

Tottenham Central School Newsletter

ENCOURAGING ALL IN THE TEAM TO BETTER OUR BEST



Principal: Amanda Thorpe

Week 3, Term 1

Thursday, 14th February, 2019

Principal's message

Swimming

Last week we had a fabulous day at our swimming carnival. The school spirit and support students showed for each other was amazing. The day commenced with the presentation of House Captain badges to Michelle and Kayla who I am very confident will do a great job leading their peers.

We have a very eager and excited school team ready to compete in the district carnival next Friday. I am looking forward to cheering our students on.

Congratulations to the students who took out the student / parent / staff relay. I am positive the parent team is still feeling the impact of coming third after the staff team rallied together to finish a close second to the students. I won't say too much more as it will be athletics carnival time before we know it and we do not have any sprinters on staff!

School Counsellor

Our school counsellor, Sally Anderson, will be here next Wednesday.

Rural & Remote Education Conference

I am on the planning team for the 2019 Rural & Remote Education conference to be held in Dubbo on the 31st July this year. Running in conjunction with the teacher's conference, will be a parent conference also focusing on rural and remote education. The confirmed keynote speaker is Professor Andrew Martin from the University of NSW. His focus areas will include:

- Student engagement and motivation
- Academic resilience
- Gifted and talented education.

If this sounds interesting to you, please mark the date on your calendar. Full conference details, registration etc. will be released next term.

Parent Information Session and Assembly

Our first parent information session and assembly will be held on Friday March 1st. Mrs Smith will be doing a parent information session from 1:50pm about effective reading strategies when helping in the classroom and for home reading.

Assembly will commence at 2:20pm during which our 2019 SRC will be inducted.

Drought Relief Donation

Last week, our students received packs of school equipment from Strathfield North Public School. The goodies were distributed to all students on the first school day of the year and it felt like Christmas in February! The supplies our students have received are amazing and we are very, very lucky. Thank you Strathfield North PS!

Amanda Thorpe
Principal



Congratulations to the student team!

School news

Access Camp

Our Year 11 and 12 students are currently attending the annual Access Camp at Lake Burrendong. The students will spend the three days working with their coordinators and peers.

Book club

Book club order forms will be distributed early next week and will be due back to school on Monday, 18th February. Any cheques should be made payable to Tottenham Central School. Thank you

P&C News

We have some wonderful news for our school families, Kathryn Klante is our new Canteen Manager!

To begin the year Kathryn is planning for the canteen to be open one day a week for ordered-only lunches commencing Friday 22nd February. See next week's newsletter and on Facebook for more information on when and what will be available and further TCS canteen developments.

Our biggest of thanks and appreciation goes to Kelly and Coral for all of their hospitality and dedication to our school community over the past few years. You made so many of our students happy with special meal deals and a delicious regular menu, and so many parents and carers are eternally grateful because you were able to give us a break from lunch box duty - thank you!!

Primary news

Primary Homework 2019

Thank you to all who attended our Primary parent information session on Monday 11th February. In this session we talked about some of the changes to homework we are trialling this year.

Family life is very busy, and we acknowledge all the things our families are involved in outside of school. We want to ensure homework is beneficial to students, not stressful for families, and supports our students to become respectful and responsible lifelong learners, who are well-rounded citizens, always striving for excellence to better their best.

We have made some changes to continue to develop our students 21st Century Learning skills and foster a love of learning that extends beyond the classroom. It is important to facilitate opportunities for our students to be creative, critical and reflective thinkers to become motivated learners who can solve problems through perseverance and collaboration. We want homework to be a positive time where students and parents talk about what they are learning at school and are able to consolidate new concepts.

Activities are based around reading, literacy, maths and everyday life skills using numeracy, to practise and reinforce the concepts we are learning at school. We have had discussions in class with students about how families can work together as a team.

For example;

- older children can help their younger siblings, to read, play a game.
- shoot hoops with a ball while you practice your times tables or spelling words
- say/write your spelling words or times tables while waiting for the bus
- help with washing up or another job so your parents/carers have time to sit and play a game
- discuss current events (local or overseas) at the dinner table or in the car

We have included optional activities for students to complete; some of those activities will include;

- helping out with housework
- helping in the garden or outside
- creating & performing (dancing, music, drawing)
- physical activity (e.g. swimming, dancing or going for a walk)
- playing a game with your family
- planning some time to relax without electronics

Opportunities throughout the year will also be given for students who would like to complete optional tasks such as Personal Interest or Passion Projects, allowing them to pursue and explore what really inspires and motivates them.

