN ROSTER

28th February Leisa Lyons & Jenny Arblaster
7th March Joelene McKenzie & Roxy Chapman

Thank you to all volunteers who helped in the Canteen this year. More volunteers are always welcome.

If you are unable to do duty on your rostered day please contact someone else on the roster and arrange a swap.

Contact Leisa Lyons on 0488 305071 if you have any queries.

Canteen duty is from
10:30 am until 2.30pm.



6 week HEALTHY WEIGHT challenge!

Put on a few kilos over summer?

Need an extra push to try and get some weight off?
Like a **\$500 major prize??**

Join the local **Healthy Weight Challenge!** It's **FREE**
It'll be fun and informative and you can choose your own prize...
A bike, a gym membership, a recipe book/kitchen pack? If you have
a healthy lifestyle encouraging way to spend \$500, we'll also take
your suggestions!

The Challenge runs for 6 weeks between the 24th Feb & the 6th April. There are no weekly commitments but pre- and post-assessments will be required.

You will have lots of support and encouragement, and there is also
\$150 worth of goodies to be won along the way.

Pre-Assessments:
Lucky Phil's Tooleybuc
Wed 19th 1-3pm

Or, if you're in Swan Hill in the week Feb 17-21
Just pop into Health Promotion at 60 McCrae St between 8.30am
and 5pm (or until 6pm on Wed 19th) to register and receive your
information and resource pack to get you through the challenge!

**Go it alone or grab a mate, and
make a great, healthy start to your year!**

Call us at Health Promotion on
5033 9337 for more information

Swan Hill District Health

@eatmovesmile
#eatmovesmile
shwc

eat move smile.

Austswim Accreditation

Those wanting to gain professional development hours for re-registration for Austswim can attend a course to be held in Swan Hill on Sunday 16th March 2014.

Contact Brian Safe 50324357

IMPETIGO (School Sores)

Impetigo is a skin infection caused by the *Staphylococcus* or *Streptococcus* bacteria. It is also known as school sores because it commonly affects school-aged children. Impetigo is more common during the warmer months.

Staphylococcus or *Streptococcus* bacteria can live harmlessly on and inside various areas of the body, such as the skin surface and nose. However, cuts and abrasions or eczema may allow the bacteria to cause infection to deeper skin tissues. Healthy, intact skin can sometimes develop impetigo too. The condition is characterised by collections of small, crusting blisters that usually form on the face or limbs.

Impetigo looks unsightly, but it isn't dangerous and doesn't cause any lasting damage to the skin. However, it is highly contagious. A child with impetigo should be kept home from school or day care until appropriate treatment has begun.

The sores on exposed areas are covered with a waterproof occlusive (no holes) dressing. Occasionally a crepe bandage may be needed to hold the dressing in place or help prevent younger children from scratching the sores.

Incubation period of impetigo

The incubation period is the time between being exposed to the bacteria and the development of signs and symptoms. The incubation period is usually one to three days for *Streptococcal* and four to 10 days for *Staphylococcal* infections.

Common symptoms of impetigo

Common symptoms of impetigo include:

- The skin itches and reddens
- A collection of blisters forms, commonly around the nose and mouth
- The blisters pop and weep a yellow, sticky fluid
- The area develops a raised and wet-looking crust
- The scab dries and falls off
- The skin completely heals after a few days.

Symptoms of severe impetigo infection

If large areas of the skin are affected, symptoms may also include:

- Fever
- Swollen lymph glands
- General feeling of unwellness (malaise).

Diagnosis of impetigo

Impetigo may be diagnosed by an experienced clinician on the basis of the appearance of the infection. It may also be diagnosed by taking a swab of the blisters or crust and checking for the presence of bacteria.

Treatment of impetigo

Impetigo can be treated with prescription antibiotic ointments or creams, which need to be reapplied until the sores have completely healed. Antibiotic syrups or tablets may also be prescribed. It is important to complete any course of antibiotics you are prescribed. If left untreated, impetigo can lead to skin abscesses.

Care of the impetigo infection at home

Suggestions for home care include:

- Wash the sores (lesions) with an antibacterial or antiseptic soap every eight to 12 hours.
- After each wash, pat the lesions dry. Use a clean towel each time.
- Apply a waterproof occlusive dressing (completely cover/seal the area where possible) to stop further spread of the infection. Use a crepe bandage to hold the dressing in place or help prevent younger children from scratching the sores.
- See your doctor if the sores spread and get worse despite treatment, or if the child becomes unwell with fever.
- Change the child's linen (towels, sheets, face washer, sleep wear) daily while the infection is present.

