



# THE BRIDGE

STUDENT NEWS FROM TOOLEYBUC CENTRAL SCHOOL

8<sup>th</sup> September 2017 Term 3 Week 8

## INSIDE THIS ISSUE:

- **Principal's Thoughts**  
(page 1)
- **Primary Bridge Report**  
(page 3)
- **Secondary Bridge Report**  
(page 5)
- **Careers Bridge Report**  
(page 6)
- **Head Space**  
(page 8)
- **Voluntary Fees**  
(page 11)
- **Uniform**  
(page 11)
- **Canteen**  
(page 12)
- **Community Information**  
(page 13)
- **Absent/Bus Note**  
(page 20)
- **Calendar**  
(page 22)

Tooleybuc Central School,  
Murray Street, Tooleybuc,  
NSW 2736

Ph (03) 50305422  
Fax (03) 50305408

Email:  
[tooleybuc-c.school@det.nsw.edu.au](mailto:tooleybuc-c.school@det.nsw.edu.au)

Web:  
[www.tooleybuc-c.schools.nsw.edu.au/](http://www.tooleybuc-c.schools.nsw.edu.au/)

## Melanie's Thoughts



Melanie Wait  
**Principal**

### Subject Planning

Last week we held our subject planning meetings for 2018. We are now looking at choices and combinations to best suit the needs of the entire cohort. Hopefully we will be ready to release subject lines later next week.

### School Planning

2018 is a new school planning year. As part of the planning process we are surveying parents about what they feel is important in their child's learning. During P & C meetings we will be furthering these discussions about our focus for the next three years.

### Performance Night

Just a reminder that our Performance Night is next Tuesday. Make sure that you invite all your family members along to see our talented students.

### School Chaplin

We have recently welcomed a new School Chaplin, Amelia Caleja, Mim. Mim has settled into our school well and provides another layer to our the wellbeing supports already in place in our school.

### Sporting Success

Congratulations to all of our students who have been representing our school in sport recently. This week Phoebe N competed at the State Athletics Carnival, last week a number of students competed at the Riverina PSSA Carnival and all of our primary students competed at the Nyah Sports, where there were a number of age champions. Well done to you all.



*Nyah Sports Tooleybuc Age Champions*

## Merit Scheme

To reward our students' positive behaviour Tooleybuc Central School runs a strong Merit Scheme. Students are awarded 'Merit Awards' during the school year and an accumulation of these merits equates to levels.



Bronze Level 10 Merits  
 Silver Level Bronze plus an extra 20 Merits  
 Gold Level Silver plus an extra 30 Merits.

Primary students are given a 'Lucky Dip' at the achievement of each level. They are then presented with a certificate at our Whole School Assembly. Secondary students with the highest GEM score in each class receive the Student Of The Fortnight on Assembly. Those students who achieve Gold Level or the appropriate GEM average are invited to attend our End of Year Merit Excursion.

### Gold Awards

Name	Yr	Name	Yr	Name	Yr
Keisha	5	Emily	6		

### Silver Awards

Name	Yr	Name	Yr	Name	Yr
Brydie	F	Taylor	F	Emily	4
Deegan	F	Alyssa	2	Hannah	4
Lacey	F	Campbell	2	Jayla	4
Lucas	F	Lucy	2	Josie	6
Maya	F	Rebekah	2	Lochlan	6
Natalie	F	Felicity	3	Quinlan	6
Oliver B	F	Imogen	3	Saoirse	6
Oliver S	F	Jordan	3	Summer	6
Savannah	F	Skye	3	Will	6
Sophie	F	Alex	4		

### Bronze Awards

Name	Yr	Name	Yr	Name	Yr
Accacia	F	Jakson	2	Montana	4
Adison	F	Liam	2	Murdoch	4
Aidan	1	Makenna	2	Nancy	4
Angus	1	Riley	2	Jett	5
Anton	1	Shakeah	2	Rhys	5
Beau	1	Myah	3	Emmy	6
Felicity	1	Alexander	4	Jordan	6
Jade	1	Ashby	4	Noah	6
Lachlan	1	Brayden	4	Amy	7
Mason	1	Elijah	4	Emma	7
Tayce	1	Emily	4	Mitchell	7
Trinity	1	Finn	4	Tara	7
Alister	2	Jed	4	Taylen	7
Billy	2	Jessica	4	Kate	9
Isabel	2	Kayla	4	Phoebe N	9

## Nyah Sports



### Up Coming Events Term 3 2017

#### Week 9

##### PI Work Placement

Tue 12 Sep Performance Night 6:00 pm at Tooleybuc Sporting Club. Students to be there by 5:45 pm.

Wed 13 Sep Breakfast Club  
Year 7 Immunisation

Fri 15 Sep Footy Colours & Hot Dog Day  
No Canteen

#### Week 10

##### Preliminary Exams

Mon 18 Sep Headspace 10:00 Years 7-12  
Whole School Assembly 1:45 pm

Tues 19 Sep Anna Conlan Speech in  
Fairfax

Wed 20 Sep Breakfast Club  
Fairfax

Thu 21 Sep Scripture  
Fairfax

Fri 20 Sep Fairfax  
Last Day Term 3

#### Spring Holidays

#### TERM 4

Mon 9 Oct First Day students and staff

## Primary News

**David Tallon (Assistant Principal)**

Congratulations to our students who participated in the Regional Athletics at Albury last week. Students enjoyed themselves at the event. Thanks to the parents who transported their children to compete.

Performance Night is next week. Our students are excited about their plays, band and dance. It will be an entertaining night and we have a few students in the Tooleybuc's Got Talent finals.

Over the last 2 weeks we have had some students complete their 200<sup>th</sup> night of Home Reading. A fantastic effort by those students! Keep Reading!

*"The more that you read, the more things you will know. The more that you learn, the more places you will go."* Dr Seuss.

### Up and Coming Events

- Sept 12<sup>th</sup> Performance Night @ Club be there by 5:45 pm for a 6:00 pm start.
- 15<sup>th</sup> Footy Colours Day
- 18<sup>th</sup> Whole School Assembly 1:45 pm

### Year Three/Four

**Sarah Everall (Class Teacher)**

This term has been a very busy one! We have been focussing on poetry and are in the process of making a class book including all of our poems. We have had lots of fun in art lately and have been learning about Australia and its many landmarks. Below are some pictures of our artwork of the Great Barrier Reef. The students have done fantastic job! We hope all the fathers enjoyed their Father's Day present and that the chocolate balls made it safely home.



## Nyah Sports

The Nyah Sports was enjoyed by all. Some action shots of the day where all Primary students participated.