Home reading should be completed daily and recorded in your child's home reading log. Reading through the week can also include being read to, trying to include a variety of types of texts e.g. newspapers, magazines, chapter books, cartoons. Children can also read to, or help, a younger sibling to read. Homework grids, at this stage, will be completed fortnightly for Yrs 1-6 and weekly for Yr 5/6.

We will be seeking your constructive feedback about our new approach to homework later this term after a trial period. If you have immediate concerns, speak with your child's class teacher.

Ms Sally Fitzalan
Assistant Principal

Tottenham Central School Recipe Book

We currently have sixteen Cookbooks left. Copies are \$12 each. Please come see us in the office if you are interested.

K/1 Reading Groups

The Guided Reading groups in K/1 will begin next week. Guided Reading will be held Monday, Tuesday, Thursday and Friday from 12.30 to 1.15.

If you would like to help regularly at any of these times, could you please let me know. Alternatively, if you would like to help on a semi-regular basis, you could turn up at these times on any day. Please be aware if you choose to do this that we have changes to regular routine from time to time and reading may not be on.

Please remember to sign it at the front office before you come to the classroom.

Thank you,

Amanda Smith

3/4 Music lessons

Students will be learning the recorder with Mr Screen on Fridays. If your child requires a recorder they are available from the office for \$12. Please note this is **only** for 3/4 students. Apologies for the omission in last week's newsletter.

Primary Science

For the 4/5/6 science unit 'Physical World' we are collecting jars. We need 120ml, 250ml, 330ml and 500ml jars.

If you have any jars at home that you are not using could you send them in please.

Thank you, Mrs Baker

2/3/4 Ms Fitzalan & Mrs Horsburgh

Kindergarten/Year 1 Mrs Smith



4/5/6 Mrs Adam

Secondary News

Technology Mandatory Stage 4

This week in Technology Mandatory Stage 4 have been looking at the dairy industry, specifically cow's milk and cheese. They had a taste test of seven different cheeses including Brie, Vintage Red Leicester, Bocconcini and even blue cheese. They will begin their practical lessons in the following weeks and will need to remember to bring a container and wear leather shoes on practical days.

Food Technology

Stage 5 Food Technology are studying food in Australia and this week prepared a modified damper recipe. Students selected the flavours they wished to use and came up with; cheese/bacon and chives, chocolate chip and bacon and curry. All of them were a hit and a great start to practical lessons.

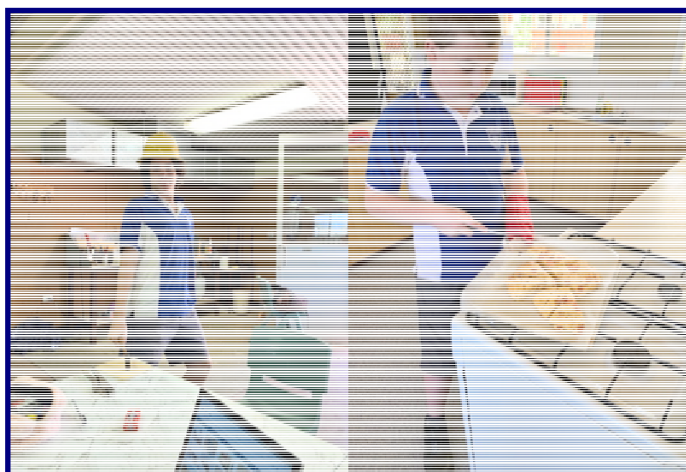
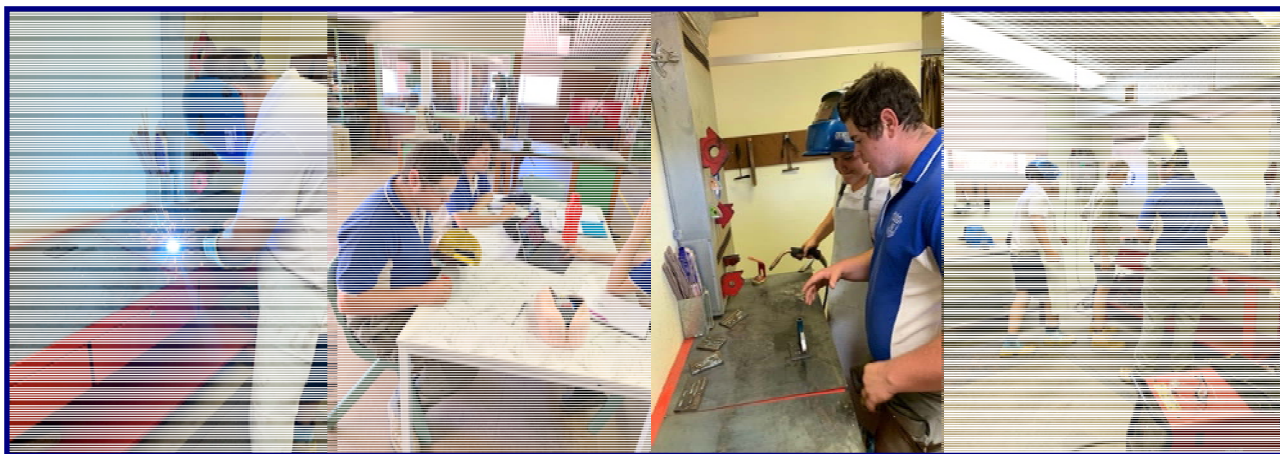
Stage 5 Metal