Avoid spreading the infection

Impetigo blisters and crusts are filled with bacteria. This makes the condition highly contagious, particularly when the site is weeping. The skin is usually itchy, so the child scratches and spreads the infection from under their fingernails to other areas of the body or to another person. Infection can also be spread by handling contaminated clothing or articles.

Suggestions to reduce the risk of transmission to other family members include:

- Encourage everyone to wash their hands with soap frequently, and dry completely.
- A child with impetigo should be kept home from school or day care until appropriate treatment has begun and the sores on exposed areas are covered with a waterproof occlusive dressing.

- Cut your child's fingernails short and encourage them not to scratch scabs or pick their nose.
- Avoid scratching or touching the sores to prevent spread to other areas of the body. Use a crepe bandage if necessary.
- Keep affected areas of skin clean and covered to minimise the chance of spreading the infection.
- Always wash your hands with soap before and after touching sores or scabs.
- Encourage children to use their own towel and face cloth. No sharing.
- Wash the child's linen, towels and clothes in hot water. Wash all household linen in hot water while the infection is present.
- Dispose of used dressings promptly and thoroughly. Wash and dry hands after the dressings have been disposed of into a plastic bag and place bag into household waste.

Impetigo is dangerous for newborns

Keep the infected person well away from young babies. Impetigo is a serious condition for newborns because the newborn's inexperienced immunity may not keep the infection in check. Without prompt treatment, a severe case of impetigo may threaten a baby's life.

Where to get help

- Your doctor
- Your pharmacist
- Your local maternal and child health nurse
- Maternal and Child Health Line (24 hours) Tel. 13 22 29
- Nurse-on-Call Tel. 1300 60 60 24 (24 hours, 7 days)

Things to remember

- Impetigo (school sores) is a highly contagious type of skin infection caused by the Staphylococcus or Streptococcus bacteria.
- The infection is characterised by inflamed blisters that pop, weep and form crusts.
- Treatment options include antibiotic cream, ointment, antibiotic syrup or tablets.
- A child with impetigo should be kept home from school or day care until appropriate treatment has begun and the sores on exposed areas are covered with a waterproof dressing and where necessary a crepe bandage.
- Practice good personal hygiene.

What is Kik and why is it popular?

Kik is a free texting app popular with younger teens who generally have a limited texting plan or use an iPod Touch.

Find out more about Kik messenger:

http://www.schoolatoz.nsw.edu.au/technology/technology-az/-/technology_glossary/7w0F/5353/Kik+messenger

Find out why experts say it's the No.1 social media problem involving kids:

<http://www.smh.com.au/digital-life/digital-life-news/experts-warn-of-apps-hidden-dangers-20131130-2yif3.html#ixzz2mYlkXFyd>

School weeks

Q: Why does the school use "week 6" instead of dates?

A: We find it useful for planning each term.

Here are the actual dates for the rest of this term for most of NSW.

TERM 1

Week 3 10/2

Week 4 17/2

Week 5 24/2

Week 6 3/3

Week 7 10/3

Week 8 17/3

Week 9 24/3

Week 10 31/3

Week 11 7/4

Helping with homework

How much should you help your child with homework? When your child makes a mistake, should you fix it? **Teachers talk** about how parents can help kids take responsibility for their homework and avoid Thursday night meltdowns.

Find out more:

<http://www.schoolatoz.nsw.edu.au/homework-and-study/homework-tips/helping-your-primary-school-child-with-homework>

Back to school

Homework, hot weather and class sizes – here are some answers to frequently asked questions about going to a NSW public school.

Find out more:

<http://www.schoolatoz.nsw.edu.au/en/homework-and-study/planning-for-the-future/back-to-school-2014>

The benefit of team sports

If you want your child to grow up to be a confident and well-adjusted adult, then team sports may well be the answer.

Find out more:

<http://www.schoolatoz.nsw.edu.au/wellbeing/fitness/benefits-of-team-sports>

Teen or tween moods

As a parent you may feel distressed by disrespectful or rude behaviour in your teenager. Although the phase will pass eventually, there are some strategies that can help you manage this kind of behaviour in the meantime.