## Secondary News

**Jean Duma (Head Teacher)**

### Stage 6

Our HSC students are now in the final stages of preparation for their HSC. Students will be receiving feedback on their recent Trial Exams and I encourage all students to speak with their class teachers to clarify any questions about course work and further revision activities. All Stage 6 students have access to HSC Hub which has a tremendous amount of resources available for each of their subjects. Doing practice questions from past papers is also a great way to revise content and apply knowledge gained throughout the course. NESA have a range of past papers available for practice on their website. The link to the Past Papers page is:

<https://educationstandards.nsw.edu.au/wps/portal/nesa/11-12/Understanding-the-curriculum/resources/hsc-exam-papers>

### Stage 4 & 5

Stage 4 & 5 students will have a number of assessments tasks due between now and early Term 4 with Yearly Exams to occur mid Term 4. Students, are you using effective time management strategies for each assessment task? Are you ensuring that you start assessments early and submit them on time? If you need assistance with a particular task, please speak with your class teacher before the due date. Use these tasks as an opportunity to demonstrate your high level of knowledge and understanding, by ensuring that all assessments are fully completed and to a high standard.

## English

**Christine Connellan (English Teacher)**

### English Report

In recent weeks, **Year 7** have studied the Morris Gleitzman classic, **Two Weeks With The Queen**. This is a contemporary Australian text, which Australian teenagers relate to and are challenged by. It explores the relationships which are important to Colin, the young protagonist, as he matures and comes to terms with his little brother's incurable cancer. Interwoven into the story are the issues of: brotherly love, grieving, tolerance & acceptance, selfishness & selflessness and growing up. It is a deeply moving novel and yet it is also quite humorous. **Two Weeks With The Queen** provides great scope for thinking, clarification of values, writing, speaking, listening and presenting understandings and ideas. This study culminated in a formal essay response to the novel. In the process, the Year 7 students learnt the value of brainstorming, planning and using a scaffold to structure essays. I look forward to assessing these impressive bodies of writing.



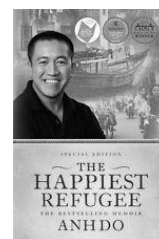
**Year 9 English** stepped back in time, early in Term 3, to study William Shakespeare's impact on language, culture and drama in modern times. They now resoundingly believe that even after over 400 years, Shakespeare is still relevant as a storyteller, entertainer, philosopher and word-smith. They have been enriched through a study of his popular play – **The Tragedy of Romeo and Juliet**, a thought-provoking play about two teenagers, which still resonates with teenagers today. They sharpened their investigative journalism skills to answer the probing questions: 'Who was to blame for the deaths of Romeo and Juliet?' and 'What lessons are to be learnt?' The results suggest that "A Current Affair" could be knocking on our door, scouting investigative talent, in the near future!



**Year 10 English** has recently studied **Deconstructing Film as Text**. This unit introduced students to an in-depth study of film techniques, so that they became familiar with the way in which film can be used to manipulate emotions and to position the audience to respond in a certain way... to subscribe to a particular point of view. Students learnt about film conventions, and the language of film production, through a close study of the award winning film, **'Dead Poets' Society'**, starring Robin Williams, Ethan Hawke & Robert Sean Leonard. Students analysed plot, characterisation & theme/s and linked these to the manner in which film techniques, such as lighting, camera shots, sound, special effects, computer animation, costumes & make-up, direction and editing reinforce these features to comment on society and leave the audience with a message. In the case of, **'Dead Poets' Society'**, the resounding message was "carpe diem" – seize the day, make the most of the opportunities that life presents you and shine!



In **Year 11 English** the students have recently completed **Module 3 – True Stories**, in which they looked at the value of non-fiction writing as a looking glass, revealing the pre-occupations of individuals, groups or a whole society, in the context of time & place. Our study of **The Happiest Refugee**, by Anh Do, took us on a quest with Do as he discovered who he is, by unraveling his childhood experiences, his family's past and how they fit into the context of 1980's Australia, as refugee immigrants. The unsettled and angry Do we are introduced to at the beginning of the narrative transforms into a comfortable, confident man; who has a sense of belonging, identity and family pride, once he learns who he really is and the risks and sacrifices his family have made to get him to this point in his life. This module culminated in students writing a biographical account of the life of a person they admire. The students are now engrossed in their Area of Study – which is an opportunity to explore a concept that affects our perceptions of ourselves and our world.



The **HSC Standard English** class have completed the last two modules of their course. In **Module 2: Close Study of Text**, the students completed a close study of the forms, structures and features of Wilfred Owen's poignantly mournful World War One Poetry. Owen's verse warned of the dangers of rampant nationalism, propaganda and military incompetence. Recurring themes include the meaningless waste and slaughter of young men, as well as the horrific physical, emotional and psychological consequences of battlefield experience for the soldiers who survived. Owen used his poetry to raise awareness in a bid to stop the future carnage of war.



**Module 3: Texts and Society** saw our students complete the "Exploring Transitions" elective. This involved a film study of the movie "Billy Elliot" and related texts, such as poetry, songs, magazine articles, autobiographies and novels which deal with transitions involving change and/or growth and development. Students were required to show how different text forms and their structural qualities and language features conveyed a powerful message about the nature of transitions.



With both Trial English HSC English exams behind us, we have begun revising the English course. In the weeks leading up to the 'real' HSC English Exams, students should endeavour to re-read ALL their texts, study all their notes, exercises and essays closely and complete as many practice essays as is humanly possible! With the right attitude, commitment, effort and endeavour, students can make significant gains in the quest to maximise their marks. I wish them all well.

## Careers

**Kim Morton (Careers Teacher)**

### Year 10 Work Experience

The past few weeks has seen most of our Year 10 students completing **Work Experience** in a variety of fields. All employer comments have been most positive and students were all happy with their chosen places. Students hopefully have now gained a wider appreciation of the working world and an idea about the diversity in employment opportunities available. A big thankyou to all employers involved with this program. Next week Primary Industries students are completing their final week of Work Placement and early next term the SuniTAFE students completing Metals and Engineering will be on Work Placement.



Sean at Murray Valley Technology



Ben sees the muddy side at Swan Hill Off Road.



Luke keeping the shelves stocked at Bunnings.

### VET Industry Taster Day

All students in Year 9 and 10 participated in this wonderful program which was coordinated by the CEAV and held at Suni TAFE Swan Hill. Students were given a talk about jobs of the future, in particular, those relating to Science, Technology, Engineering and Maths. Students then had a chance to participate in two workshops which focused on the areas of Nursing, Robotics, Electro Technology and Agriculture.

