From the Principal

Dear Parents

On Friday we celebrate the Feast of Mary’s Assumption into Heaven. Mary shows us that believing in God is a matter of complete faith and trust in God.

Mary symbolises many images including Mary is called ‘blessed among women’ (Luke 11:27) because of her ‘yes’ in faith, ‘let it be done to me according to your word’ (Luke 1:38), which brought Jesus into the world. Mary calls to mind the words of St Paul, ‘It is no longer I who live but Christ who lives in me’ (Gal. 2:20). While Mary is the Saviour’s Mother, it is as his faithful disciple that she serves as the primary model of a Christ-centred life. Like Mary, we uncover the secret of who we are on discovering Christ at the centre of our lives.”

Mary’s human life helps her to be a bridge between earth and heaven helping us all to see what is possible. It is possible to be uncertain about ourselves, experience fear when opportunities arise and then accept with courage what is offered to us. It is possible to persevere through times of sorrow and disappointment to keep our trust in God. It is possible to live our lives in hope, trusting that God’s spirit will be with us in all we do.

The Easter prayer “Regina Caeli” or “Queen of Heaven”, which dates back to the 13th Century, illustrates the Christian tradition of “To Jesus through Mary”:

“Queen of Heaven, rejoice. Alleluia.
For he, whom you were worthy to bear, Alleluia, has risen He said. Alleluia.
Pray for us to God. Alleluia.
God, who by the Resurrection of Your Son, Our Lord Jesus Christ, has been pleased to give joy to the world, grant we ask You, that through the intercession of the Blessed Virgin Mary, His Mother, we may obtain the joys of eternal life, through the same Christ our Lord. Amen.”

Main gate

We apologise for the inconvenience with the locked entry to the school during school hours. Work will start shortly on the installation of an electronic gate. The gate will be a press buzzer with a voice intercom which will be used for all visitors to the site during school hours.

Thank you for your patience and understanding.

Wishing you every blessing for the week ahead.

Danuta Maka
**Religious Education News**

**Children’s Liturgy of the Word**

Children’s Liturgy of the Word takes place every Sunday during 10 am Mass throughout the term. All primary aged children are warmly invited to attend.

**The Assumption of the Blessed Virgin Mary**

We will join together in prayer on Friday 15th August for the celebration of the Eucharist. There will be two masses—one at 9.15 am (Parish morning mass) and the other at 12 noon. Mass attendance for the day is as follows:

**9.15 am Mass attendance:** 5 Blue, 5 Red, 4 Green, 4 Yellow, 3 Green, 3 Yellow, 2 Blue, 2 Red, 1 Red, 1 Blue, K Red, K Green, Yr 6 readers only

**12.00 pm Mass attendance:** All Year 6 classes, 5 Green, 5 Yellow, 4 Red, 4Blue, 3 Red, 3 Blue, 2 Green, 2 Yellow, 1 Green, 1 Yellow, K Blue, K Yellow

**Altar Server Training**

We are inviting any boy or girl who has made their First Communion to become Altar Servers in our Parish. There will be an opportunity for training. Please leave your name with the Parish Office 9639 0598 if you are interested. A new roster for Servers will be available in October.

**Class masses**

Children attend Parish Mass at 9.15 am during the term. Dates are as outlined in the Dates to Remember section of the newsletter and contained in the school calendar on our website at www.stmichaelsbhills@parra.catholic.edu.au

**Mrs Colleen Smith**

**Acting REC Coordinator**

---

**Parish News**

**Farewell for Fr. P.J.**

On the weekend of the 16th 17th August, Father P.J. will return to concelebrate with Fr. Mick the Vigil and 8.00am Masses and Fr. PJ will celebrate the 10.00am and 6.00pm. There will be a Parish morning tea after the 10.00am Mass in the Marie Therese Building. All parishioners are welcome to farewell Fr. PJ at the morning tea. To assist with catering, we ask that you would bring a plate to share. As we would like to farewell Fr. PJ with a gift from the Parish, there are contribution boxes at the doors of the Church this weekend.