Dealing with disrespectful or rude behaviour:

<http://bit.ly/1kGgkBZ>



[Interested in gaining a qualification via Distance delivery?](#)

TAFE NSW Riverina Institute, Department of Business, offers a number of courses via **Distance** delivery. For a complete list, please check the website:

<http://www.rit.tafensw.edu.au/online/>

Phone 02 6953 9644 to discuss enrolling into one of the following Distance courses:

- Certificate III in Business (or Administration) Course No 11734
- Certificate III in Business Administration (Legal) Course No 11738
- Statement of Attainment in Processing & Maintaining Financial Records (MYOB) Course No 17820

Energy Rebate for NSW Families Receiving Family Tax Benefit A or B.

www.energy.nsw.gov.au



Dietetics, Swan Hill District Health

Lunch ideas

Sandwiches do not need to be sent every day for school lunch. Eating the same thing all the time can make anyone bored, especially children. There are other suitable lunch ideas that are nutritious as well as interesting. Try soup (in a thermos), corn on the cob, pasta and tomato sauce, leftover pizza, cooked or raw vegetables, small cans of baked beans or spaghetti, small container of assorted salads, eg. pasta salad, tabouli, pancakes and pikelets with a spread.

When making sandwiches, try using different breads (eg. pita bread, foccacia, Mountain bread) and various fillings: chicken, cheese and lettuce; peanut butter with chopped dried fruit; lean ham, mustard and tomato; turkey and salad; lean ham and fruit chutney; chopped egg, cucumber and lettuce. Remember to place wet ingredients (eg. tomato, cucumber) between ingredients such as meat/lettuce/cheese to stop bread becoming soggy.

Nutritious after school snacks

Children often return home from school with an enormous appetite. Since snacks are an important part of a child's diet, it is important to make them nutritious. Here are some ideas for easy and nutritious snacks:

- Breakfast cereal with milk
- Fresh or canned fruit
- Low fat yoghurt or custard
- Glass of low fat milk, plain, with milo or as a fruit smoothie
- Slice of raisin toast
- English muffins topped with tomato paste, chopped vegetables (mushrooms, capsicum, onion), sprinkled with low fat cheese and grilled
- Can or tub of rice pudding
- Plain popcorn (add some dried fruit and cinnamon for flavour)

Tooleybuc Sporting Club Ltd.

Phone: 03 5030 5476

Poker

Monday Nights
@ 7.30
Friday Nights
@ 8pm

Bingo

Tuesday Nights
@ 7.30
Thursday Mornings
@ 11.30

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if not claimed
LTPS/12/04603

Wed/Sun

Snowball

Jackpots \$50.00

Each Wed & Sun

If not claimed
LTPS/13/01247

Take a look at our new
Web Site

Keep up to date with all that's
happening at the Club and in the
community

TOOLEYBUCK\$

LTPS/13/03036

For your chance to win the

Key to TOOLEYBUCK\$

Just spend \$10.00 in the Bistro
or \$5.00 on Raffle tickets for your chance to win.

Jackpots \$200.00 per week if not won.

'000'

If you have an emergency and need to call an ambulance and live in the Tooleybuc area, when asked **'Police, Fire, Ambulance'** Respond, **'Bendigo Ambulance'** This will minimise confusion as to where the ambulance will originate from and ensure a quick response

"GOODNIGHT EXPRESS"

FRIDAYS SCHEDULE



This vital service is available to any community member wishing to access services in Swan Hill - please support it

Departs Goodnight: 9.30am Post Office
Departs Tooleybuc: 9.45am Post Office
Departs Koraleigh: 10.00am General Store/P.O.
Departs Nyah: 10.10am Post Office
Drop off point: 10.50am Clock Tower Bus Stop, Swan Hill
Departs Swan Hill 1.15pm-1.30pm Woolworths Car Park

Cost for a RETURN ticket: Adults \$8.00 Children (u 16) \$5.00

First time passengers will be required to complete a registration form.

Please phone Michelle at HACC Tooleybuc on 5030 5252 for more information.

