Message from the Principal

Dear School Community,

As we start the year we have high expectations of our students and staff and a commitment to deliver the excellent public education that parents and the community rightly demand. Our priorities at GRPS focus on continually improving results for all students by raising teacher quality with a future-focused approach to learning. We concentrate on delivering school excellence and innovation.

This year we will continue to work towards achieving priorities outlined in the School Plan 2015-2017. This is available on the schools website. We are currently reflecting on the achievements of 2015 and these will be published in Annual School Report available at the end of the term.

I know the start of the school year is always busy, with students and teachers forming new classes and settling into their learning environments. Hopefully this has occurred with students establishing positive relationships with their peers and teachers. Students should now have established routines within their classrooms and understand expectations for behaviour and academic learning, as well as homework.

Homework is an important part of learning, but sometimes parents find it hard to keep up with what needs to be done. Homework is part of the school experience but it should not be a struggle. Good homework and research skills are a valuable asset at any age. Developing organisational skills is a necessary (and often slow) part of growing up, but crucial to success in later years of schooling.

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Sister O’Brien
Relieving Principal.

Important Dates

**Week 6**
- Fri 4 Mar: Schools Clean Up Day
- Thurs 10 Mar: Selective High School
- Mon 21 Mar: Harmony Day
- Tues 22 Mar: School Photos
- Thurs 24 Mar: Easter Hat Parade
- 29 Mar - 8 April: Teacher/Parent Conferences

**Week 7**
- Thurs 10 Mar: Selective High School

**Week 8**
- Thurs 10 Mar: Selective High School

Anaphylaxis Reminder

Please ensure NO nuts or nut products are brought to school.

If your child is diagnosed at risk of a severe allergic reaction, particularly anaphylaxis, the anaphylaxis procedures contain information for schools and parents designed to minimise the risk to students. If your child has an allergy it is important to let us know. Find out more: http://www.schools.nsw.edu.au/studentsupport/studenthealth/conditions/anaphylaxis/index.php

All families are asked to assist the children in our school who are anaphylactic. This is potentially a life threatening condition.

Please do not send any of the following foods for your own children, whilst they are at school:
- Peanuts and other nuts including cashews, hazelnuts, walnuts, pistachios, macadamia, brazil nuts
- Peanut Butter or Nutella
- Muesli bars containing nuts or any other foods containing nuts
School costs and contributions

A big thank you to those parents who have already paid for school costs, workbooks and contributions. Every parent at our school received a list of school fees and associated costs. Payment for these items can be made any time from now. Credit Card payment is available in the office.

If you are having difficulty with payment please be aware families are able to pay costs off over the year rather than all at once. Please don’t hesitate to discuss this with me.

Thank you for your support with this!

Great news for our school

This week our school accepted a staffing allocation to implement the English as an Additional Language or Dialect (EAL/D) New Arrivals Program. The school has received an additional teacher allocation of two days a week to support the initial English learning needs of newly arrived students. This is a valuable program that adds to our suite of options for supporting students with their learning.

Maths - 2D and 3D shapes

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SCHOOL PHOTOS REMINDER

Please ensure children are in full school uniform on Tuesday 22 March.

Schools Clean Up Day Reminder

Don't forget this Friday, 4 March, our students will be taking part in Schools Clean Up Day, as part of the Clean Up Australia campaign. It's a great way to reinforce to students the importance of environmental sustainability, including issues such as water and energy conservation, packaging, waste and recycling.
Healthy Lunch Boxes

Let's give our kids the best chance of a great day by feeding them food to fuel their brains and bodies! Check out these delicious lunch boxes from Year  and Kindergarten. Next week, instead of a packet of biscuits or chips, try to include a peeled carrot, some cucumber sticks or a packet of seaweed.

These awesome boxes include:
- Wholemeal bread with avocado
- Cucumber sticks
- Boiled egg
- Tofu
- Carrots
- Apple
- Seaweed
- Salad and Ham Bagel

Diversity is our Strength
Monday 21 March 2016

Harmony Day celebrates Australia’s diversity. It’s about inclusiveness, respect and a sense of belonging for everyone.

It is a day for all Australians to embrace cultural diversity and to share what we have in common. The year’s message for Harmony Day is that ‘Diversity is our Strength.’

We will be celebrating Harmony Day on Monday 21 March 2016.

All students are encouraged to wear Mufti clothes on that day with a Gold Coin donation towards (to be decided by SRC).

Students can wear EITHER:
- Pink clothes
- Yellow clothes
- Orange clothes

Parents are welcome to join us for our Harmony Day assembly at 2pm.

