



Phone: (02) 49886 234

Fax: (02) 49886 435

Email: seaham-p.school@det.nsw.edu.au

www.seaham-p.schools.nsw.edu.au

8 August 2019



Edi the Egret

Respectful

Responsible

Learners

LIVE – LEARN – CARE

## Principal's Message

Welcome to week three at Seaham. As you read this, years three and four are seeing the sights in Sydney at their stage two excursion. They had a wonderful time at Taronga Zoo today and will be visiting Observatory Hill at the Rocks this evening. I will post photos onto our school website page when I receive them.

**Education Week Awards** - I have great pleasure in announcing this year's education week award winners. Excellence in student achievement is awarded to Jack Gretton and Ryan Edwards. Excellence in teaching to Mrs Lawler and Mrs Bowman. Outstanding contribution by a non teaching staff member to Mrs Richards. Outstanding contribution by a school community member to Chrissy Olive and Lucy O'Brien and the school program award goes to our PBL program and will be accepted by Mr Eagleton. Well done to all winners. They will be presented with their award at Hunter River High School next Tuesday evening from 4pm.

**Sickness** - We currently have a nasty bug spreading through our school community. Influenza A has also been diagnosed in some students. Please see attached information on Influenza and see your doctor if you suspect your child may have it. It should be noted that vomiting is a symptom of Influenza.

**Community PBL award** - This week's recipient of the community PBL award is Lilly Vella. Lilly is an outstanding athlete but is also a great sport who shows great sportsmanship while competing. At the recent state cross country, Lilly made sure she congratulated the other competitors, doing so with a smile.



## Dates For Diaries 2019

Thursday/Friday 8 & 9 August  
Stage 2 Excursion / SydneyMonday/Tuesday  
12/13 August - Teen TalkTuesday 13 August  
Education Week Awards - HRHSThursday 15 August  
School Assembly 2/3I - 2:15pmFriday 16 August  
HRHS Sports DayTuesday 3 September  
Father's Day BBQ breakfastThursday 5 September  
PBL Assembly - 2:15pmThursday 12 September  
School Assembly 1/2M - 2:15pmWednesday 25 September  
School DiscoFriday 27 September  
Last day of Term 3  
Happy holidays!Seaham Starters  
Tuesday 22 & 29 October  
Tuesday 5 & 12 NovemberFriday 25 October  
P&C School FeteTuesday 3 December  
Orientation Day  
All Public High SchoolsWednesday 4 December  
Presentation NightTuesday 10 December  
Year 6 FarwellThursday 12 December  
Surf SafeWednesday 18 December  
Last day of term  
Happy holidays!School Resumes 2020  
Tuesday 28 January 2020  
Teachers ReturnWednesday 29 January 2020  
Students return  
(Year 1 to Year 6)

## THANK YOU

Many thanks to Sharon Buckland from Bakers Delight Raymond Terrace Plaza for donating all the loaves of bread for our Open Day BBQ. Greatly appreciated Sharon. Thank you.

## BOOKCLUB

Book club orders are due back this week.

Don't miss out, order by 9am this Friday 9th August using LOOP online or by leaving your form and payment at the school office.

Choose the gift option or note it on your form if you have any surprises for the kids and your order will be left at the school office.

**Rachel Rapson**  
**Bookclub Co-ordinator**

## BALANCE SWIMMING - STAGE 2 & 3

There are eleven places vacant for our Balance Swimming Program for Stage 2 and Stage 3 students. Program will commence on Friday

30 August and continue for 5 weeks. Please contact the office if your child would like to participate in Balance Swimming this term.

## PBL

Over the next couple of weeks, students will be learning about our rules and expectations for using the toilets at school. The lessons will include:

### BEING RESPECTFUL-

- Look after bathroom fixtures
- Respect the privacy of others
- The toilet is a quiet space

### BEING RESPONSIBLE –

- Wash your hands with soap
- Walk to and from the toilets
- Hands and feet to yourself
- The toilets are a food free zone

### BEING A LEARNER –

- Use the toilets during break time
- Take only the time you need (be as quick as possible)

It would be appreciated if you could reinforce these concepts with your children at home over the next couple of weeks.

Thankyou,

**PBL Team**

## DEBATING

Congratulations to our second debating team who represented our school yesterday in a fantastic debate against Wirreanda Public School. The topic was, "**Every home deserves a pet**". Seaham were the affirmative team.

Shae-Arn made some great arguments as our first speaker, followed by a calm and convincing speech by Marlee as our second speaker. Hamish delivered many rebuttals in such an articulate and entertaining manner, followed by a great summary of our key points, and Maddie Armer assisted well as our team advisor. Our team were the winners of this debate. What an outstanding job you all did.

Well done.

**Mrs Imber**  
**Debating Co-ordinator**

## PUBLIC SPEAKING FINALS - STAGE 1 & STAGE 2

Congratulations to Vincent Lenton for participating in Round 3 of the Public Speaking Finals at Medowie Public School for Stage 1. Vincent's speech was called 'Kids Day'. Well done Vincent!