The day proved to be most worthwhile with lots of 'hand on activities'. A delicious lunch of sausages and hamburgers was enjoyed by all. A big thankyou to the CEAV and the wonderful staff at Suni TAFE.



Students thought Electro Technology was impressive.



Students learned that there are many aspects in nursing from babies.



Students treating adults in nursing.



Jake undertook the practical side of Electronics.

### Reminders

- **VTAC Applications** are open for Year 12; timely applications close 28 September
- **SEAS applications close for Year 12' on 10 October (5pm)**
- **Dookie Open Day 18 October**
- **CASPer to be completed by 30 November** (17<sup>th</sup> November for international students)
- **VCE HHD and Psychology Revision Lectures at Monash – When: HHD, Tues 26 Sept; Psychology: Wed 27 Sept; See: [www.monash.edu.au/medicine/news/events/events/vce-revision-lectures](http://www.monash.edu.au/medicine/news/events/events/vce-revision-lectures)**
- **CAREERS AND CREATIVITY DAY FOR ART, DESIGN AND ARCHITECTURE AT MONASH - Sat 16 September (Caulfield campus); Information and bookings: [www.monash.edu/mada/workshops](http://www.monash.edu/mada/workshops).**

### YEAR 12 NEWS

- **APPLY WITH VICTORIAN TERTIARY ADMISSIONS CENTRE (VTAC)** – Don't forget to complete your application for courses for 2018 ([www.vtac.edu.au](http://www.vtac.edu.au)) if you haven't already done so. Remember, you can change your application as much as you wish at no extra cost (\$35.00) so long as you apply by 28 Sept. After that it will cost you \$103.00. You can also change your application once you have your ATAR in December, and between offers of places.
- **DO YOU WANT TO DEFER YOUR STUDY IN 2018?** Most university courses allow deferral for up to 12 months, so even if you plan a break from study in 2018, you are still encouraged to apply in 2017. Institutions have different deferment policies. For the **deferment policies** of the various institutions see: <http://www.vtac.edu.au/courses-inst/institutions/deferment.html>.

- **SPECIAL ENTRY ACCESS SCHEME (SEAS) –** Don't forget to organise your SEAS application if you are eligible. **Category 1** simply requires you to click the YES box and also to indicate whether you are the first in your family to attend university. **All other categories (2 – 4)** require you to **supply extra information or evidence**. If you need assistance from school staff, get it soon. Applications close **5pm, 10 October**. See: <http://www.vtac.edu.au/applying/seas.html>. Don't leave it until the last minute to apply as it can take some time to organise some aspects of the application.
- **SCHOLARSHIPS –** Most institutions have scholarships available to applicants to ensure **equitable access to education** and to **reward academic excellence**. Some scholarships require applications to be made directly to the institution. For all other scholarships, applicants should use the VTAC scholarship application [www.vtac.edu.au/scholarships](http://www.vtac.edu.au/scholarships).  
**Examples – ACU** offers scholarships recognising everything from rewarding academic achievement to supporting equity with nearly 400 scholarships – some are a one-off payment, while others provide support for each year of a student's degree. E.g. you could apply for the \$5,000 ACU Law Equity Scholarship which lends a hand to students from low socio-economic backgrounds.  
**La Trobe** offers scholarships for a range of criteria, including **academic achievement**, along with scholarships for those having **disadvantage**. Students can search the newly updated website to find appropriate scholarships and read about requirements.  
You are advised to check out all university scholarships. NOTE: Some universities offer scholarships to second and third year students, so keep an eye on university websites.
- **HIGHER EDUCATION REFORM PACKAGE –** The Australian Government has announced a set of **proposed reforms to the higher education sector** within the 2017-2018 budget. If legislation is passed by the Senate, there are **likely to be significant changes** to the levels of **student contributions** and **repayment thresholds**, and the **eligibility of non-Australian citizens** for CSP courses. For information on HELP, student income support and Commonwealth scholarships see the Australian Government's Study Assist website at [www.studyassist.gov.au](http://www.studyassist.gov.au).
- **HOW DO I FIND OUT ABOUT COURSES AT UNIVERSITY AND TAFE?** The new VTAC App brings together Course Search and the Prerequisite and Course Explorer. The app is searchable offline and will update with any

changes when the device is connected to the internet. Users can also save course entries to a shortlist so they can find them easily later. The VTAC App is free; you can download it from the Apple App Store or Google Play.

#### VICTORIA UNIVERSITY (VU) NEWS –

- **EARLY ENTRY OFFER PROGRAM –** VU has announced their Early Entry Offer Program (EEOP) which provides three avenues for VCE students to receive a guaranteed place. Students demonstrating leadership, educational disadvantage or attending an eligible school in the west may apply. **Applications close:** 13 October. See: [www.vu.edu.au/early-entry](http://www.vu.edu.au/early-entry).
- **LAW AND JUSTICE OPEN DAY –** This is for students considering a career in law - **pathways, world-class partnerships and practical placement opportunities**. **When:** 11.00-2.00pm, Sunday 17 September; **Where:** City Queen Street Campus; **Info:** [www.discoverlaw.vu.edu.au](http://www.discoverlaw.vu.edu.au).
- **NAO ROBOT CODING MASTERCLASS –** Victoria Polytechnic is running a **one-day workshop** for students interested in **IT and coding**. This hands-on masterclass equips students with **fundamental coding skills to program a NAO humanoid robot** using **Choreographed software** and **basic Python code**. **When:** Term 3 holidays; **Register/Information:** [rachna.prasad@vu.edu.au](mailto:rachna.prasad@vu.edu.au)

#### STUDENTS APPLYING FOR EDUCATION COURSES AT ACU -

Students applying to ACU have the option of sitting either CASPer test or else undertaking the **ACU Teacher Selector Statement** as part of their VTAC application. The **Teacher Selector Statement (TSS) is only an alternative for ACU education courses**. A student wishing to submit a Teacher Selector Statement as part of their application to study at ACU will be required to write approximately 1000 words addressing 2 separate categories demonstrating interest in teaching and their personal learning and leadership qualities.

- Category 1: motivation and suitability for teaching
- Category 2: involvement in learning and/or leadership activities that demonstrate capacities  
See: [http://www.acu.edu.au/about\\_acu/faculties\\_institutes\\_and\\_centres/education\\_and\\_arts/schools/suitability\\_for\\_teaching](http://www.acu.edu.au/about_acu/faculties_institutes_and_centres/education_and_arts/schools/suitability_for_teaching).