**J1: Noah’s Ark**

When: This Friday 15th from 7.00-9.00 pm.
Where: Meet at the Downey Room (church carpark)

Come dressed as your favourite animal; Bring a gold coin donation

Just a reminder that every child MUST be signed IN and OUT by a parent/guardian

For more enquiries please contact Laura Burton (J1 co-ordinator) on 0433259234 or Jeremiah Wilkes (youth minister) on 0423342215

**Mum & Bub - Sing-along Sessions**

WHEN: Tuesdays in July 9.15am - 9.45am WHO: 0 - 2 year olds and carers

WHAT TO BRING: Hand Rattle. Older siblings bring a bear/doll.
WHERE: St Michael’s Playgroup Centre No booking necessary just turn up!

**Read-a-thon & Bookweek Book Character Parade**

Thank you to all families for your support for our **Read-a-thon**. It is our school’s major fundraiser for 2014, with all money collected going towards supporting the literacy learning for your children in our classrooms. We are hoping for $1000.00 per class, to allow us to purchase our wish list of quality literature, both print and digital. For some ‘real maths’, maybe you can ask your child to do some number busting to see how much that would be for each student in his/her class.

**Student of the Week**

**Term 3 Week 4**

| KBlue   | Samuel Kelly        |
| KGreen  | Tiffany Weidner     |
| KRed    | Sarah Burke         |
| KYellow | Olivia Pellicano    |
| 1Blue   | Levi Morrison       |
| 1Green  | Claire Maunder      |
| 1Red    | Ava Klein           |
| 1Yellow | Mitchell Essex      |
| 2Blue   | Olivia Hall         |
| 2Green  | Javier House        |
| 2Red    | Lily Roberts        |
| 2Yellow | Kayla The           |
| 3Blue   | Andre Youssef       |
| 3Green  | Nathan Grove        |
| 3Red    | Isabella Warland    |
| 3Yellow | Maddalena Barbara   |
| 4Blue   | Ryan Imms           |
| 4Green  | Leila Bozic         |
| 4Red    | Casey Cruden        |
| 4Yellow | Caleb Woods         |
| 5Blue   | Charlotte Ryan      |
| 5Green  | Blake Heylbut       |
| 5Red    | David McKay         |
| 5Yellow | Jessica Grove       |
| 6Blue   | Jake O’Keefe        |
| 6Green  | Samuel McGoldrick   |
| 6Red    | Kurtis Grech        |
| 6Yellow | Therese Barbara     |

---

**Mrs Lee Librarian & Kindergarten Leader of Learning**

---
Congratulations to all students who attended and competed at the St Michael's School Athletics Carnival. Particular congratulations on your behaviour and the spirit in which you competed. I received many positive comments about both from different people on the day.

Thank you to the teachers for getting the children to and from safely and for facilitating the carnival on the day. I know how long and hard (and cold) some of those jobs are and I appreciate your efforts.

Thank you to all our volunteers; parents, siblings and selected Year 6 students - without their support we would not have had such a successful carnival. Particular thanks to those parents who arrived at 7:30 am to help set up and those who were there until 3.00 pm helping to pack up.

Now to the results:

**Age champions**

<table>
<thead>
<tr>
<th>Boys</th>
<th>Girls</th>
</tr>
</thead>
<tbody>
<tr>
<td>U7</td>
<td>Riley Nolan</td>
</tr>
<tr>
<td>U8</td>
<td>Luke Alderson</td>
</tr>
<tr>
<td>U9</td>
<td>Bradley Mathewson</td>
</tr>
<tr>
<td>U10</td>
<td>Thomas Knez</td>
</tr>
<tr>
<td>U11</td>
<td>Joshua Rodgers</td>
</tr>
<tr>
<td>U12</td>
<td>Jarrod French</td>
</tr>
</tbody>
</table>

**Colour House Points Score**

| 1st   | Green   | 482 |
| 2nd   | Blue    | 377 |
| 3rd   | Gold    | 363 |
| 4th   | Red     | 306 |

Final congratulations goes to the following students who have been selected to represent St Michael's at the Hills Zone Athletics Carnival Next on Thursday 14th August.

