

Cowra Public School

Newsletter



Term 4 Week 3 2020

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5th November 2020

Principal's Message

Welcome Mrs Holmes!

I would like to extend a warm welcome to Mrs Deirdre Holmes, who commenced her three-week teaching practicum with Miss Irvine and the students in Yarraman this week! Mrs Holmes has had a wonderful first week getting to know the staff and students and we hope she enjoys her time at CPS!

Kindergarten Orientation starts next Tuesday!

Our Kinder Orientation program begins next Tuesday and will run from 9:30-11:00am for the next four Tuesdays, with a full day program happening on the final Tuesday, 1st December. Mrs White, Mrs McFarland and Miss Hamer are looking forward to welcoming all our 2021 Kindergarten students and have lots of exciting activities planned. There are of course Covid-safe guidelines which will need to be adhered to, and these have been communicated to all Kinder 2021 families via the recently established "**Cowra Public School 2021 Kindergarten Families**" **Facebook page**, school newsletter and "Welcome Packs" which were posted out to families last Friday. If you have any questions regarding Kinder Orientation, please don't hesitate to contact the school on 63 422400.

Woolworths Cricket Blast

Congratulations to our Stage 3 students who participated in the Woolworths Cricket Blast on Tuesday. The rain stayed away, and there was some excellent skills and sportsmanship on display from all students. A special congratulations to the Cowra Public School 'Hurricanes' who were the overall boys winning team. Thank you to our Stage 3 teachers for organising such a great day!

Selective Schools Year 7 2022

Applications for Year 7 entry to selective high schools in 2022 will be accepted from **Tuesday 13 October 2020 to Monday 16 November 2020**. Parents must apply online at <https://education.nsw.gov.au/public-schools/selective-high-schools-and-opportunity-classes/year-7>. All applicants are required to sit the Selective High School Placement Test to be held on Thursday 11 March 2021.

CPS Strategic Improvement Plan

As mentioned in our first newsletter this term, we have begun the process of developing a new school plan for the 2021-2024 planning cycle. An important component of developing this plan is to seek input on our school directions, from all families. As part of this process, we will be inviting selected parents to take part in a special "Focus Group" discussion and these parents will receive an invitation towards the end of next week, with Focus Group meetings scheduled for mid-November. In addition to these small Focus Groups, we will be surveying all families later in the Term. Staff, students and the wider community will also be involved in the consultation process, with the aim to

What's Happening?

Kindergarten Transition

Tuesday, 10th November

9.30 - 11am

Tuesday, 17th November

9.30 - 11am

Tuesday, 24th November

9.30 - 11am

Tuesday, 1st December

9.30 - 3pm

Friday, 6th November

SRC Crazy Hair & Socks Day

Gold coin donation.

Wanted

The school is looking for a Table Tennis Table to go into the Games Room.

If anyone has one they would like to donate please contact the school.

Every Child ~ Every Opportunity ~ Every Day

develop a plan which addresses the needs of our entire school community. With our school vision firmly focused on providing **every child, every opportunity, every day**, we look forward to working collaboratively and thinking creatively on how we can achieve this in the future.

Chickenpox

We wish to inform all parents and carers that chickenpox has been reported in our school community. Please see the attached advice from NSW Department of Health. While chickenpox is not a notifiable condition, we are taking steps to ensure our school community is informed and aware of the signs and symptoms. The school is prohibited from disclosing personal and medical information regarding any individual. While we understand parents concerns, we cannot provide any information that may lead back to any person being identified. As a cautionary measure, our school admin team will contact parents immediately if any students present with chickenpox symptoms. For further information please call the public health hotline on 1300 066 055 or visit the NSW Department of health website at www.health.nsw.gov.au.

Have a great week...

Jenny Lewis
Principal

Special Notice

We are at that time of the year where staffing and classes for 2021 are being planned. Please note, there will be no parent requests taken for specific teachers for 2021. Staffing and class organisation is a complex process and it is not possible for the school to honour all parent requests.

Teachers will meet to decide 2021 classes and the needs of individual students later in the Term. Any students whom teachers feel would benefit from being placed with a specific teacher, will be discussed and decided by the Stage team, with input from Learning and Support staff, Hearing and Vision staff, the School Counselling Team and the School Executive.

Thank you for your support and understanding.
Jenny Lewis
Principal

Mrs Deirdre Holmes has been made feel at home by the students from Yarraman.



Kindergarten Orientation

Whilst the NSW Department of Education has advised Kindergarten Orientation may resume, to ensure the safety of all students, staff and parents we must adhere to strict NSW Health COVID-19 guidelines. These include:

All students attending Orientation **must** have a completed enrolment form, which has been reviewed by the school.

Parents and carers will enter school grounds via the BACK GATE at the Coles car park and report to the Infants Building Open Space area to drop off and collect their child.