**SWINBURNE ADVICE NIGHTS –** Swinburne University is conducting Advice Nights offering assistance to Year 12 students. You can choose to attend a VTAC information session, consult academics, find out about alternative pathways to university or find out about Swinburne scholarships. **When/Where:** 4.00pm-6pm, Monday 11 September at Wantirna campus and 4.00pm to 6.00pm on



Wednesday 13 September at the Hawthorn campus; **Information and bookings:** <http://www.swinburne.edu.au/choose/advice-night/>.

**PARENTS CHAT ABOUT SCIENCE AT MONASH UNIVERSITY – Monash Science Faculty** is offering a resource for **parents** who need more advice regarding their child's **selection of a Science degree**. University information can be complicated and confusing, so this is an **opportunity for parents to speak directly with a Science VTAC Selection Officer**. If you missed out at Open Day, you might like to find out things like **Science subject bonuses, SEAS or how the Monash Guarantee affects the ATAR, the Monash entry requirements and subject prerequisites, the difference between courses and majors, or what to do if your child doesn't achieve the ATAR they were hoping for and so on. If so, email [science-parentchat@monash.edu](mailto:science-parentchat@monash.edu) with a contact number and Monash be in touch soon.**

**WILLIAM ANGLISS INSTITUTE NEWS** – the Institute is offering workshops for school students in

the holidays. **When:** Hospitality – 25 Sept; Tourism & Travel – 27 Sept; Cookery – 28 Sept. **Info:** visit [www.angliss.edu.au/schoolholidays](http://www.angliss.edu.au/schoolholidays). William Angliss is also holding a Course Information Evening for all courses. **When:** 6.00pm-7.15pm, Thurs 21 Sept, 555 La Trobe St, Melbourne.

**NEW COURSES AT DEAKIN IN 2018 –**

- The B. Commerce is offering a new major in food and agribusiness at the Warrnambool campus
- The B. Environmental Engineering will be available at Geelong Warrn Ponds
- Media, communications and Creative Arts are offering three new design courses – 3D Animation, Digital Technologies and Visual Communication. More info: [www.deakin.edu.au/courses/find-a-course/media-communication-and-creative-arts](http://www.deakin.edu.au/courses/find-a-course/media-communication-and-creative-arts)
- B. Communication (Advertising) – focuses on brand communication

**2 Encourage planning and goal-setting**

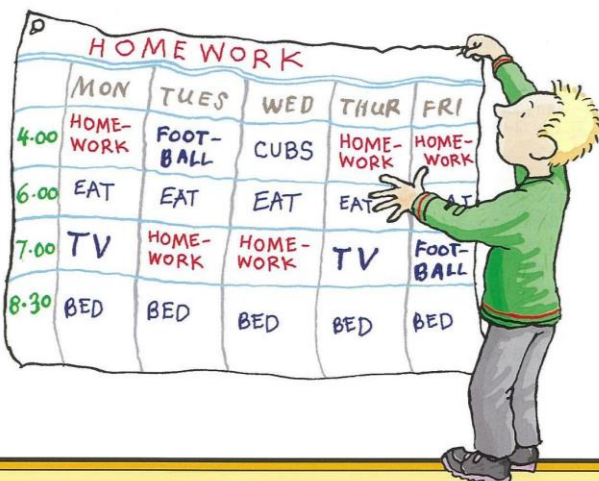
Start with the big picture. Before diving into any activity – a maths problem or finding out about something in history, for example – take time to get the overview. With young children, show how this helps by, for example, looking at the lid of a jigsaw puzzle or the instructions that go with a game.

Picture what success will be like before starting a task. How will children know they have achieved it? Take time to talk about this with your child.



**Tips for looking ahead and setting goals**

- Encourage your child to close their eyes and picture the task in their head. You may also want to suggest they think of people they know who can do whatever it is they are planning.
- Ask questions that encourage looking ahead, such as: 'How long do you think this will take you?' and 'How will you know if you have learned these spellings?'
- Make a simple chart with your child that shows when they will do their homework and put it on their bedroom wall.



**ACTIVITY: Planning homework**

This big-picture approach to a history task can easily be adapted for other homework.

Suppose your child has to read a passage from a book about Australian Aboriginals, then answer questions and draw an annotated cross-section of an eel trap. Before reading for information, they need to get the 'big picture' by following the four steps below.

- 1 **Read the task to check they have everything they need:** the textbook opened at the right pages, a workbook or some paper, coloured pens and pencils
- 2 **Make sure they understand the task.** Use a dictionary or get them to ask a family member if they don't know what 'annotated' or 'cross-section' means
- 3 **Read the questions quickly.** This will help them to focus on what is important when they come to check the text for detail.
- 4 **'Scan' the text to get the general meaning:** to scan the text look at titles, subheadings and the first few sentences of each paragraph.

**Goal-setting**

When your child has finished planning, help them to set targets and think about what success will feel like. In the activity above, their goals might be: 'I'll take 15 minutes to read the passage, then answer the first five questions, then take a break. I'll try and write at least three sentences for each answer. I'll finish this by 7.00 p.m. and then do another 40 minutes tomorrow.'

 Family and friends



# Information for Parents and Carers



## Changes in young people

Young people can go through many different changes as they grow up. Raising sensitive issues and resolving problems that arise along the way can be challenging for them.

It can often be hard as a parent to know the difference between normal behaviour, such as

occasional moodiness and irritability, and an emerging mental health problem.

If a young person develops a mental health problem it is important that they get support from both their family and friends and health professionals.



★

The information in this fact sheet is designed to help you better understand mental health and what you can do to support young people who might be going through a tough time.

★

## Mental health and mental health problems in young people

**Good mental health is about being able to work and study to your full potential, cope with day-to-day life stresses, be involved in your community and live life in a free and satisfying way.**

A young person who has good mental health has good emotional and social wellbeing and the capacity to cope with change and challenges.

Feeling down, tense, angry, anxious or moody are all normal emotions for young people, but when these feelings persist for long periods of time, or if they begin to interfere with their daily life, they may be part of a mental health problem. Mental health problems can also influence how young people think and their ability to function in their everyday activities, whether at school, at work or in relationships.

If you think you know a young person whose mental health is getting in the way of their daily life, it is important to let them know you are there to support them.

## Warning signs

Most parents can tell when something is out of the ordinary, but there are also signs that suggest a young person might be experiencing a mental health problem. These are new, noticeable and persistent changes in the young person, lasting at least a few weeks, including:

Not enjoying, or not wanting to be involved in things that they would normally enjoy	Changes in appetite or sleeping patterns	Being easily irritated or angry for no reason	Their performance at school, TAFE, university or work is not as good as it should be or as it once was
Involving themselves in risky behaviour that they would usually avoid, like taking drugs or drinking too much alcohol	Experiencing difficulties with their concentration	Seeming unusually stressed, worried, down or crying for no reason	Expressing negative, distressing, bizarre or unusual thoughts



 Family and friends

# Information for Parents and Carers



## Mistakes happen

Learn from mistakes – whether by you or the young person – to learn and keep moving forward. Having some conflict and then repairing the relationship is more important than avoiding doing anything because you fear upsetting the young person.