Stage 5 Metal have jumped straight into the workshop and after discussing the WHS safety requirements they have already begun experimenting with the MIG welder. Students are busy collecting scrap metals to use in their designs for a recycled metal project this term. I look forward to seeing their completed projects.

Miss Elwin



Enjoying the taste-testing!



See the highlights from the 2019 Swimming Carnival!



Sport news

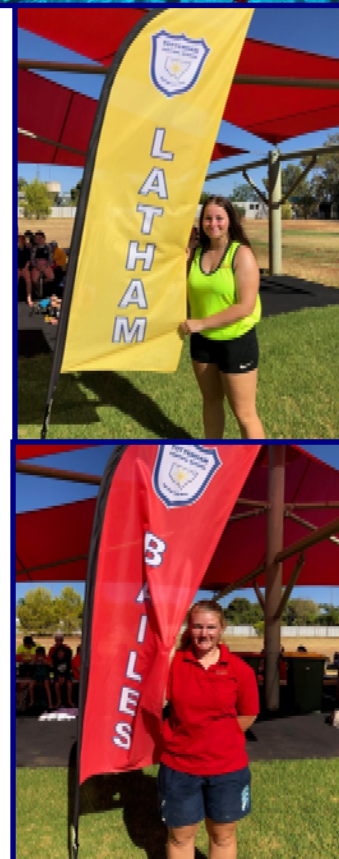
Swimming Carnival

Thank you to everyone who again made our 2019 swimming carnival a fantastic day. Thank you to the following people: Red Lindsay and Tanya Fulton for helping to set up the pool; all staff for officiating on the day; Ros McFadyen for judging events; the House Captains and their helpers for doing such an amazing job organising and supporting the students in their house and all students for swimming well. Thank you also to all of the parents who helped with timekeeping.

Results of the carnival will be announced at our first whole school assembly.

Gobondery/NARRAF District Swimming Carnival

The Gobondery/NARRAF district swimming carnival will be held next Friday 22nd February at Narromine. Notes have been sent home. These need to be returned by early next week to allow for organisation of transport.





FAR WEST Academy of Sport



2019 FWAS TENNIS

Expressions of Interest

'Come and Try Day'

FAR WEST Academy of Sport

WHERE: Warren Tennis Courts

Victoria Park, Warren 2824

WHEN: Saturday 23rd February 2019

TIME: 10:00 am – 12:00 pm

CRITERIA: – *Athletes that reside in the Far West Region*

(i.e. area bounded by Lake Cargelligo-Lightning Ridge-Trangie-Broken Hill)