Daily 5 in 1AK

1AK have settled into their Daily Five Literacy Groups and are producing some great pieces of work. Here are some rhyming sentences they wrote based on the book ‘Blossom Possum’ by Gina Newton.

Blossom Possum is awesome. By Kamilya
Platypus Flatypus likes apple juice. By Jacqueline
Jingo Dingo likes to play bingo. By Pritha
Kangaroo, what do you do? By Farhat
Blossom Possum went for a walk
Blossom Possum likes to talk. By Nakir
Jingo Dingo likes to singo. By Lachlan
Jingo Dingo likes to eat all the animals that he meets.
By Yara
Blossom Possum is smart. She is good at art. By Leevon
Blossom Possum likes to run. She thinks it is fun. By Archie
Band News

Hi Everyone,

Just a reminder that Junior Band rehearsals have commenced for 2016.

It is held on Wednesday morning and commences 8:30am in the Creative Arts/performing Arts room (Old Hall next to the Administration office). Students must ensure they are there with their Instrument, coloured bag and book.

Please let me know if I can be of any further assistance.

Kind Regards
Kevin Christmas
Program Manager

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Parenting workshops February - March 2016

**FEBRUARY**

FREE Circle of Security
Friday 12, 19, 26 February, 4, 11, 18 March 10am-12pm
South Randwick Community HUB, La Perouse
Speaker: Jennifer Wu
Childcare: Yes but limited, bookings essential.
Bookings open: 11 January contact Family Programs on 9345 8200 or family.support@inc.org.au

FREE Tuning in to Kids (3 – 12 years)
6 week course Tuesday 23 Feb, 1, 8, 15, 22, 29 March
Time: 10am – 12pm
Botany Family and Children’s Centre, Botany
Speakers: Kristy Greenlee and Evelen Tawdros
Childcare: Yes, limited places flat rate $15 for the 6 weeks.
Bookings open: 23 January on 9665 5047 or Evelen@botany.net.com

FREE Drop in Parenting Advice/Support for Indigenous Families
Thursday 25 February, 10:15am-12:15pm
The Deli Women and Children’s Centre and La Perouse Community Health Centre
Speaker: Rosa Pantalone
Childcare: No
Bookings open: 18 January on 0967 4666 or 0382 8091 or michelle.lensky@sesnhs.health.nsw.gov.au

**MARCH**

FREE Triple P Parenting Seminars (2 to12 years)
Tuesday 1, 8, 15 March 5.30-7.30pm
South Eastern Community Connect, Eastlakes
Speaker: Bronwynn Jurisk
Childcare: No
Bookings open in December: call Family Support Team on 8338 8536 or family.support@sesnc.org.au

FREE Music and Movement for Indigenous Families (2 to 6 years)
Thursday 3, 10, 17, 24 March 10.30am to 11am
The Deli Women and Children’s Centre and La Perouse Community Health Centre
Speakers: Rosa Pantalone
Childcare: No
Bookings open: 11 January call 9382 8091 or michelle.lensky@sesnhs.health.nsw.gov.au

Play Workshops (various ages, see below)
Friday 4 March, 10.30 to 12pm for ages 6-12 months at Bowen Library, Maroubra
Friday 11 March, 10.30 to 12pm for ages 12-18 months
at Bowen Library, Maroubra
Friday 18 March, 10.30 to 12pm for ages 18-24 months
at Bowen Library, Maroubra
Speaker: Antonia Folden
Childcare: No. Parents to come with their children.
Cost: Free for Toy Library members, $15 for non members.
Bookings essential.
Bookings open: February www.randwickcitylibrary.eventbrite.com
Enquiries: 9314 4463

FREE Men Who Father
Saturdays 19, 26 March 2, 9 April 9am-11am
The Junction Neighbourhood Centre, Maroubra
Speaker: Robert Harris
Childcare: No
Bookings open: 18 January contact Family Programs on 9345 8200 or family.support@inc.org.au

Engaging Adolescents (10 to 18 years)
Saturday 19 March, 9.15am to 4.00pm
The Deli Women and Children’s Centre and Botany Bay City Council, Eastgardens
Speakers: Jennifer Wu & Ana Chacar
Childcare: No. This is a parents only event.
Cost: $10 includes workbook, morning tea and afternoon tea.
Bookings open: 4 January, contact Patrick or Yasemin on 9366 3895 or sesnc@sesnc.org.au

FREE How to Survive Tantrums
Saturday 19 March, 12.30pm to 2.30pm
Randwick Literary Institute, Randwick
Speaker: Janet Harris
Childcare: No, this is a parents only event.
Bookings open: 23 February on 9399 0823 or Avril.Jeans@randwick.nsw.gov.au

FREE Play Power
Thursday 31 March, 10am to 12pm
South Eastern Community Connect, Eastlakes
Speaker: Ruming Yang and Bronwynn Jurisk
Childcare: Yes. Limited numbers $10 per child per session.
Bookings open: December, call Ruming or Bronwynn on 8338 8536, family.support@sesnc.org.au
P&C News
Term 1, Week 6

NEXT P & C MEETING: First Tuesday of every month. Everyone is welcome.