## What affects a young person's mental health?

There is no one "cause" for mental health concerns. Instead, it seems that a number of overlapping factors may increase the risk of a young person developing a mental health problem. These can include:

- **Biological factors** – family history of mental health problems
- **Adverse early life experiences** – abuse, neglect, death or a significant loss or trauma
- **Individual psychological factors** – self-esteem, coping skills or thinking style
- **Current circumstances** – stress from work or school, money problems or difficult personal relationships, or problems within your family
- **Serious illness or physical injury**
- **Drugs and alcohol** – use and experimentation.

## How to help the young person you are worried about



When someone in your family has a mental health problem:

- **Keep communication open**, show empathy and don't rush into judgements
- **Be available** without being intrusive or 'pushy'
- **Spend time with the person**. Take an interest in their activities and encourage them to talk about what's happening in their life
- **Take the person's feelings seriously**
- **Encourage and support positive friendships**
- **Encourage activities that promote mental health**, such as exercise, healthy eating, regular sleep, and doing things the person enjoys
- **Give positive feedback**
- **Let the person know that you love them**. They may not always admit it, but this is likely to be very important to them.

## How to find help

If you are worried about the health and safety of a young person:

- Talk openly and honestly with them, and let them know that you are concerned
- Reassure them that you will be there for them, and ask what they need from you
- Let them know that there is lots of help available
- Help find an appropriate service, such as a **headspace** centre ([headspace.org.au](http://headspace.org.au)) and support them in attending
- Ask direct questions if you are concerned about suicide. For example, have you been thinking about death? Have you thought about ending your life?
- Help them build a support network
- Look after yourself as well. Get some support by talking to someone you trust, and seek professional help for yourself if you need it.

## Some important things to remember about young people

- **Young people need a sense of belonging**, connectedness to their family, friends and community, and to make a meaningful contribution
- **Firm and consistent boundaries** are essential, but try to involve the young person in negotiating acceptable 'rules'
- **A balance between self-responsibility and support** helps a 'child' grow to an 'adult'
- **Young people need to do things differently** from their parents and become individuals in their own right
- **Teenagers and young adults often question everything** their families say and do
- **Try to stay confident in yourself**, but also be open to learning



**headspace**  
National Youth Mental Health Foundation

For more information, to find your nearest headspace centre or for online and telephone support, visit [headspace.org.au](http://headspace.org.au)

## VOLUNTARY CONTRIBUTIONS 2017

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 F to 12	\$10.00
Current voluntary contributions including Technology Fee	Infants and Primary	\$55.00
	Years 7 + 8	\$100.00
	Years 9 + 10	\$60.00
	Years 11 + 12	\$60.00
Design and Technology Food:	Year 9 + 10 elective	\$65.00
Industrial Technology	Year 9 + 10	\$52.00 plus materials
Information & Software Technology	Year 9 + 10	\$52.00 plus materials
VET Hospitality	Stage 6	\$185 (\$25 Uniforms/ \$160 Pracs)
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. Lost property is currently overflowing with items, so if your child is missing anything please encourage them to have a look.

### School Bags

Tooleybuc Central School has school bags which are available to purchase from the front office.  
Large \$58.00



## Tooleybuc Central School Uniforms

### Hats

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
----------------------------------	---------------------

## 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/>

### Second Hand Uniforms

The school is in need of

- Secondary t-shirts and
- Girls green and black school pants

for our uniform pool.

### STUDENT ASSISTANCE SCHEME APPLICATION FOR SUPPORT

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

## Canteen Menu 2017

**Recess** Canteen not open

**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 (Strawberry and Mango)	\$1.60
Chips (Honey Soy)	\$1.00
Raspberry Twists	\$0.20

**Drinks**

Big M (Chocolate, Strawberry & Iced Coffee)	\$2.00
Play water - 500ml (purple, lemonade, red, fruit tingle)	\$2.50
Prima (as drink or frozen) (apple/blackcurrant and tropical)	\$1.20

**Woolworths Earn and Learn**


**Earn & Learn is on again**  
Anyone can help schools earn equipment

\$10 = Woolworths earn & learn 1 sticker

\*From Wednesday 26 July to Tuesday 19 September 2017. Excludes liquor, tobacco and gift cards. While stocks last or until Tuesday 19 September 2017.

Don't forget to get your Earn and Learn stickers in.

**School Desks**

There are still some old school desks available to purchase from the school at \$5.00 each. Contact the school office on 50305422

**CANTEEN ROSTER**

15<sup>th</sup> Sep Footy Colours Day – NO CANTEEN

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.

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

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.

**Did you know that you can make payments to your child's school online?**

We have launched a new online payment portal linked to the school website to make it easier for you to pay for school related expenses. This is a secure payment page hosted by Westpac.

**What most expenses can be paid online?**

- Voluntary School Contributions
- Excursions
- Sales to Students
- and Subject Contributions
- Sport
- Other

**How?**

Log onto the School site at [www.tooleybuc.c.schools.nsw.edu.au/](http://www.tooleybuc.c.schools.nsw.edu.au/)

Click on 'Make a Payment' and follow the prompts to make a payment via Visa or MasterCard.



# Tooleybuc Sporting Club Ltd.

Phone: 03 5030 5476

Open Daily from 11.00am till late

## Summer Golf Special



**\$60.00**  
 For 2 people  
 Includes  
 9 Holes of Golf  
 Golf Cart  
 Six Pack

## *Main Course Madness*

Wednesday Lunch for \$3

Your Choice of Six Mains

Starts February 1st ~ Dine in Only

### CHEF'S SUGGESTIONS

Every Friday night the Bistro have a Chef's Suggestions Specials Board. It consists of around 4 different dishes at affordable prices.