Unfortunately Flynn Elbourne was unable to participate due to illness. Flynn's speech was called 'Grocery shopping with my dad'. Congratulations Flynn for qualifying.

Congratulations to Flynn Imber and Julian Vella for participating in Round 3 of the Public Speaking Finals at Anna Bay Public School for Stage 2.

Flynn's speech was called 'The Letter F/F words'.

Julian's speech was called 'Two Annoying Sisters'.

Congratulations Flynn and Julian!

## ATHLETICS CARNIVAL

Last Tuesday and Friday a large number of students represented Seaham at the Port Stephens Athletics Carnival. Over both days of competition all the students competed fantastically and represented the school with pride while displaying great sportsmanship. At the carnival we have some wonderful results with four students being successful in making it through to the Hunter carnival.

Congratulations to:

Ella Johnson- 100m 10yrs girls

Lilly Vella- 100m 9yrs girls & Junior 800m

Charlie Burey- Junior Long Jump and Discus

Asha Collins- Senior Girls Shot Put

Thank you to all the parents who came and supported our students and well done to all students for making it through to the zone carnival.

**Jack Bennett**  
**Sport Co-ordinator**



## CANTEEN

Due to the current lack of volunteers the canteen will now be **CLOSED** on **Monday's and Friday's** - there will be **NO** lunch orders on either of these days.

Lunch orders will be available on a **Wednesday ONLY**.

The canteen will continue to operate as normal on a Tuesday and Thursday for **Recess ONLY** (1:35-2pm).

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In the previous 3 years we have lost 15 volunteers when their children have moved onto high school in that same time we have had less than 5 new volunteers.

If volunteers cannot be found we will be forced to close the canteen permanently at the end of the year.

It will be very sad and very disappointing for all the kids in the school. However, the canteen can no longer operate with so few numbers of volunteers.

**Canteen Committee**



## REGISTRATION

Go to: [www.school24.net.au](http://www.school24.net.au)

Press the **blue** registration button to create your account. Enter your unique school ID number

to help us match your account with your school.

School Name registration ID: 25376963

You will then be asked to complete your personal details. Once completed click **Create Account**.

**ORDER YOUR SCHOOL LUNCH ORDERS OR UNIFORMS ON [SCHOOL 24](http://www.school24.net.au)**

## POP PAYMENTS

Parent Online Payments (POP) is an option for families to make payments to the school. This is a secure payment page hosted by Westpac whereby you can pay using a Visa/Mastercard credit or debit card. The payment is accessed from the front page of the schools website by selecting **\$Make a Payment**.

**VOLUNTEERS URGENTLY NEEDED - MUMS, DADS, FRIENDS, NANS & POPS  
ANY TIME IS GREATLY APPRECIATED**

**Wed & Friday @ 9.00am - 12:35pm - LUNCH ORDERS  
Tue & Thur @ 1.35 - 2:05pm - RECESS**

**If you are unable to attend on your rostered day, please contact another volunteer to change your day or arrange a swap. If you are unable to arrange another day or a swap, please contact Alison Taylor on 0468 742 214.**

## CANTEEN ROSTER

**Friday 9 August  
CLOSED**

**Monday 12 August  
CLOSED**

**Tuesday 13 August  
Jessica Botha**

**Wednesday 14 August  
Bec Vella**

**Thursday 15 August  
Jess S**

**Friday 16 August  
CLOSED**

**Monday 19 August  
CLOSED**

**Tuesday 20 August  
Jess Botha**

**Wednesday 21 August  
Chrissy**

**Thursday 22 August  
Steph Maloney**

**Friday 23 August  
CLOSED**

**Due to enrolled children's life threatening Anaphylactic Allergic reactions to all nuts and peanut products, we would like to encourage families not to send these products to school with their children. These include peanut butter, nutella, sesame seeds, loose nuts, muesli, nut or chocolate bars or any products containing any type of nuts. We appreciate your support in this matter.**



## KINDERGARTEN ENROLMENTS 2020

Names are now being taken for Kindergarten in 2020. If you have a child, or know of a child, that will be enrolling in 2020, please contact the office for more information.



## COMMUNITY PBL



**Lilly Vella**

Lilly is an outstanding athlete who displays exceptional sportsmanship. She recently competed at the state cross country. After the race Lilly was seen to be congratulating other athletes, shaking hands with those around her.

RAYMOND TERRACE COMMUNITY MEMBERS ARE

# S·T·A·R·S

EVERYONE, EVERYWHERE, EVERY TIME



MARKETPLACE LOVE THIS PLACE  
FOR SUPPORTING PBL WITHIN OUR COMMUNITY



We value:

Safety

Trust and honesty

Acting responsibly

Respect

*In Raymond Terrace we are proud citizens that treat each other with respect, take ownership of our daily choices and strive for a safe community.*

## Raymond Terrace Community PBL

### Student Nomination

Student's name

School

Reason for nomination

Your name

## EDUCATION WEEK - OPEN DAY - BOOK PARADE





# FACTSHEET



This fact sheet is for education purposes only. Please consult with your doctor or other health professionals to make sure this information is right for your child. If you would like to provide feedback on this fact sheet, please visit: [www.schn.health.nsw.gov.au/parents-and-carers/fact-sheets/feedback-form](http://www.schn.health.nsw.gov.au/parents-and-carers/fact-sheets/feedback-form).