Don’t forget to like us on Facebook!

You can contact the P&C via:
email GRPSparents@gmail.com or on
Facebook https://www.facebook.com/GardenersRoadPandC

Gardeners Rd Public School invites you to come to school on

Thursday 24 March at 2pm
for
our Annual Fun Easter Hat Parade.

Students will be wearing their creative hats that they have made with their buddy classes and the P and C will draw the Easter raffles.

Easter Fund Raiser

Please help raise funds for our school by purchasing Easter Eggs and donating them for our annual “Easter Guessing Competition”.

We will use your donated eggs to create wonderful baskets of chocolate goodies.

Please bring your eggs to morning assembly where the children are invited to put them in the Easter Bunny Basket. You may also take them to the school office if you want to avoid eggs being crushed in school bags.

Tickets have been sent home and are $1.00 each or 6 tickets for $5.00.
Prizes will be drawn at the Hat Parade at school on 2nd April.

Thank you for your support
P & C Executive
Golden Play

Last Thursday in school week 5, GRPS celebrated the first Golden Play for 2016.

For an extra 15 minutes after recess, students in Kindergarten through to Year 6 enjoyed playing with the variety of equipment the SRC and House Captains had organised.

Congratulations to all of the safe, respectful learners in our playground!

Our next Golden Play is scheduled for school week 11.
Infectious Disease Notification - WHOOPING COUGH

The school has recently been notified that a student has been diagnosed with Pertussis (Whooping cough). Whooping cough has an infectious period of 7-20 days. Treatment requires a 5 day course of antibiotics and exclusion from school. Whooping cough is particularly dangerous for new born babies and infants.

We have attached some information on this Disease. Please take the time to read and consult your doctor if concerned.

Population Health
Public Health Unit

Gardeners Road Public School
827 Botany Rd
Roseberry
NSW, 2018

Dear Parents and Staff,

A person who attends Gardeners Road Public School has been diagnosed with whooping cough. I am writing to provide you with information about this illness and ask that you watch for the symptoms, especially over the next three weeks.

If you or your child develops symptoms, please go to your local doctor as soon as possible and take this letter with you.

What is Pertussis?
Pertussis is an infection of the throat that often begins like a cold and cough. This can progress to bouts of coughing, and sometimes breathing difficulties and vomiting after coughing. It can be a very serious infection in small children however older children and adults can also get pertussis and pass it on to others.

People with pertussis are infectious for the first 3 weeks of their illness or until they have completed a 5 day course of the recommended antibiotics. The coughing can last between one and three months.

What should people sick with pertussis do?
To help prevent this infection spreading, people who have been diagnosed with pertussis should not attend school until they have completed a five day course of the recommended antibiotics. If antibiotics cannot be taken, then they must stay away for 3 weeks after the onset of cough.

How is it prevented?
Most children in Australia are immunised against pertussis as it is a standard childhood immunisation. However, immunity does decrease with time and in some people immunity to the disease is not guaranteed with vaccination. It is important to note that although your child may be immunised, they may still become infected. Please ensure that younger children at home are up to date with their whooping cough immunisations and adults who have not had a pertussis vaccination in the past ten years should see their local doctor to discuss getting a booster.

Need more information?
For more information, please see the NSW Health whooping cough website: http://www.health.nsw.gov.au/PublicHealth/Infectious/whoopingcough/index.asp
the attached whooping cough factsheet or contact the Sydney Local Health District Public Health Unit on 9515 9420.

Yours sincerely

Dr Leena Gupta
Director, Public Health
Sydney Local Health District PHU
29 February 2016
INFORMATION FOR GPs

There has been an increase in whooping cough cases in NSW in 2015.

This letter has been sent to parents whose child attends a childcare/school with a CONFIRMED case of pertussis.

Pertussis immunity, either from vaccination or infection, wanes over time. Some children with whooping cough have been fully vaccinated and present with mild symptoms.