Only available while stock lasts!  
 Come along on Friday Night & enjoy a great meal, Stay for the Raffles and catch up with

### Happy Hour 5.30 to 6.30 Friday Nights

Pots of Beer or Cider  
 Glass of House Wine  
**\$3.00**

### WEEKLY ACTIVITIES

- Mon:** Poker 7.30pm
- Tues:** Bingo 'eyes down' @ 7.30pm
- Wed:** Members Draw @ 7.30pm,  
 Raffles between 7pm & 9pm  
 Wed/Sun Snowball Draw(LTPS/15/03148)  
 Jackpots \$50.00 each Wednesday & Sunday if not claimed  
 Line Dancing 7.30pm
- Thurs:** Bingo 'eyes down' @ 11.30am
- Fri:** Raffles @ 8.30pm (approx)  
 Members Friday Fortune Draw @ 9.30pm (approx) Jackpots \$50 each week if not claimed (LTPS/14/04455)
- Sun:** Raffle @ 8.00pm (approx)  
 Wed/Sun Snowball Draw (LTPS/15/03148)  
 Jackpots \$50.00 each Wednesday & Friday



### Tooleybuc River Retreat Villas

6 x 6 Berth Self Contained Villas overlooking the Mighty Murray River  
 Just a short walk to the Tooleybuc Sporting Club

Bookings on 5030 5476



## TAKE ACTION. CHANGE THINGS.

When life pressures are causing you stress, you can take action. NewAccess is a FREE coaching program to help improve the way you think about things and get you back on track.

Call **02 6923 3195** or go to **intereach.com.au**

If you are a service enquiring about the program, call 1300 488 226.

Intereach gratefully acknowledges the financial and other support from Murrumbidgee PHN. The Primary Health Networks Programme is an Australian Government initiative.

*NO GP referral required*

 **NewAccess**  
Developed by *beyondblue*

  
**intereach**



## Join us at the upcoming Footy Frenzy program these school holidays!

**A new football program is coming to Melbourne's western suburbs these school holidays, with the return of AFL Victoria's Footy Frenzy program!**

*Footy Frenzy is an alternative football engagement opportunity for both boys and girls aged 5-12.*

*The activities are designed to suit both children with high to no level of football experience and provides an opportunity for children to be active with friends during the Term 2 school holidays.*

*Have fun on multiple inflatable stations and test your skills for 60 minutes of non-stop interactive fun!*

*Footy Frenzy is EXCITING, EXHILARATING, ENTERTAINING!*

### **DETAILS:**

- **WHEN:** Wednesday, October 4
- **WHERE:** VU Community Sports Stadium (417 Barkly St, Footscray- Whitten Oval)
- **TIME:** 60min timeslots (from 10am-3pm)
- **COST:** \$10.00 Entry - per x 1 hour timeslot

**For more information on the Footy Frenzy Program, <http://www.aflvicholidayprograms.com.au/footyfrenzy/>**

**AFLVIC.COM.AU**

Ikon Park, Gate 3  
Royal Parade,  
CARLTON NORTH, VIC, 3054





Postal Address:  
GPO 4337  
MELBOURNE VIC 3001

Ph: (03) 8341 6000  
Fax: (03) 9380 1076





**DEVELOPING CAREERS  
SAVING LIVES**

**BECOME AN AUSTSWIM TEACHER OF SWIMMING AND WATER SAFETY™**

AUSTSWIM Teachers are in high demand. Develop essential knowledge, skill and understanding to teach vital swimming and water safety education.

**COURSE INFO**

VENUE: Swan Hill Leisure Centre  
21 Pritchard St, Swan Hill VIC 3585

DATE & TIME: Sunday 17th and Sunday 24th September 2017, 8.30am - 5.15pm

COST: \$355.00

For more information please contact:  
AUSTSWIM Victoria Business Centre  
PHONE 1300 885 886 or (03) 9870 4496  
EMAIL vic@austswim.com.au

PROUDLY SUPPORTED BY  
Australian Government

RTO No: 104975 **ENROL TODAY AT AUSTSWIM.COM.AU**

**Tooleybuc Home Support Happenings  
Murray River Council**

Location: 2/74 Cadell Street, Tooleybuc  
Co-ordinator Deb Porteous Ph/Fax: 03 5030 5252 Mobile : 0437 398 259

**Goodnight Express**

This vital service is available to any community member wishing to access services in Swan Hill.  
**EVERY FRIDAY**

**Departs :** Goodnight: 9.30 Post Office  
Tooleybuc: 9.45 Post Office  
Koraleigh: 10.00 Post Office  
Nyah: 10.10 Post Office

**Drop Off:** 10.50 Clock Tower Bus Stop  
Departs Swan Hill 1.30pm Woolworths Car Park – Campbell Street Side

1<sup>st</sup> time passengers are required to complete a registration form  
**AVAILABLE ON THE BUS**

**Aqua Fitness**

Are you interested in attending a session at the Swan Hill Leisure Centre? Aqua Aerobics is a low impact exercise routine to music in the comfort of the heated pool.

Transport can be provided one day per week (for up to 6 people), to attend a class on Wednesdays 10.00 am or Friday's 9.30 am start. Each class runs for 1 hr.

**Suitable for all, including those with joint/ muscular ailments.**

**\$17 per person** - Includes Transport  
Phone to discuss a preferred day and make a booking

Please phone 50305252 or 0437 398 259 for any enquiries or transport bookings.



Dietetics,  
Swan Hill  
District Hospital

**"I don't like that"**

Having trouble with fussy eaters? Try these following tips:

- When considering how much a child is eating, don't forget to consider snacks eaten throughout the day, children are very good at responding to their appetites and therefore may eat most of their food as snacks rather than at meal-times.
- No one food is essential, try to offer children a variety of choices from each food group, it is possible to receive similar nutrients from a number of foods within each food group.
- Offer food and then take it away if not eaten, it is best not to make a fuss. If the child is hungry later, re-offer the same food rather than something extra.
- Encourage children to at least try each food on their plate. It may help to serve new foods with at least one food you know the child likes.
- Involve children in shopping and cooking, this will often increase their interest in eating.

**Tooleybuc Sporting Club – Essay Competition**

As you know we have positioned the Big Mallee Stump at the corner of the club grounds.

We would like to invite the students to become interested in the history of the Mallee. The Tooleybuc Sporting Club are offering a prize for an essay on the 'Clearing of the Mallee' in our district. This could include not only the history, but information about Mallee Trees and the connection of Dinosaur Ants with Mallee Trees.

These essays will be judged and a prize awarded, then the essays can be displayed at the club.

NYAH DISTRICT GOLF CLUB  
Golf Club House can be hired for  
MEETINGS PARTIES  
WEDDINGS etc  
Inquiries Phone 50302087

# PORTSEA TEEN CAMP

Monday 2<sup>nd</sup> – Friday 6<sup>th</sup> October 2017

There is plenty to do and see

Arts    Beach    Relaxing    canoeing    Gaint Swing  
 Bike Riding    Scooters    Gaga ball    High Ropes    Fun  
 Swimming    Fishing    Basketball

If you are interesting coming please contact me on either email or mobile number

Local Organiser: Sarah Whyman

Email: [swanhill2portseacamp@gmail.com](mailto:swanhill2portseacamp@gmail.com)

Mobile: 0481719343

## BECOME AN INTERNATIONAL FAMILY IN 2018!

Hosting overseas students promotes an exchange of cultures, languages and traditions and will enrich your family's lifestyle. Students, aged 15-18, are wonderful role models for Australia's future generation. Become a volunteer host family with WEP!



