



*Opportunity,  
Achievement,  
Community*

### DATES TO REMEMBER

**Wednesday 4 March**

Family Feast  
P&C Movie Night

**Thursday 5 March**

Narara Valley High School Year 7 EXPO

**Tuesday 17 March**

Crunch'n'Sip

**Tuesday 24 March**

Stage 1 Excursion to Taronga Zoo

### PRINCIPAL'S UPDATE

*Hello to all,*

### CHARITABLE EFFORTS

I want to start this week's newsletter with heartfelt thanks to the community, the students and the staff of Wyoming Public School. Annette in the canteen has a huge amount of beautiful items to take to Braidwood Public School, as well as some lovely messages of support. Our community has opened its heart (and wallets) and donated back packs, lunch boxes, pencil cases and lots of other stationery items to send down to the students at Braidwood-many of whom lost their homes during the summer bush fires. Many of our families are themselves doing it tough, so I know how much these items will be appreciated. I would also like to personally thank Annette who has collected the items and is making a special trip back down south to deliver them.



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Maidens Brush Road, Wyoming NSW 2250 Email: [wyming-p.school@det.nsw.edu.au](mailto:wyming-p.school@det.nsw.edu.au) Web: [www.wyming-p.schools.nsw.edu.au](http://www.wyming-p.schools.nsw.edu.au)

## TRAFFIC AND PARKING AROUND THE SCHOOL

We have a notice in this week's newsletter which outlines parking rules around the school. Please take the time to read it-the council regularly sends rangers out to ensure the safety of everyone around busy schools.

## HAND, FOOT AND MOUTH DISEASE

Hand, foot and mouth disease is prevalent in our preschools at the moment (we have had no cases here to date). It is generally a mild illness and is NOT related to the foot and mouth disease that affects animals. There is more information in this week's newsletter.

I hope to see you at the Family Feast and P&C movie night this Wednesday.

Have a great fortnight

**Michelle Francis**  
**PRINCIPAL (RELIEVING)**

## SCHOOL ASSEMBLY

### K-2 ASSEMBLY

This week's K-2 Assembly will be held Wednesday 4 March from 1.30pm in the School Hall.

### 3-6 ASSEMBLY

This week's 3-6 Assembly will be held Wednesday 4 March from 2.00pm in the School Hall.

## SCHOLASTIC BOOK CLUB

Book Club is due Thursday 19 March. No late orders will be accepted. Please note books ordered online will not be delivered to school until after the 19 March when the orders are placed.

**Sharon Head**  
**BOOK CLUB COORDINATOR**

## HEADSTART PAMPHLET DELIVERY

It is that time of year when some of our wonderful families hit the streets to deliver pamphlets about Headstart to those living within our school zone.

We are after some more volunteers this year to lessen the load for those that have been doing it the last few years. If you are able to help deliver some pamphlets to a few streets near where you live can you please leave your name and number with the front office. Katie or Craig Black will be in touch with you to get you set up with pamphlets and which streets to deliver to very soon. We appreciate any time you can give up for this.

**Kate Packer**  
**HEADSTART COORDINATOR**

## HEADSTART PARENT INFORMATION SESSIONS

Headstart – Transition to School Parent and Carer Information Sessions.

This comprehensive program supports children in the year prior to Kindergarten. It is open to children living within the Wyoming Public School zone who are interested in attending our school. Its goal is to facilitate a smooth transition to 'Big School' through the development of social skills, motor skills, language, independence and the familiarisation of basic school routines.

Come along and find out about our wonderful 2020 transition to school program and collect an information pack.

Where: Meet in the school office  
When: Monday 16 March 2020  
Time: 2pm – 2:45pm or  
6:30pm – 7:15pm

I look forward to seeing you there.

**Kate Packer**  
**HEADSTART COORDINATOR**

## WYONG HIGH SCHOOL SELECTIVE TECHNOLOGY CLASS 2021

**Wyong High School Selective Technology class 2021 and beyond.**

Applications are open for Year 6 students to apply for **Wyong High School's 2021 Year 7 Selective Technology Class**. An information evening will be held for interested parents and students at Wyong High school on **Tuesday 3 March 2020**. Interested parents and students of Years 4 & 5 students are also welcome to attend.