An initiative of Wakool Shire HACC Services, funded by NSW Ministry of Transport

1st August 2012

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TOOLEYBUC COMMUNITY HEALTH CENTRE

Now open Mon-Fri 9.00am-4.00pm

Phone: 03 50305189

CLINIC HOURS ARE:

9.00-10.00am & 1.00-3.30pm

EARLY CHILDHOOD CLINIC:

Mondays-Wednesdays -1.00-3.30pm

IMMUNISATIONS CLINIC:

(appointment necessary) Third Tue in month
Tuesday 25th Feb

Diabetes Nurse- available by apt

Appointment phone: 50339390
Free

MENTAL HEALTH: By Appointment

Names being taken for list -
Wed 12th February
Visiting once per month or contact
ACCESSLINE (1800 800 944)

WOMEN'S HEALTH SERVICE:

Names being taken for list
Tue 25th February Every 2nd Month

DIETITIAN CLINIC:

Telephone Swan Hill District Health
for appointments and enquires on
50339390 Tues 25th February

Podiatrist

(ph 50339390 for an apt).
Thursday 20th February
(This is now a free service)

Speech Pathologist

(1st Thursday of the month)
Telephone Swan Hill District Health for
appointments and enquires **5033 9390**

In an emergency contact your G.P.
Manangatang- 50351215
Balranald- 50201055
Nyah West- 50302456
Swan Hill- 50331711 Or call '000'



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NYAH DISTRICT GOLF CLUB
Golf Club House can be hired for
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A delightful display of over 400
beautiful dolls that is sure to put a
smile on your face.

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A gold coin donation,
Proceeds donated to the local school
gardens and outdoor furniture.

Tooleybuc and District Carpet Cleaning Service

For domestic and commercial
steam cleaning at competitive rates.



Ring David Thompson on
0447 000348
for a free, no-obligation quote.

WANTED

The Wakool Shire Home and Community
Care (HACC)
are in need of volunteer drivers in the
Tooleybuc, Goodnight and Koraleigh
areas.

Men or Women. Young or Old!

Tooleybuc HACC Outreach Coordinator
50 305 252

"Helping others to keep small communities
strong."

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Agents for Tru-Built &
McDonald Steel

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Matthew Loats Builder P/L
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(03) 50 305 122

Student Absences Note

Name: _____
 Class: _____
 Teacher: _____

This student was absent from _____
 / / to _____
 / /
 due to the following:

- ☐ Illness
☐ Injury
☐ Medical/Dental Appointment
☐ Family Commitments
☐ Other give reason

Additional comments: _____

Signed: _____
 Date: _____

Student Absences Note

Name: _____
 Class: _____
 Teacher: _____

This student was absent from _____
 / / to _____
 / /
 due to the following:

- ☐ Illness
☐ Injury
☐ Medical/Dental Appointment
☐ Family Commitments
☐ Other give reason

Additional comments: _____

Signed: _____
 Date: _____



Tooleybuc Central School Bus Variation to Routine

_____ child/children
 _____ will not be
 travelling on the
 bus on _____
 (Date)

- ☐ I will be collecting them
☐ They will be travelling on
 _____ bus.
☐ Other (Please explain)

Note: Some buses do not allow other students to travel on their buses. Please contact the bus driver to ensure approval.

Parent
 Signature: _____

Date: _____



Tooleybuc Central School Bus Variation to Routine

_____ My child/children
 _____ will not be
 travelling on the
 bus on _____
 (Date)

- ☐ I will be collecting them
☐ They will be travelling on
 _____ bus.
☐ Other (Please explain)

Note: Some buses do not allow other students to travel on their buses. Please contact the bus driver to ensure approval.

Parent
 Signature: _____

Date: _____

CALENDAR 2014

Month	Monday	Tuesday	Wednesday	Thursday	Friday
WEEK 5 FEBRUARY TERM 1	24 Young Leaders (leave Sunday)	25 Zone CHS Carnival @ Hay	26 School Photos	27	28 Prim Football/Netball Barham
WEEK 6 MARCH TERM 1	3	4	5	6	7 Riverina CHS Swimming Carnival
WEEK 7 MARCH TERM 1	10 PSSA Riverina Swimming	11 Rising Generations @ Deni	12	13	14
WEEK 8 MARCH TERM 1	17 Year 7/8 Melbourne Excursion VET Workplacement	18 Year 7/8 Melbourne Excursion	19 Year 7/8 Melbourne Excursion	20	21 Prim Football - Burooga
WEEK 9 MARCH TERM 1	24 VET Workplacement Young Leaders @ Deni	25 Zone CHS Swimming Carnival @ Hay Injections	26	27	28
WEEK 10 MARCH/ APRIL TERM 1	31	1	2	3	4
WEEK 11 APRIL TERM 1	7 End of Preliminary Course Exams Whole School Assembly	8	9	10	11 End of Preliminary Course ANZAC Day Service Interim Reports Distributed End of Term 1