– Athletes aged 9 and above are eligible to trial

For further Information, contact our office on 5852 6000

Calendar

TERM 1 2019	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 3	11 Primary Parent information session 3-3:15pm P&C Meeting 3.15pm Library	12 SRC Speeches	13 WAP Camp	14 WAP Camp	15 WAP CAMP
WEEK 4	18	19	20 School Counsellor visit Year 6 CSU visit Dubbo	21	22 Gobondery/NARRAF Swimming Carnival
WEEK 5	25 Moorambilla Voices workshop Trangie CS	26 First Aid Course	27	28	March 1 Assembly
WEEK 6	4 P&C AGM & General Meeting 3.15pm Library CHS Girls Football	5 RYDA Day—Year 11	6 School Counsellor visit PSSA Tennis	7	8
WEEK 7	11	12	13	14 PSSA Swimming	15 CHS Swimming
WEEK 8	18 Life Ed Van	19 Life Ed Van PSSA Boys Soccer	20 School Counsellor visit Oztag/Soccer day Trangie	21	22 Gob/NARRAF Gala day cricket - Peak Hill
WEEK 9	25	26	27	28	29
WEEK 10	APRIL 1	2 Science & Engineering Challenge	3 School Counsellor visit Science & Engineering Challenge	4	5
WEEK 11	8 CHS State Swimming	9 CHS State Swimming	10 State PSSA Swimming	11 State PSSA Swimming	12 State PSSA swimming

School Matters!



Attend Today, Achieve Tomorrow

HAVE
A HAPPY
WEEKEND

Other news

Red Cross First Aid

The Red Cross First Aid course will be available to those interested on the 26th February 2019. Please contact Amity Chase on 0402282542 if you would like to be involved.

Contact us

Principal Miss Amanda Thorpe

Assistant Principal Ms Sally Fitzalan (Mon– Wed)
Mrs Meggan Adam (rel. Thurs & Fri)

Head Teacher Secondary Studies Mrs Sarah Lindsay

P & C President Mr Greg Radford

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Your say

You are encouraged to use this space to give us any feedback on things which you feel you need to: congratulate a student, teacher or parent, let us know what you think of the newsletter format, make a suggestion or request.



Some *infectious diseases* of children

For more information please contact your local public health unit, community health centre, pharmacist or doctor

Chicken pox

Time from exposure to illness
2 to 3 weeks.

Symptoms

Slight fever, runny nose, and a rash that begins as raised pink spots that blister and scab. Can be more severe in pregnant women and newborns.

Do I need to keep my child home?

Yes, for 5 days after the rash first appears and until the blisters have all scabbed over.

How can I help prevent spread?

Immunisation is available for children over 12 months old. It is recommended for people over 12 years who are not immune.

Conjunctivitis

Time from exposure to illness
1-3 days.

Symptoms

The eye feels scratchy, is red and may water. Lids may stick together on waking.

Do I need to keep my child home?

Yes, while there is discharge from the eye.

How can I help prevent spread?

Careful hand washing; avoid sharing towels. Antibiotics may be needed.

Gastroenteritis

Time from exposure to illness
Depends on the cause: several hours to several days.

Symptoms

A combination of frequent loose or watery stools, vomiting, fever, stomach cramps, headaches.

Do I need to keep my child home?

Yes, at least for 24 hours after diarrhoea stops.

How can I help prevent spread?

Careful hand washing with soap and water after using the toilet or handling nappies and before touching food.

German measles (Rubella)

Time from exposure to illness
2 to 3 weeks.

Symptoms

Often mild or no symptoms; mild fever, runny nose, swollen nodes, pink blotchy rash that lasts a short time. Can cause birth defects if pregnant women are infected.

Do I need to keep my child home?

Yes, for at least 4 days after the rash appears.

How can I help prevent spread?

Immunisation (MMR) at 12 months and 4 years of age.

Glandular fever

Time from exposure to illness
4 to 6 weeks.

Symptoms

Fever, headache, sore throat, tiredness, swollen nodes.

Do I need to keep my child home?

No, unless sick.

How can I help prevent spread?

Careful hand washing, avoid sharing drinks, food and utensils and kissing.

Hand, foot and mouth disease

Time from exposure to illness
3 to 7 days.

Symptoms

Mild illness, perhaps with a fever, blisters around the mouth, on the hands and feet, and perhaps the nappy area.

Do I need to keep my child home?

Yes, until the blisters have dried.

How can I help prevent spread?

Careful hand washing especially after wiping noses, using the toilet and changing nappies.

Head lice

Time from infestation to eggs hatching

Usually 5 to 7 days.

Symptoms

Itchy scalp, white specks stuck near the base of the hairs, lice may be found on the scalp.

Do I need to keep my child home?

No, as long as headlice management is ongoing.

How can I help prevent spread?

Family, friends and classroom contacts should be examined and managed if infested.

Hepatitis A

Time from exposure to illness
About 2 to 6 weeks.