- Luke Alderson
- Tiana Anderson
- Reneis Barnett
- Darcy Brettle
- Aiden Brosnan
- Ava Buric
- Isabella Charon
- Sonia Cheung
- Alana Curran-Jones
- Jarrod French
- Thomas Grech
- Patrick Horner
- Madison Hume
- Sheiden Jabor
- Noah Jackson
- Kalize Jarvis
- Emily Knez
- Thomas Knez
- Georgie Lamond
- Ryan Lange
- Kyra Lau
- Angus Lewis
- Carmela Magri
- Jordon Manzotti
- Francesca Marino
- Bradley Mathewson
- Liam McCallum
- Samuel McGoldrick
- Angelina McLean
- Dominique Mossman
- Chloe Nolan
- Joshua Patrick
- Gabriel Pellegrini
- Antonia Peprah
- Zyra Plebani
- Tianni Ranasinghe
- Olivia Rayner
- Joshua Rodgers
- Nathan Sarlog
- Gopika Satheesh
- Jacob Stanmore
- Alyssa Toubji
- Anneke van Zoggel
- Piper Watson
- Brooke Weinert
- Ethan Woods

The school's calendar is available on our website: stmichaelsbhills@parra.catholic.edu.au

**Dates to Remember**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri 15 Aug</td>
<td>Feast of the Assumption Mass—No Assembly 9.15 am—5 Blue, 5 Red, 4 Green, 4 Yellow, 3 Green, 3 Yellow, 2 Blue, 2 Red, 1 Red, 1 Blue, K Red, K Green, Yr 6 readers only 12.00 pm—All Year 6 classes, 5 Green, 5 Yellow, 4 Red, 4 Blue, 3 Red, 3 Blue, 2 Green, 2 Yellow, 1 Green, 1 Yellow, K Blue, K Yellow</td>
</tr>
<tr>
<td>Fri 15 Aug</td>
<td>Yr 6 Debate Mon 18 Aug-Fri 22 Aug Book Week</td>
</tr>
<tr>
<td>Mon 18 Aug</td>
<td>Yr 6 Incursion “Descendants of the Dragon”</td>
</tr>
<tr>
<td>Tue 19 Aug</td>
<td>6 Blue &amp; 6 Green @ Parish Mass 9.15 am</td>
</tr>
<tr>
<td>Wed 20 Aug</td>
<td>Bookathon and Dress up Day</td>
</tr>
<tr>
<td>Thu 21 Aug</td>
<td>1 Red and 1 Blue @ Parish Mass 9.15 am</td>
</tr>
<tr>
<td>Thu 21 Aug</td>
<td>Voice of Youth Cluster Final @ St Angela’s</td>
</tr>
<tr>
<td>Thu 21 Aug</td>
<td>Yr 5 Incursion—Mark Greenwood “The History Hunter”</td>
</tr>
<tr>
<td>Fri 22 Aug</td>
<td>Diocesan Athletics Carnival</td>
</tr>
<tr>
<td>Fri 22 Aug</td>
<td>Yrs 1-3 Incursion—“Spike the Echidna”</td>
</tr>
<tr>
<td>Tue 26 Aug</td>
<td>5 Red &amp; K Blue @ Parish Mass 9.15 am</td>
</tr>
<tr>
<td>Wed 27 Aug</td>
<td>2 Red &amp; 2 Blue @ Parish Mass 9.15 am</td>
</tr>
<tr>
<td>Wed 27 Aug</td>
<td>Yr 4 Reconciliation 10.00 am</td>
</tr>
<tr>
<td>Wed 27 Aug</td>
<td>Creative Arts Evening Hornsby RSL</td>
</tr>
<tr>
<td>Thu 28 Aug</td>
<td>2 Green &amp; 2 Yellow @ Parish Mass 9.15 am</td>
</tr>
<tr>
<td>Fri 29 Aug</td>
<td>Year 6 Debate</td>
</tr>
<tr>
<td>Fri 29 Aug</td>
<td>Year 5 Grade Mass 10.15 am</td>
</tr>
<tr>
<td>Tue 2 Sep</td>
<td>4 Green &amp; 4 Yellow @ Parish Mass 9.15 am</td>
</tr>
<tr>
<td>Wed 3 Sep</td>
<td>3 Red &amp; 3 Blue @ Parish Mass 9.15 am</td>
</tr>
<tr>
<td>Thu 4 Sep</td>
<td>K Red &amp; 5 Blue @ Parish Mass 9.15 am</td>
</tr>
<tr>
<td>Thu 4 Sep</td>
<td>Father’s Day Stall</td>
</tr>
<tr>
<td>Fri 5 Sep</td>
<td>P&amp;F Father’s Day Breakfast 7.30 am; P&amp;F Father’s Day Morning tea 9.00 am Fathers’ Day Non-Eucharistic Liturgy 10.15 am</td>
</tr>
<tr>
<td>Tue 9 Sep</td>
<td>6 Red &amp; 6 Yellow @ Parish Mass 9.15 am</td>
</tr>
<tr>
<td>Wed 10 Sep</td>
<td>4 Blue &amp; 4 Red @ Parish Mass</td>
</tr>
<tr>
<td>Fri 12 Sep</td>
<td>Years 1 &amp; 6 Buddy Mass</td>
</tr>
<tr>
<td>Thu 18 Sept</td>
<td>Student and Citizen of the Term Award Presentation 2.30 pm</td>
</tr>
<tr>
<td>Fri 19 Sept</td>
<td>Whole School Mass St Michael's Feast Day 10.15 am—End of Term 3</td>
</tr>
</tbody>
</table>