1,463 x Aussie families hosting  
10,000 x Tim Tams consumed  
Countless memories made

*"Our daughter has a big sister now, someone to talk to other than mum or dad! if you're thinking about hosting, do it! It's the most rewarding experience for your family!"*

Nicole, three-time host mum.

REQUEST YOUR FREE INFO PACK TODAY!

WEP.ORG.AU  
INFO@WEP.ORG.AU  
1300 884 733



## Budweld Nursery

Glenn & Julie Fulton

Specialising in  
Mop Tops – Lily Pillys – Roses  
Citrus and more  
67 Hobson Road, Nyah 3594  
[Budweld5@bigpond.com.au](mailto:Budweld5@bigpond.com.au)  
[www.budweldnursery.com.au](http://www.budweldnursery.com.au)  
Direct Sales by appointment only  
0409 967 086

## CRAIG DOMAILLE PLUMBING

For Honest Reliable Service call  
Craig on 50305382  
50305594 Fax

NOW AVAILABLE

1.8 Tonne Mini Excavator  
Septic Tank Cleaning/Installation  
Hot & Cold Water Installation  
Gas Works  
Roofing  
Gas & Wood Heater Installation  
Ducted Air Conditioner  
Services/Installation  
Agent for Lowara Pumps

Free no obligation quotes  
Plumbing since 1985

## TOOLEYBUC COMMUNITY HEALTH CENTRE

Open  
Mon - Wed 9.00am-4.00pm  
Thur 9:00 am – 3:00 pm  
Fri 9:00 am – 12:00 pm

Phone: 03 50305189

CLINIC HOURS ARE:  
9.00-10.00am & 1.00-3.30pm

### All Clinics are free

**EARLY CHILDHOOD CLINIC:**  
Mondays-Wednesdays -1.00-3.30pm

**IMMUNISATIONS CLINIC:**  
(appointment necessary) Third Tue in month  
Wednesday 13<sup>th</sup> September

**Diabetes Nurse-** available by  
appointment only

**MENTAL HEALTH:** Monthly by  
Appointment

Visiting once per month or contact  
ACCESSLINE (1800 800 944)

**DIETITIAN CLINIC:**  
Tuesday 22<sup>nd</sup> September  
(ph 5033 9390 for apt)

**Podiatrist**  
(ph 50339390 for an apt).  
Thursday 21<sup>st</sup> September.

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

**Pathology** collection by apt.

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

## Tooleybuc Post Office

Newsagency

Gift Shop

Open

Monday to Friday 7:00 to 5:00  
Saturday 9:00 to 12:00  
Sunday 8:00 to 11:00

Phone: 03 50305303



## 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.



## LEN McPHERSON

REGISTERED ELECTRICAL CONTRACTOR  
Vic. R.E.C 2553 NSW 144714C

PO Box 209  
Nyah West 3595  
A.H. (03) 50302725

EMAIL [phantastic2000@hotmail.com](mailto:phantastic2000@hotmail.com)

**MOBILE: 0418 582 855**

Box 209, Nyah West, 3595



DINE IN OR TAKE AWAY IN OUR  
FULLY LICENSED PREMISES

TRY ONE OF ROSIES  
HOMEMADE PIES OR  
HAMBURGER PATTIES !  
PHONE ORDERS WELCOME  
ANYTIME !

MENUS AVAILABLE AT SHOP  
TEL : (03) 50305444

MON – THURS : 6am – 6pm  
FRI : 6am – 10pm  
(cooking 'til 8pm)  
SAT - SUN : 8am – 2pm

# SHEDS

Industrial, rural & domestic

Agents for Tru-Built &

McDonald Steel

**Real Sheds – Real Steel**

Matthew Loats Builder P/L  
Phone: 0427 240 376 Fax:  
(03) 50 305 122

**LUCKY PHIL'S**  
*The One Stop Shop*  
**Budget Rite & Take-Away Food Store**  
OPEN 7 DAYS A WEEK 6.30am - 7:00pm  
Large Range of Groceries,  
Take-away Foods,  
Pizzas, Rotisserie Chickens,  
Fruit & Vegetables, Eftpos Available  
**Murray St, Tooleybuc • (03) 5030 5090**

Adam Willis  
[willisfamilybuilding@gmail.com](mailto:willisfamilybuilding@gmail.com)

Willis Family Building  
0437 347 918

- Renovations
- Pergolas
- Bathrooms
- Verandahs
- Extensions



### 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:** \_\_\_\_\_

## STUDENT ASSISTANCE SCHEME APPLICATION FOR SUPPORT

### Personal Details

Student's Name: \_\_\_\_\_ Class/Year: \_\_\_\_\_

Home Address: \_\_\_\_\_  
 \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

**Family Support** Reason Support is Needed

**Support Details** Assistance can be provided with uniform/books/excursions

Details of Request:	Amount
_____	_____
_____	_____
_____	_____

*The information provided will be treated in confidence. Please forward this application to the Principal. There is a limit to the amount each child can access.*

Signature of parent/guardian: \_\_\_\_\_ Date: \_\_\_\_\_

Approved/Principal Signature: \_\_\_\_\_ Date: \_\_\_\_\_



## Too sick for school?

Generally if your child feels unwell, keep them home from school and consult your doctor. This chart and the information it contains is not intended to take the place of a consultation with your doctor.

