

Tunable Creek Public School

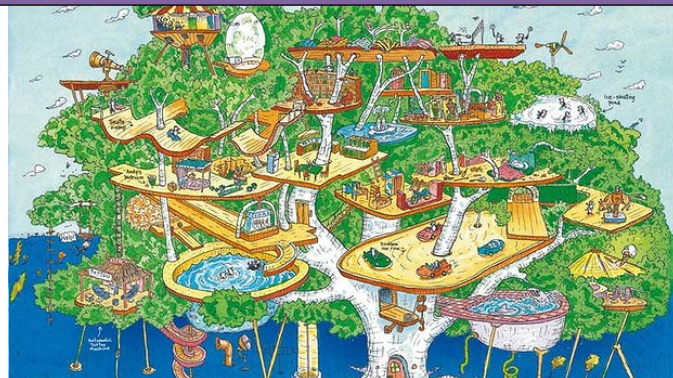
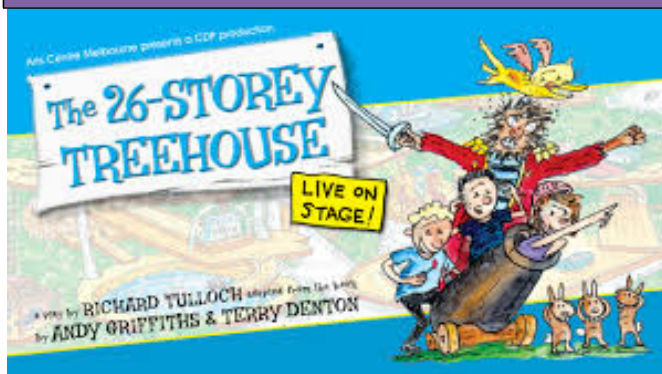
Respect - Integrity - Participation



Tunable Creek Road The Channon

ph: 66886212

Wednesday 15th July, 2015

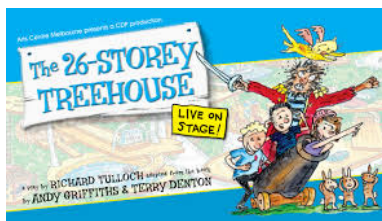


Hi everyone,

Welcome back to Term Three and a week with two excursions.

Students came back excitedly from Corndale yesterday arvo telling me of the fab time they had at Life Education. All students declared that they want to go again because it was such a fun learning time. We will spend time over this Term following up with activities.

This Friday, students will go in to NORPA to watch the play 'The 26 Storey Treehouse.' We will be completing an activity booklet on the book before we go to the play and then comparing the book to the actual play.



Over the next few weeks we will preparing for the Athletics Carnival-relays,shotput,discus, turbo javelin, long jump and high jump. Friday 31st July will be at Riverview Park for athletics and discus, with all other events held at Dunoon Public School on Wednesday 5th August.On these days we rely heavily on parents to get students to and from both Riverview Park and Dunoon PS. Please see attached schedule of events for both days and advise the school if you are having difficult and need assistance. We will endeavour to pair up families to help each other out as much as possible.

The first week in August is also a 'Week of Tastes.' Students will be participating in activities involving different types of food AND we have a guest chef coming to work with our students.

Alison Bath



Upcoming Events

July 13

Staff Development Day

July 14

TERM 3 – Students return

Healthy Harold \$15 Corndale Public School

July 18

NORPA – 26th Storey Treehouse (Lismore)

July 27

P & C Meeting 2.30pm

July 31

Dunoon PSSA Track Events

August 5

Dunoon PSSA Field Events

August 24

Lismore Performing Arts Festival (24th – 27th August)
Lismore Workers Club

Chicken Pox Alert

Please be aware that there have been suspected cases of Chicken Pox within the school community.

Please check your children for symptoms of Chicken Pox as per the attached advice from NSW Health Department.



Tuntable Creek Landcare Group

Next meeting **FRIDAY 24th JULY, 4pm** at the school.

Please come along if you would like to join or be part of the meeting as we are Market Charity of the Day together with the Hall on **AUGUST 9th**. Looking forward to seeing you all.

Regards
Lina



XMAS IN JULY HIGH TEA

*Fundraiser for Lismore Women's
& Children's Refuge*

**Saturday July 18th
2.00 pm**

**Eureka Community Hall
Eureka Road
EUREKA**

**Tickets \$30 Adults
Pensioners \$28
Children \$15 (12 & under)
5yrs and under \$10
Infants free.**

Serving a selection of *gourmet Christmas food*
Catered by High Tea Ladies
Fine China, Linen & Silverware with Xmas Decor
Entertainment, Games and Prizes



bookings Essential by 13th July
Ph: 0416231596/0409649702
Email: info@hightealadies.com.au
WWW.hightealadies.com.au



CITRUS CELEBRATION & PICNIC

@ the Lismore Community Garden

Sunday 26 July 10am - 1pm
Celebrating and sharing Lismore's citrus abundance.

- Bring your own picnic - Win a prize for the most stylish citrus-themed picnic!
- Gardening demonstrations with Garden Guru Phil Dudman. Plus, citrus cooking demonstrations.
- Citrus cooking competition - Fabulous prizes for best home-made preserves, baked item and beverage. Register online.
- Old fashioned kids games with a citrus twist.
- Food and drink stalls, music and more.

Find out more at www.facebook.com/LismoreUrbanAgriculture

LISMORE URBAN AGRICULTURE LOCAL GOV Lismore Community Garden newate

YOUTH EVENT

We are excited to be hosting the first ever deaf and hard of hearing youth event in Lismore. Come along to our **Roller Skating** event for a fun afternoon. It is a great opportunity to catch up with old friends and make new friends.

Who: Young deaf, hard of hearing people and CODAs aged between 12 and 17 years old

When: Saturday, 1 August from 1:00pm to 4:00pm

Where: Lismore Skating
21 Bridge Street, North Lismore

Cost: FREE!

RSVP: Wednesday, 29 July

Contact
Christiane Kassab
Youth Engagement Officer
ckassab@deafcommunity.com

Melissa Mahony
Outreach Support Worker
mmahony@deafcommunity.com



Chickenpox and Shingles

Last updated: 22 April 2014

Chickenpox is a common viral infection that can reappear later in life as shingles. Vaccination is recommended for all infants and non-immune adults.

What is chickenpox?

- Chickenpox is a viral illness caused by the herpes zoster virus (also known as the Varicella-Zoster virus)
- In children it usually causes a relatively mild illness.
- 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 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 free varicella containing vaccine (MMRV) is now recommended for all children at 18 months of age.
- Students in their first year of high school who have not previously received varicella vaccine and who have not had chickenpox are offered a varicella vaccine.
- The Varicella vaccine is 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.

What is Shingles?

- Shingles is caused by the reactivation of the 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 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 currently notifiable 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 immunosuppressed patients.

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