School fees

School fees are now due. Thank you to those who have made payment. As this is the last statement for the year, please settle your account by the due date.

Any queries, please contact Linda Borsato on 9639 0518 or via email at lborsato@parra.catholic.edu.au

Mr Steve Kovelis
PE teacher

The school's calendar is available on our website: stmichaelsbhills@parra.catholic.edu.au
Year 6: Hills Kellyville Rotary Writing Competition

On Monday August 12, the three finalists from St Michael’s went to dinner for the presentation of awards for the Hills Kellyville Rotary Writing Competition. There were eight schools and twenty-three finalists. Each finalist was presented with a certificate and a $20.00 book voucher, and their accompanying teachers were presented with a parcel of three books for the school library. St Michael’s came third overall and received a cheque for $110.00. In the individual competition Therese was awarded second place for her story. Every contestant had to use the sentence “I looked out the window and couldn’t believe my eyes when I saw…” somewhere in their story. All three students enjoyed the night and were very proud of the results. Thank you to Mrs Rugg for her support and encouragement.

Alicia, Lukan & Therese

Voice of Youth
2014 Elimination Round at St Michael’s

There was much hype at this year’s ‘Voice of Youth’ elimination stage. There were eleven contenders for the three available positions to represent St Michael’s at the Lower Hills Cluster final.

The school had all of Year 5 and Year 6 students in attendance. There were parents and teachers present to make the competition significant for the students as they expressed their views with passion and conviction.

The judges were Mrs Day, Mrs Knispel and Fr Mick. They had a difficult task choosing the final three because the contest was so wide open. The contestants were confident, knowledgeable and most convincing. They also displayed professionalism in their gestures and manner of delivery.

Lara with ‘Messages behind Movies’, Georgie’s ‘What is the Rush’ and Isabella’s message ‘Fur is not a Fashion Statement’ now move onto the next level in the competition. The Lower Hills Cluster is represented by St Angela’s, St Paul the Apostle and St Michael’s.

The principal, students and teachers wish the three contestants the very BEST of LUCK at the cluster final.

The Year 6 Teachers
- Mrs Rugg
- Mrs Calabrese
- Mrs Petrenas

International Competitions and Assessments for Schools (ICAS)

<table>
<thead>
<tr>
<th>Subject</th>
<th>Date</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Computer skills</td>
<td>Tue 20 May</td>
<td>results received</td>
</tr>
<tr>
<td>Science</td>
<td>Wed 4 Jun</td>
<td></td>
</tr>
<tr>
<td>Writing</td>
<td>Mon 16 Jun</td>
<td></td>
</tr>
<tr>
<td>Spelling</td>
<td>Tue 17 Jun</td>
<td></td>
</tr>
<tr>
<td>English</td>
<td>Tue 29 Jul</td>
<td></td>
</tr>
<tr>
<td>Mathematics</td>
<td>Tue 12 Aug</td>
<td></td>
</tr>
</tbody>
</table>

UNIFORM SHOP—2014

Every Thursday during Term time
8.30 am—9.30 am

WINTER UNIFORM PRICE LIST FORM

Available on our website at the following location:
http://www.stmichaelsbhills.catholic.edu.au/school-notes

Orders sent in during the week will be completed on Thursdays.