Symptoms

Often none in small children; sudden fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine, pale stools.

Do I need to keep my child home?

Yes, for 2 weeks after first symptoms or 1 week after onset of jaundice.

How can I help prevent spread?

Careful hand washing; close contacts may need to have an injection of immunoglobulin; immunisation recommended for some people.

Impetigo (school sores)

Time from exposure to illness
1 to 3 days.

Symptoms

Small red spots change into blisters that fill with pus and become crusted; usually on the face, hands or scalp.

Do I need to keep my child home?

Yes, until treatment starts. Sores should be covered with a watertight dressing.

How can I help prevent spread?

Careful hand washing.

Influenza

Time from exposure to illness
1 to 3 days.

Symptoms

Sudden onset fever, runny nose, sore throat, cough, muscle and headaches.

Do I need to keep my child home?

Yes, until they feel better.

How can I help prevent spread?

Immunisation, is recommended for the elderly and people with chronic illnesses.

Measles

Time from exposure to illness

About 10 to 12 days until first symptoms, and 14 days until the rash develops.

Symptoms

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.

Do I need to keep my child home?

Yes, for at least 4 days after the rash appears

How can I help prevent spread?

Immunisation (MMR) at 12 months and 4 years. Contacts who are not immune should not attend school or work for 14 days.

Meningococcal disease

Time from exposure to illness
2 to 10 days.

Symptoms

Sudden onset of fever and a combination of headache, neck stiffness, nausea, vomiting, drowsiness and rash.

Do I need to keep my child home?

Seek medical help immediately.

Patient will need hospital treatment

How can I help prevent spread?

Avoid sharing drinks. Close contacts should see their doctor urgently if symptoms develop, and may need to have a special antibiotic.

Mumps

Time from exposure to illness
14 to 25 days.

Symptoms

Fever, swollen and tender glands around the jaw.

Do I need to keep my child home?

Yes, for 9 days after onset of swelling.

How can I help prevent spread?

Immunisation (MMR) at 12 months and 4 years of age.

Ringworm

Time from exposure to illness
Varies (may be several days).

Symptoms

Small scaly patch on the skin surrounded by a pink ring.

Do I need to keep my child home?

Yes, until the day after fungal treatment has begun.

How can I help prevent spread?

Careful hand washing.

Scabies

Time from exposure to illness

New infections: 2 to 6 weeks; reinfections: 1 to 4 days.

Symptoms

Itchy skin, worse at night. Worse around wrists, armpits, buttocks, groin and between fingers and toes.

Do I need to keep my child home?

Yes, until the day after treatment has begun.

How can I help prevent spread?

Close contacts should be examined for infestation and treat if necessary. Wash linen, towels and clothing worn in the past 2 days in hot water and detergent.

Scarlet fever

Time from exposure to illness
1 to 3 days.

Symptoms

Sudden onset sore throat, high fever and vomiting, followed by a rash in 12 to 36 hours.

Do I need to keep my child home?

Yes, until at least 24 hours of treatment has begun and the child is feeling better.

How can I help prevent spread?

Careful hand washing. Sick contacts should see their doctor.

Slapped cheek

(Erythema infectiosum, Fifth disease, Parvovirus B19)

Time from exposure to illness
1 to 2 weeks.

Symptoms

Mild illness; fever, red cheeks, itchy lace-like rash and possibly cough, sore throat or runny nose. Can cause foetal disease in pregnant women.

Do I need to keep my child home?

No, most infectious before the rash appears.

How can I help prevent spread?

Careful hand washing; avoid sharing drinks.

Whooping cough (pertussis)

Time from exposure to illness
7 to 20 days.

Symptoms

Starts with runny nose, followed by persistent cough that comes in bouts. Bouts maybe followed by vomiting and a whooping sound as the child gasps for air.

Do I need to keep my child home?

Yes, until the first 5 days of a special antibiotic have been taken.

How can I help prevent spread?

Immunisation at 2, 4, 6, and 18 months and 4 years of age. A special antibiotic can be given for the patient and close contacts. Unimmunised contacts may be excluded from child care until the first 5 days of a special antibiotic has been taken.

Worms

Time from exposure to illness
Several weeks.

Symptoms

Itchy bottom.

Do I need to keep my child home?

No.

How can I help prevent spread?

Careful hand washing. Whole household should be treated. Wash linen, towels and clothing worn in the past 2 days in hot water and detergent.