Parents and carers should not remain on site for longer than 10 minutes.

Parents and 2021 Kinder students are not to enter school grounds until 9.20am

All adults must practise physical distancing whilst waiting to collect or drop off their child.

Parents and carers may only access designated drop off and collection points inside the school and must leave promptly at the conclusion of each session.

Children who are not collected by 11.10am will be escorted to the front office and parents/carers will need to collect them via the Vaux Street entrance.

Each parent and carer must record their name and contact details at the designated drop-off and collection point each time they enter the school.

All those present at school including parents/carers, children and staff must be well and free of any flu -like symptoms. Parents/carers must notify the school on 6342 2400 if their child is unable to attend due to illness.



You are invited to join

COWRA PUBLIC SCHOOL

2021 KINDERGARTEN FAMILIES

FACEBOOK GROUP

Follow the link below

<https://www.facebook.com/groups/780561342722054>

Chickenpox and Shingles

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

Last updated: 06 November 2019

What is Chickenpox?

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

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

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

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

What are the symptoms?

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

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

Symptoms usually occur two weeks after exposure to the virus.

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

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

How is it spread?

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

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

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

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

Who is at risk?

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

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

How is it prevented?

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

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

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

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

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

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

How is it diagnosed?

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

What is Shingles?

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

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

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

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

Shingles develops more commonly in people who are immunosuppressed.

How is Shingles prevented?

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

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

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

How are Shingles and Chickenpox treated?

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

Chickenpox infection usually resolves without treatment.

What is the public health response?

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

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

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

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

Further information

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

You did it!
Congratulations Assembly Awardees

Bugbug	Dinawan	Garru	Muraany	Gilaa	Gulambali	Dhundhu
Ravenna Blackmore		Kaleb Cooper	Shelby Cameron	Mahalia Doolan	Taylor McHugh	Ruby Moriarty
Angus Munday		Ollie Field	Jade Forbes	Emily Pelling	Chelsea McKay	Xavier Bridges
Dominic Drage		Cooper McDonald	Spencer Evans	Destinee Wallace	Charlotte Wilks	Florence Moseley
Guguburra	Dyirridyirri	Guya	Ganyi	Gadi	Bilbi	Barrandhang
Milton Cole	Xoe Thorn	Piper Bradley Seymour	Samuel Ingram	Aiden Baxter		Xavier Lawson
Chloe Haughton	Aliya Murray	Paige Muddle	India Chilstone	Lily Wallace		Max Nicholls
Bentley Lawson	Robyn Doolan Connors	Leuwin McGill	Stevee Hinton Besant	Lillianna Woods		Anabelle Buckley
Gugaa	Wilay	Bandha	Mirri	Budyabudya	Yarraman	
Tahlia Beresford	Charlie Coombes	Holly Fagan	Maxx McLean		Chalome Mugisha	
Remi Chilstone	Imogen Williams	Jada Hardy	Dominic Hussell		Charli Brown	
Nicholas Bridges	Jake Pullen	Charlie Kacarovski			Carmella Horsfield	



PBL Awards

40 Billys	40 Billys	100 Billys	180 Billys	180 Billys	180 Billys
Jade Lily Moriarty William McKenzie Dakota Newton Jasper Woods Angus Munday	Amos Hood Tillee McLean Sophia Partridge Alex Hall Javin Evans Tahlia Billing	Lily Rose Nowacki Savvanh Cassidy Jesse Ballard Eli Stopps Giallourakis Conner Moriarty	Jackson Smith William Ingram Kate Montgomery Ruby Moriarty Florence Moseley Maurice Prideaux Noah Thorn	Henry Rowlands Lily White Burke Smith Madison Whitty Willeum Mansley Toby Nicholls Maxwell Parker	Lachlan Ryan Jennifer Thomas Alicia Dening Ivy Gunn Lexi Haensch Caellum Hayes Mason Kirwan Emma Chambers
180 Billys	200 Billys	225 Billys	300 Billys	300 Billys	300 Billys
Destinee Wallace Nataliya Forbes Olivia Cameron Josephine Troy Hugo Wallace	Maya Miller Kezawin Slattery		Amee Leigh Cox Coffee Toby Morrison Katinka McKeown April O'Connor	Ingrid Smith Patrick Troy Elijah Daley Jessica Chase Willa Sears	Emily Pelling Eve Casey Kaiulani Keanaaina Mahalia Doolan James Oborn
450 Billys	450 Billys	450 Billys	500 Billys		
Kiana Murray Paige Muddle Charlie Brown Lola Eaton	Tayah Buckley Matthew Coleman Star Nelligan James Wallace	Jaxon Simms	Abbagayle Grant		

Stage 3 Woolworths Cricket Blast



Young Artists at work !

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