Please label all items of uniform clearly so that they can be returned to your child if lost and found.

BANKING

There was no student banking on Tuesday 12 August. Banking will resume on Tuesday 19 August.

Website thank you

Thank you to Mrs Stewart for contacting us last Friday to let us know that there was a technical issue with some of the school notes on our website. This has now been rectified.
News from the School Counsellor- Belinda Burgess

I thought it was time to share again with our school community, several local services, websites and resources that are designed to support and help children and families.

Hills Family Centre- offers family support, parenting courses (Triple P) and small group programs  Unit 437 14 Lexington Drive Bella Vista 2153 Phone (02) 8805 7288 Fax (02) 8805 7298 Email: thehills@wesleymission.org.au

The Hills Community Health - counselling 183-187 Excelsior Avenue, Castle Hill Telephone (02) 8853 4500 Telephone for Appointments (Central Referral Service) 1800 600 681

CatholicCare Blacktown (123 Magic parenting program, Triple P parenting program) ph: 8822 2222

Your General Practitioner- can advise of local private referrals for psychologists, occupational and speech therapists. Can also advise of health care plans to assist with cost.

Centre for Emotional Health Macquarie Uni- offer Cool Kids program for anxiety in children email: ehc.admin@mq.edu.au phone: 9850 8711. www.centreforemotionalhealth.com.au

Bereavement Care Centre 14 Hollis Avenue Eastwood ph: 9804 6909 Email: info@bereavementcare.com.au

The Anchor- Supporting kids through separation ph: 1800 288 760 (Mondays to Fridays, 9am – 5pm) Email: theanchor@unifamcounselling.org

1-2-3 Magic (Parenting Program) www.parentshop.com.au

Parent Line ph: 1300 1300 52 Professional help 24/7 for parents & carers of children 0-18 in NSW www.parentline.org.au

www.kidsmatter.edu.au/families/enewsletter free parenting information/tip sheets

Children’s Hospital Westmead ph: 9845 0000 www.chw.edu.au

HAND, FOOT AND MOUTH DISEASE

A child in the school has been diagnosed with Hand, Foot and Mouth Disease. Further information on this Disease is provided in the attached fact sheets from the NSW Health Department.

CHILD PROTECTION TRAINING FOR SCHOOL VOLUNTEERS

In order to become a school volunteer at St Michael’s Primary school the following must be completed:

- Child protection training on the Catholic Education Diocese of Parramatta website (instructions below).
- Download and read, complete, sign and return the school’s Confidentiality agreement available from the office or located on the school’s website under the Parent\School notes link.

Instructions for Child Protection training

- Go St Michael’s website - http://www.stmichaelsbhills.catholic.edu.au
- Click on Parents, go to Parent Involvement, click on Child Protection Course. You will then be directed to the Catholic Education Office – Diocese of Parramatta to complete the training.
- Once you have successfully completed the training, an email will be sent to St Michael’s for our records.

Focus Questions for Personal Exploration and Sharing

- How well are you "stepping beyond"?
- What do you want to "step beyond"?
- What are you currently "stepping beyond"?
- What is stopping you from "stepping beyond"?
- What have you learnt as you keep "stepping beyond"?
Thursday 4th September

Gift Stall

A huge variety of gifts $6 each that the P&F have purchased for the stall.
1 gift = $6.00, 2 gifts = $12.00, 3 gifts = $18.00 etc.
For no child to miss out, please fill in the form below & money needs to be in at the office by Monday 1st September

NO MONEY WILL BE ACCEPTED ON THE DAY OF THE STALL. NO LAYBY.

Each child will need to fill out a separate form!

1 Gift Purchases

Child’s Name: _________________________________
Child’s Class: ________________________________
Number of gifts purchased:

Qty __________ x $6.00 each = $ ____________

Friday 5th September

BBQ Breakfast & Morning Tea

This year the P&F are putting on a bacon & egg BBQ breakfast for Fathers’ Day! It starts at 7.30am at the Hall and as the morning progresses it will become a tea, coffee & cake Morning Tea at approx 9am which will conclude at 10am - BEFORE the Liturgy.

We invite all Dads, Grandads, Uncles & all important loved ones who are like a Dad to join us on the day.