Individuals with pertussis, even those with mild symptoms, are infectious and can pass the illness on to others.

Definitive diagnosis and treatment of whooping cough is important for coughing adults and children to protect young infants and other vulnerable people.

Please consider whooping cough in anyone with a persistent cough, even if mild, especially if an epidemiological link can be established.

RECOMMENDED PUBLIC HEALTH ACTION

- Nucleic Acid Testing (NAT) or PCR with a nasopharyngeal swab is the diagnostic method of choice for whooping cough*
- Anyone with pertussis is to keep away from childcare/school/work until they are non-infectious
- Treatment recommendations have changed as shown below OR refer to the Therapeutic Guidelines at: http://www.tg.org.au/
- Indications and recommendations regarding prophylaxis can be found in the NSW Health Pertussis control guidelines** or by contacting the Public Health Unit on 9515 9420


ANTIBIOTIC TREATMENT

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Macrolide: Azithromycin</th>
<th>Macrolide: Clarithromycin</th>
<th>Non-Macrolide alternative: Trimethoprim + Sulfamethoxazole</th>
</tr>
</thead>
<tbody>
<tr>
<td>&lt;1 month</td>
<td>10mg/kg daily for 5 days</td>
<td>7.5mg/kg twice a day for 7 days (up to 1g/kg)</td>
<td>Not recommended</td>
</tr>
<tr>
<td>1-5 months</td>
<td>10mg/kg daily for 5 days</td>
<td>7.5mg/kg twice a day for 7 days (up to 1g/kg)</td>
<td>Child ≥2 months 4+20mg/kg (up to 160+800mg) twice a day for 7 days</td>
</tr>
<tr>
<td>Infants 26 months; and children</td>
<td>10mg/kg (up to 500mg) on Day 1, followed by 5mg/kg (up to 250mg) on Days 2-5</td>
<td>7.5mg/kg twice a day for 7 days (up to 1g/kg)</td>
<td>4+20mg/kg (up to 160+800mg) twice a day for 7 days</td>
</tr>
<tr>
<td>Adults</td>
<td>500mg on Day 1 followed by 250mg on Days 2-5</td>
<td>500mg twice a day for 7 days</td>
<td>160+800mg twice a day for 7 days</td>
</tr>
<tr>
<td>Pregnancy</td>
<td>Pregnant women with onset of pertussis or exposure within a month of expected delivery should receive antibiotic therapy. It is the responsibility of the treating doctor to select the most appropriate antibiotic. Azithromycin is Category B1 and clarithromycin is a Category B3 antibiotic.</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Reviewed 14 August 2015
Whooping Cough (Pertussis)

Last updated: 30 March 2015

What is whooping cough?

Whooping cough can be a life threatening infection in babies. Whooping cough in babies can lead to apnoea (pauses in normal breathing), pneumonia, feeding problems and weight loss, seizures, brain damage and, in some cases, death. Older children and adults can get whooping cough too and pass it on to babies.

What are the symptoms?

- Whooping cough usually begins like a cold with a blocked or runny nose, tiredness, mild fever and a cough.
- The cough gets worse and severe bouts of uncontrollable coughing can develop. Coughing bouts can be followed by vomiting, choking or taking a big gasping breath which causes a “whooping” sound. The cough can last for many weeks and can be worse at night.
- Some newborns may not cough at all but they can stop breathing and turn blue. Some babies have difficulties feeding and can choke or gag.
- Older children and adults may just have a cough that lasts for many weeks. They may not have the whoop.

How is it spread?

- Whooping cough is spread when an infectious person coughs bacteria into the air which can be inhaled by people nearby. If they are not treated early, people with whooping cough are infectious in the first three weeks of their illness.
- Whooping cough spreads easily through families, childcare centres and at school.

Who is at risk?

- Anyone can get whooping cough. People living in the same household as someone with whooping cough are especially at risk.
- Immunisation reduces the risk of infection but immunity fades over time. You can still get whooping cough even if you’ve been immunised.

How is it prevented?

Whooping cough vaccines provide good protection from infection but immunity fades which means that boosters are needed.

Immunisation for babies

- Babies need to be immunised at 2 months, 4 months and 6 months. The first dose can be given as early as 6 weeks of age.
- Getting your baby vaccinated on time gives them some protection when they are most at risk of severe illness.
- If your baby’s vaccines are overdue, see your GP now to catch up.
Immunisation for older children

- A whooping cough booster is needed at 4 years of age.
- Check if your child has been vaccinated. Look at their Blue Book, speak to your GP or ring the Australian Childhood Immunisation Register on 1800 653 809.
- A second whooping cough booster is given in high school through the NSW School-based Vaccination Program.