The Information Evening will cover the diverse and flexible range of learning opportunities on offer to students for 2021 and beyond.

Parents and students are invited to see their Information Technology facilities and meet their learning staff.

**Date:** Tuesday 3 March 2020  
**Where:** Wyong High School MPC (school hall)  
**Time:** 4.30pm for school tours and BBQ, presentation 5.30pm – 6.00pm

**RSVP:** Phone 4353 1088 Email: wyong-h.school@det.nsw.edu.au

Please see Mrs Head for further information

**Sharon Head**  
**TEACHER COORDINATOR**

## TELL THEM FROM ME SURVEYS

### YEAR 4, 5 AND 6 STUDENTS

I am delighted that this term, our school, like many other public schools in the state, will participate in a Department of Education initiative: the *Tell Them From Me* student feedback survey. The survey measures factors that are known to affect academic achievement and other student outcomes. The focus of the NSW-wide survey is on student wellbeing, engagement and effective teaching practices.

More information about the survey is available at: <http://surveys.cese.nsw.gov.au>

The survey is a great opportunity for our students to provide us with valuable and quick feedback on what they think about school life, how engaged they are with school and the different ways that teachers interact with them. Feedback will help improve how we do things at our school.

The online survey is confidential and takes less than 30 minutes to complete. It will be administered during school hours between 16 March and 8 May. Participating in the survey is entirely voluntary.

A consent form and FAQs for parents/carers about the survey has been sent home with students. If you **do not** want your child or children to participate, please return the form to school by **Friday 13 March 2020**.

**Lara Lenton**  
**TTFMS COORDINATOR**

## NARARA VALLEY HIGH SCHOOL INFORMATION EVENING

Parent Information Evening and Year 7 EXPO  
Thursday 5 March 2020 commencing at 5.30pm in the Narara Valley High School Hall.

For all enrolments 2021 including information on specialist programs CAPA, STEP, Talented Sports.

Narara Valley High School offers our students many opportunities across sporting, cultural and academic fields. We are proud of our middle school program, it's integrated curriculum and it's specialist areas that offer curriculum focuses in Creative and Performing Arts, Targeted Sports and Student Targeted Enrichment Program.

For all enrolment information contact Narara Valley High School on 4329 3780. Contact the following Head Teachers for specialist class information.

STEP – Natalie Karazinov

CAPA – Lynne Akhurst  
TSP – Evan Neate

**Sharon Shearman**  
**ASSISTANT PRINCIPAL**

## P&C MOVIE NIGHT

### FREE FAMILY MOVIE NIGHT AFTER THE FAMILY FEAST

The WPS P&C Association has organised a family movie to be shown WEDNESDAY 4 March *after* the Family Feast has concluded. This is A FREE FAMILY EVENT. All school families are invited whether you can make the Family Feast or not.

PLEASE BRING YOUR OWN MOVIE SNACKS AND DRINKS AS NONE WILL BE AVAILABLE ON THE NIGHT.

The movie will begin at approx. 7pm in the hall. We encourage you to bring some picnic blankets, chairs, beanbags etc. to make it a comfortable & fun experience. Please note: anyone with chairs will need to be seated at the back to allow those seated on the floor an unobstructed view.

Many thanks in advance,

**Katrina Kemp**  
**P&C VICE PRESIDENT**

## P&C NEWS

**Coin Drive:** Thursday 27 February to Thursday 12 March.

**Crunch n sip:** Tuesday 17 March.

**AGM** Monday 16 March. 1pm start in the Maths Lab. This will be followed by the general meeting. Your P&C has accomplished a lot in the past 2 years. A new Marquee for sports days, swimming caps for our representative swimmers, purchase of Books for classrooms, commemorative path, Open Day, Chair ride, Movie night, History Book, and soffitfall around our play equipment is coming up. It has been a pleasure working on these projects with a great P&C team and working alongside our School principal and relieving school principal. It has been a very good learning experience and extremely rewarding. I thank all of our members for their dedication and wish the new committee all the best!