## Influenza

Influenza, commonly called the 'flu', is an infection caused by influenza A or B viruses. It mainly affects the nose, throat and lungs, although it can involve other parts of the body. In healthy children, it is much like a bad cold, however influenza can cause more serious illness in very young children and those with chronic medical conditions.

Influenza occurs mainly during the winter months. Each year, infections are caused by slightly different strains of the virus. Occasionally, one of these strains can cause a more widespread or severe outbreak, similar to the 2009 H1N1 (swine flu) pandemic.

### Symptoms and signs:

Influenza usually begins with a sudden onset of fever and at least two or three of the following symptoms:

- general aches and pains
- headache
- cough or noisy breathing
- sore throat and runny nose
- low energy
- nausea, vomiting and/or diarrhoea

### Children at risk of severe illness:

Influenza can be more serious in children with chronic medical conditions including:

- chronic respiratory conditions (including asthma)
- chronic heart disease
- chronic neurological or metabolic conditions

- chronic kidney or liver problems
- diabetes mellitus
- a lowered immune system, due to medicines or illness

Warning signs of severe illness include poor feeding, dehydration, difficulty breathing and decreased responsiveness to caregivers/their surroundings.

### Treatment:

Most children recover within seven days without any treatment. Ensure your child has plenty of bed rest, encourage them to drink lots of fluids and use paracetamol for pain or discomfort. Give your child the dose that is recommended on the packaging for their age and weight. Do not give aspirin to your child if they have influenza as this can lead to serious side effects.

Antibiotics are not helpful for influenza and will not be prescribed unless your child also has a bacterial infection. Antiviral medications (such as 'Tamiflu') are generally not given to children who have influenza and who are otherwise fit and healthy. This is because they do not usually make a significant difference to the duration of the illness.

### When to seek medical treatment:

If your child's symptoms are getting worse instead of better, it is best to see a doctor. Seek urgent medical advice if your child experiences chest pain, is having breathing difficulties, is dizzy or confused, or is vomiting a lot or not drinking enough. Similarly, seek medical advice

the  
children's  
hospital at Westmead



SYDNEY  
CHILDREN'S  
HOSPITAL  
RANDWICK



Kaleidoscope  
CHILDREN, YOUNG PEOPLE AND FAMILIES

If your child has a chronic condition and is at risk of severe illness.

### How is it spread?

Influenza is very infectious. It can spread through the air by coughing and sneezing and by touching objects that have been in contact with an infected person's mouth or nose. A person with influenza is contagious from the day before symptoms begin, until a few days after.

### Prevention:

The best way to prevent influenza is the influenza vaccine (see below).

Good hygiene habits can also reduce the chance of getting influenza or passing it to others. These include:

- regular hand washing
- not sharing cups or cutlery
- covering your mouth when you cough or sneeze

### Influenza vaccine (the flu shot):

The influenza vaccine can be given to any child over six months of age to reduce the chance of becoming sick with influenza. Vaccination is voluntary but vaccination is encouraged for everyone.

If your child has a chronic medical condition, it is strongly recommended that they have an annual influenza vaccination. All household members should also be vaccinated to decrease the chances of your child being exposed to influenza.

Because the influenza virus changes (or mutates) slightly from year to year, your child will need a new and updated influenza vaccine at the beginning of each influenza season.

Side effects of the vaccine include pain and redness at the site of injection. Less commonly, children may develop fever or aches and pains which last one to two days. The vaccine cannot cause influenza as it contains killed or inactivated influenza virus. There are now studies suggesting children with egg allergy can be safely immunised for influenza. These children recommended for influenza immunisation should be referred to a specialist clinic.

### Key points to remember:

- Vaccination is the best way to prevent influenza
- Influenza is very infectious so good hygiene is important
- Influenza is caused by a virus so antibiotics cannot be used to treat it
- Influenza can be more serious in children with chronic medical conditions
- Contact your family doctor if your child has influenza and has a chronic medical condition, or signs of severe illness

### Where can I find more information?

- See your family doctor
- Seasonal Flu factsheets from the Department of Health: <http://www.health.nsw.gov.au/infectious/influenza/pages/default.aspx>
- Health Direct Information:
- Influenza - <http://www.healthdirect.gov.au/influenza-a-flu>
- Fever in Children - <http://www.healthdirect.gov.au/fever-in-children>
- Fever in Children Symptoms - <http://www.healthdirect.gov.au/fever-symptoms-in-children>

Written by the Emergency Department, The Children's Hospital at Westmead

References: Royal Children's Hospital Melbourne Influenza fact sheet

NSW Government Influenza fact sheet.