Immunisation for adults

A booster for adults is recommended for:

- Women who are in the third trimester of pregnancy, preferably at 28 weeks. Free vaccine is provided in NSW through GPs and hospital antenatal clinics.
- Other adult household members, grandparents and carers of infants under 12 months of age.
- Adults working with young children, especially health care and child care workers.

If you are a close contact of someone with whooping cough:

- If you have been exposed to someone with whooping cough early in their illness while they are infectious, watch out for symptoms and see your doctor if you get a new cough.
- Some babies and some pregnant women need antibiotics to prevent whooping cough infection if they have had significant contact with an infectious person.

How is it diagnosed?

Your doctor may ask about your symptoms and whether there you’ve had any contact with whooping cough. If your doctor thinks you have whooping cough, a swab from the back of the nose or throat can confirm the diagnosis.

How is it treated?

- Some babies may need treatment in hospital or in intensive care.
- Antibiotics are used to treat whooping cough in the early stages and can help prevent spreading whooping cough to others. People who are not treated early with the right antibiotics can spread the infection in the first 3 weeks of their illness. After 5 days of antibiotics, you are normally no longer infectious.
- The cough often continues for many weeks, despite antibiotics.

What is the public health response?

Doctors and laboratories must confidentially notify cases of pertussis to the local Public Health Unit. Public Health Unit staff can advise on the best way to stop further spread.

Infectious children are restricted from going to pre-school and school. Unimmunised contacts may be excluded from child care unless they take the special antibiotics.

Identify - Protect – Prevent


For further information please call your local Public Health Unit on 1300 066 055 or visit the New South Wales Health website [www.health.nsw.gov.au](http://www.health.nsw.gov.au)
ENGAGING ADOLESCENTS™
PARENT WORKSHOP

Parenting skills for resolving teenage behaviour problems

Maintaining positive and constructive channels of communication is one of the most important skills that adults must have when living with teenagers. This workshop aims to provide parents with effective tools and strategies in the following:

- Identifying normal and acceptable teenage behaviour
- Family life with teenagers and how to build positive and respectful relationships
- How to manage challenging behaviour from your teenager

**WHEN:** Saturday 19 March 2016

**TIME:** Please arrive at 9.15am for registration.
The course runs from 9.30am to 3.30pm

**WHERE:** Central Library
Westfield Eastgardens Shopping Centre
Banks Ave, Eastgardens NSW 2035

**COST:** $10 includes course workbook, morning tea and afternoon tea

**BOOKINGS:** Please contact Botany Council Community Services on 9366 3889 or communityservices@botanybay.nsw.gov.au

UNFORTUNATELY THERE IS NO CHILDMINDING FOR THIS GROUP.

THIS IS A PARENTS ONLY GROUP.

This group has been proudly sponsored and supported by Botany Bay City Council

- An end to the arguing and yelling! • It saved our lives • Simple, sane, effective •

This course is being run by a Parentshop® licensed practitioner.  www.parentshop.com.au
Tired of your kids fighting all the time?

Come along to our
“Sibling Rivalry-
Learning to Get Along (0-12 years)”
Parenting Information Seminar

Learn strategies to minimise conflict between your children. Understand the difference between raising boys and girls.

Date: Saturday 7 May 2016
Time: 9.45am (10am-12.30pm)
Where: Central Library
Westfield Eastgardens Shopping Centre
Banks Ave, Eastgardens NSW 2036
Cost: FREE
Speaker: Ari Badaines is a Clinical Psychologist with over 40 years experience running groups and providing individual, couples and family therapy. He has presented various workshops for parents in NSW and UK.
RSVP: There is NO Childminding available. This is a Parents Only event. For Bookings please contact us on 9667-4664 or admin@thedeli.org.au

This Seminar has proudly been sponsored and supported by:
CHANGE OF ADDRESS/ TELEPHONE NUMBERS

Please complete any changes to your contact details and return to the school office immediately.

Student's name: .................................................... Class .....................

Home Address: ........................................................................

Mailing Address: ........................................................................

Email Address: ........................................................................

Home telephone number: ......................................................

Father's work number: ......................................................

Father's mobile number: ......................................................

Mother's work number: ......................................................

Mother's mobile number: ......................................................

Emergency Contact:

Name: ........................................................................

Relationship to student: ......................................................

Day time contact number: ......................................................

Medical Details:

Allergies: ..............................................................

Medical Conditions: ..............................................................