**Kate Cochrane**  
**P&C PRESIDENT**

## CERTIFICATE OF MERIT



Congratulations to the following students who were presented with Certificates of Merit.

KM	Maddilyn P Kami R
KO	Penelope H Levi M
KS	Aaliyah D Haylee H
K-6G 1S	Auron D Riley C Piper E
2A	Indi B Jeremiah D
2R	Huxley C Atama W
3K	Tyron H Nate S
3P	Mia G Riley H-W
3-6A	Mia J Paul M
3-6K	Kobe K Braidon W
4H	Lola B-B Harrison T
4L	Cooper B Jackson T
5-6D	Zayne C Sam H
5-6F	Bella G Braeden J
5-6H	Oliver C Ava-Grace S
5-6S	Clare F Molly L

### Communicable Diseases Factsheet

**Hand, foot and mouth disease is a very common viral disease of childhood which is easily passed from person to person. It usually causes a mild illness but rarely causes serious illness. It is not related to the foot and mouth disease that affects animals. Good hygiene helps prevent infection.**

## Hand, foot and mouth disease

Last updated: 10 August 2016

### What is hand, foot and mouth disease?

Hand, foot and mouth disease is generally a mild illness caused by enteroviruses, including coxsackieviruses. It is usually not a serious illness and is not related to the foot and mouth disease that affects animals. It mainly occurs in children under 10 years of age but can also occur in older children and adults.

### What are the symptoms?

- Hand, foot and mouth disease starts with blisters that begin as small red dots which later become ulcers. Blisters appear inside the cheeks, gums, and on the sides of the tongue, as well as on the palms of the hands and soles of the feet. In infants, blisters can sometimes be seen in the nappy area. Blisters usually last for 7 to 10 days
- Children can sometimes have a low fever, sore throat, tiredness, feel off colour and may be off their food for a day or two
- Very rarely, enteroviruses can cause other illnesses that affect the heart, brain, lining of the brain (meningitis), lungs, or eyes.

### How is it spread?

- Hand, foot and mouth disease is usually spread by person-to-person contact. The virus is spread from the faeces of an infected person to the mouth of the next person by contaminated hands. It is also spread by secretions from the mouth or respiratory system, and by direct contact with the fluid from blisters
- It usually takes between three and five days after contact with an infected person before blisters appear. The virus can remain in faeces for several weeks.

### Who is at risk?

- The viruses that cause hand, foot and mouth disease are common and particularly affect children.
- Many adults, including pregnant women, are often exposed to them without symptoms. There is no clear evidence of risk to unborn babies from hand, foot and mouth disease. However, infected mothers can pass the infection onto newborn babies who rarely can have severe disease.
- Outbreaks may occur in childcare settings.

### How is it prevented?

- Good hygiene is the best protection. Wash hands with soap and water after going to the toilet, before eating, after wiping noses, and after changing nappies or soiled clothing
- Avoid sharing cups, eating utensils, items of personal hygiene (for example: towels, washers and toothbrushes), and clothing (especially shoes and socks)
- Thoroughly wash any soiled clothing and any surfaces that may have been contaminated.
- Teach children about cough and sneeze etiquette.

Hand, foot and mouth disease

page 1 of 2

- Cover coughs and sneezes with a tissue. Coughing into an elbow is better than coughing into your hands.
- Dispose of used tissues in the bin straight away.
- Wash your hands afterwards with soap and water.

### How is it diagnosed?

- Your doctor can diagnose hand, foot and mouth disease based on the symptoms. Laboratory tests are not usually necessary.

### How is it treated?

- Usually no treatment is needed. Paracetamol will relieve fever and discomfort. Do not give children aspirin.
- Allow blisters to dry out naturally. The blisters should not be deliberately burst because the fluid within them is infectious.
- Make sure young children are drinking enough as painful mouth sores can make some children reluctant to swallow liquids.