<b>Bronchitis</b>	Symptoms are coughing, a runny nose, sore throat and mild fever. The cough is often dry at first, becoming moist after a couple of days. There may be a slight wheeze and shortness of breath. A higher fever (typically above 39°C) may indicate pneumonia.	... until they are feeling better. Antibiotics may be needed.
<b>Chickenpox</b> (Varicella)	Slight fever, runny nose, and a rash that begins as raised pink spots that blister and scab.	... for 5 days from the onset of the rash and the blisters have dried.
<b>Conjunctivitis</b>	The eye feels 'scratchy', is red and may water. Lids may stick together on waking.	... while there is discharge from the eye unless a doctor has diagnosed a non-infectious cause.
<b>Diarrhoea</b> (no organism identified)	Two or more consecutive bowel motions that are looser and more frequent than normal and possibly stomach cramps.	... for at least 24 hours after diarrhoea stops.
<b>Fever</b>	A temperature of 38.5°C or more in older infants and children.	... until temperature is normal.
<b>Gastroenteritis</b>	A combination of frequent loose or watery stools (diarrhoea), vomiting, fever, stomach cramps, headaches.	... for at least 24 hours after diarrhoea and/or vomiting stops.
<b>German measles</b> (Rubella)	Often mild or no symptoms: mild fever, runny nose, swollen nodes, pink blotchy rash that lasts a short time.	... for at least 4 days after the rash appears.
<b>Glandular Fever</b> (Mononucleosis, EBV infection)	Symptoms include fever, headache, sore throat, tiredness, swollen nodes.	... unless they're feeling unwell.
<b>Hand, Foot and Mouth Disease</b> (HFMD)	Generally a mild illness caused by a virus, perhaps with a fever, blisters around the mouth, on the hands and feet, and perhaps the nappy area in babies.	... until all blisters have dried.
<b>Hayfever</b> (Allergic rhinitis) caused by allergy to pollen (from grasses, flowers and trees), dust mites, animal fur or hair, mould spores, cigarette smoke	Sneezing, a blocked or runny nose (rhinitis), itchy eyes, nose and throat, headaches.	... unless they feel unwell or are taking a medication which makes them sleepy.
<b>Head lice or nits*</b> (Pediculosis)	Itchy scalp, white specks stuck near the base of the hairs; lice may be found on the scalp.	... while continuing to treat head lice each night. Tell the school.

<b>Hepatitis A</b>	Often none in young children; sudden onset of fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine, pale stools.	... for 2 weeks after first symptoms (or 1 week after onset of jaundice). Contact your doctor before returning to school.
<b>Hepatitis B</b>	Often no symptoms in young children. When they do occur, they can include fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine.	... if they have symptoms. Contact your doctor before infection (not the first outbreak) and returning to school.
<b>Impetigo</b> (School sores)	Small red spots change into blisters that fill up with pus and become crusted; usually on the face, hands or scalp.	... until antibiotic treatment starts. Sores should be covered with watertight dressings.
<b>Influenza</b>	Sudden onset fever, runny nose, sore throat, cough, muscle aches and headaches.	... until well.
<b>Measles</b>	Fever, tiredness, runny nose, cough and sore red eyes for a few days followed by a red blotchy rash that starts on the face and spreads down the body and lasts 4 to 7 days.	... for at least 4 days after the rash appears.
<b>Meningococcal Disease</b>	Sudden onset of fever and a combination of headache, neck, stiffness, nausea, vomiting, drowsiness or rash.	<b>Seek medical attention immediately.</b> Patient will need hospital treatment. Close contacts receive antibiotics.
<b>Molluscum Contagiosum</b>	Multiple small lumps (2-5mm) on the skin that are smooth, firm and round, with dimples in the middle. In children, occur mostly on the face, trunk, upper arms and legs. Symptoms can last 6 months to 2 years.	
<b>Mumps</b>	Fever, swollen and tender glands around the jaw.	... for 9 days after onset of swelling.
<b>Ringworm*</b> (tinea corporis)	Small scaly patch on the skin surrounded by a pink ring.	... for 24 hours after fungal treatment has begun.
<b>Runny nose or common cold</b>		... unless there are other symptoms such as fever, sore throat, cough, rash or headache. Check with school.
<b>Scabies*</b>	Itchy skin, worse at night. Worse around wrists, armpits, buttocks, groin and between fingers and toes.	... until 24 hours after treatment has begun.
<b>Shigella</b>	Diarrhoea (which may contain blood, mucus and pus), fever, stomach cramps, nausea and vomiting.	... until there has not been a loose bowel motion for 24 hours. Antibiotics may be needed.
<b>Slapped Cheek Syndrome</b> (Parvovirus B19 infection, fifth disease, erythema infectiosum)	Mild fever, red cheeks, itchy lace-like rash, and possibly cough, sore throat or runny nose.	... as it is most infectious before the rash appears.
<b>Whooping Cough</b> (Pertussis)	Starts with a running nose, followed by persistent cough that comes in bouts. Bouts maybe followed by vomiting and a whooping sound as the child gasps for air.	... until the first 5 days of an antibiotic course has been completed. Unimmunised siblings may need to stay home too until treated with an antibiotic.
<b>Worms</b> (Threadworms, pinworms)	The main sign of threadworms is an itchy bottom. Sometimes children feel 'out of sorts' and do not want to eat much. They may also have trouble sleeping, due to itching at night.	... and tell the school as other parents will need to know to check their kids.

\*It is important that the rest of the family is checked for head lice, scabies and ringworm

# CALENDAR 2017

	Monday	Tuesday	Wednesday	Thursday	Friday
<b>WEEK 9 SEPTEMBER</b>  <b>TERM 3</b>	11 PI Work Placement	12  Performance Night 6:00 pm students to arrive 5:45 pm	13  Year 7 Immunisations 2/3	14	15 Riverina PSSA Athletics Back up  Footy Colours Day & Hot Dog Day
<b>WEEK 10 SEPTEMBER</b>  <b>TERM 3</b>	18  <b>Prelim Exams (Year 11 English &amp; Maths)</b>  Whole School Assembly 1:45 pm  Headspace 5 – 10 mins. 10:00 am 7/8, 9/10, 11/12	19 Anna Conlan Speech  Fairfax	20 Fairfax	21 Fairfax  Scripture	22 End of Term 3 for school staff (Eastern and Western division)  End of Term 3 for students (Eastern and Western division)  Fairfax  Year 12 Assembly
<b>SEPTEMBER Holidays</b>	26 <u>Spring Holidays</u>	26 <u>Spring Holidays</u>	28 <u>Spring Holidays</u>	29 <u>Spring Holidays</u>  Time VTAC app close	29 <u>Spring Holidays</u>
<b>OCTOBER Holidays</b>	2 PUBLIC HOLIDAY <u>Spring Holidays</u>	3 <u>Spring Holidays</u>	4 <u>Spring Holidays</u>	5 <u>Spring Holidays</u>	6 <u>Spring Holidays</u>
<b>WEEK 1 OCTOBER</b>  <b>TERM 4</b>	9 Start of Term 4 for students (Eastern and Western division)  Start of Term 4 for school staff (Eastern and Western division)	10	11	12	13 Barham YELP Youth Engagement Program @ 10:00am
<b>WEEK 2 OCTOBER</b>  <b>TERM 4</b>	16 <b>HSC Eng Standard Paper 1</b>	17 <b>VET PI Exams</b>  <b>HSC Eng Standard Paper 2</b>  Anna Conlan Speech	18 NSW PSSA Athletics Homebush	19	20