### What are the signs of a serious infection?

Signs that an infant or older child might have a more serious form of hand, foot and mouth disease include any of the following:

- Persistent fever (38°C or above for 72 hours or more)
- Abnormal movements / jerking movements
- Rapid breathing
- Excessive tiredness, drowsiness
- Excessive irritability
- Difficulty walking.

If any of these signs are present then the child should be seen by a doctor urgently even if they have been checked earlier in the illness.

### How long should children stay away from childcare and school?

Children with hand, foot and mouth disease should be excluded from school or childcare facilities until their blisters have dried-up, and any rash (if present) has gone and any fever has settled.

### What is the public health response?

Hand, foot and mouth disease is not a notifiable disease under the Public Health Act. However, to help prevent spread parents should report the illness to the director of the childcare centre or the school principal.

### Further information

For further information please call your local public health unit on 1300 066 055.



### Traffic and Parking around your School

Parking rules are designed to stop vehicles from parking where it would be dangerous or inconvenient for others. Please consider the residents when parking in streets surrounding your school.

- A **School Zone** is the area around a school with a speed limit of 40 km/h. Between the School Zone and End School Zone signs you must obey the school zone speed limit. The school zone speed limit only applies on gazetted school days and during the times shown on the sign.



- School Bus lights** – buses use signs and orange flashing 'wigwag' lights to warn motorists and pedestrians that they are picking up or setting down school children. The lights begin to flash when the bus stops and the doors are opened. They keep flashing for about 30 seconds after the doors close and continue even after the bus moves off. You must not drive past the bus in the same direction at more than 40 km/h while the 'wigwag' lights are flashing as there may be children crossing or about to cross the road.



- A **No Parking Zone** means that you must not stop for more than two minutes. You must remain in or within three metres of the vehicle. No Parking Zones are suitable for dropping off and picking up.



**THESE SIGNS MEAN YOU MAY STOP HERE TO DROP OFF / PICK UP BUT YOU MUST**

- stop for up to 2 minutes only
- stay within 3 metres of vehicle

Kids look to you to keep them safe - please park legally in school zones  
**HEAVY FINES and DEMERIT POINTS APPLY**

- A **Bus Zone** means that the area is restricted for bus use only. If hours of operation are shown, the restriction only applies to this time. You may use this area outside of these times.



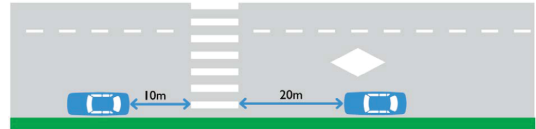
- A **No Stopping Zone** means no stopping at any time.



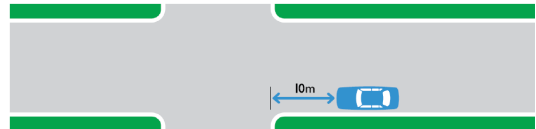
### Other times when you must not stop

You must not stop your vehicle (that is, bring it to a stop and either stay with the vehicle or leave it parked) in the following circumstances:

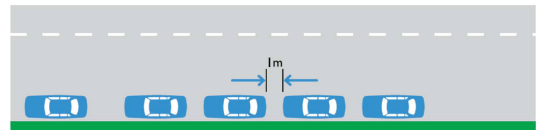
- Double parked (that is in the road alongside a car that is parked)
- Across a driveway or footpath
- On a median strip or traffic island
- On footpaths and nature strips
- On or within 20 metres before and 10 metres after a children's crossing or pedestrian crossing



- Within an intersection
- Within 10 metres of an intersecting road at an intersection without traffic lights unless signposted otherwise



- In Bus Stop, Bus Zone, Taxi Stand or Taxi Zone signed areas
- At least one metre from any other parked vehicle, close as possible and parallel to the kerb, and facing the same direction as the traffic lane



- Within three metres of any double centre lines
- Within 20 metres before and 10 metres after a bus stop

Adherence to signposting, linemarking and road rules around your school will assist in providing a safe environment for the school community and residents.



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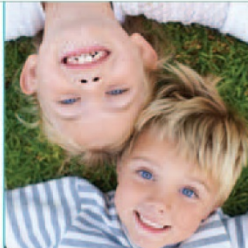
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