School Hall 7.30am - 10am
(before Fathers’ Day Liturgy at 10.15am)

2 Fathers’ Day RSVP

For catering purposes

Number of guests for BBQ Breakfast at 7.30am: _____________________ or

Number of guests for Morning Tea at approx 9am: _____________________

Child’s Name: _________________________________
Child’s Class: ________________________________

3 Can You Help? We need a number of helpers, to set up, during and to clean up. If you can assist, please fill in the details below. A P&F member will be in touch with you in regards to times. Your assistance is greatly appreciated, thank you.

I am able to help on the day of the Fathers’ Day stall Thursday 4/9

I am able to help on the day of the BBQ/Morning Tea Friday 5/9

My Name: _________________________________
Child’s Name: _________________________________
Child’s Class: _________________________________

Email address: _________________________________
Contact Number: _________________________________
We are running a Tea Towel Fundraiser!

The unique tea towel design is made up of face drawings by all our students. The drawings are arranged into a commemorative design as such --->

Kindy on one towel.
Year 1+2 together on one towel
Year 3+4 together on one towel
Year 5+6 together on one towel

Then they are screen printed in dark blue onto high quality white tea towels.

We chose tea towels because the project gets the children involved, produces a wonderful memento and meaningful gift for parents, relatives and special friends. The tea towels look amazing, are so easy to post to relatives and friends. They make a fabulous reminder of your child’s early years.

ONLY $15 for a limited edition tea towel. Tea towels can be ordered by dropping the order form below with payment into the P&F mailbox in the office in an envelope clearly marked “TEA TOWEL ORDER”.

Make sure you don’t miss out! Preserve your child’s artwork and remember friends forever!

Final orders are due before **Monday 15th September**

If you have any queries please contact our coordinator - *Lyndal Pascoe*: lyndal017@yahoo.com.au

---

**Tea Towel Fundraiser**

**P&F**

**Community • Friendship • Education**

St Michael’s Primary School Parents and Friends Association Baulkham Hills

---

**Tea Towel Order Form - 1 order form per family**

Family Name: ____________________________________________

**Your children’s names & classes**

1. _____________________________
2. _____________________________
3. _____________________________
4. _____________________________
5. _____________________________

**Choose a Tea Towel grade**

- Kindy
- Year 1+2
- Year 3+4
- Year 5+6

**Quantity**

   _________
   _________
   _________
   _________
   _________

**Choose a payment method**

- [] Cash
- [] Cheque

Cheques payable to “P&F St Michael’s”

**Total number of Tea Towels ($15 each)** _________

**TOTAL amount enclosed** $___________

Your Name: ____________________________________________ Email: ____________________________________________ Phone: ____________________________
REMINDER

All soccer balls, netballs, basketballs etc MUST be carried to and from school in a bag (either school bag or other bag) for safety reasons and should be labelled with the child’s name.
They should not be played with before and after school.

Term 3, PRC Presentation:
Anxiety & Children - Mon 1 September 2014 – 7 pm
St Patrick’s Primary School, 51 Allawah Rd, Blacktown
Anxiety and Children
Dr Andrew Martin is a well respected and experienced presenter who was very popular at the recent Catholic Schools Parents Conference held in Parramatta in 2013.
An important area of interest for many parents and families.
The presentation commences at 7pm (Doors open 6.30pm)
Book Now! prcparraevents@hotmail.com
Contact: Parents Representative Council, Parramatta Diocese
Email: prcparraevents@hotmail.com

UNDER 9 AND UNDER 10 GIRLS’ OZ TAG TEAMS
Girls needed who would like to join an Under 9 or an Under 10 all girl oz tag team to play in the Baulkham Hills Oz Tag competition starting Friday 12th September until December.
Registration is tonight at Crestwood Park 4-7 pm—Registration fee $75.
Further information www.baulkhamhillsoztag.com.au

Grand Master Incheol Yoo
Martial Arts for Kids From 3 yrs
9th Dan Black Belt
Start a new life with a positive attitude
Discipline  Confidence  Concentration
Self Defence  Bully safety accredited
TAEKWONDO WORLD 5 Gladstone Rd, Castle Hill
Martial Arts School 8850 7771 tkdworld.com.au

Have a relaxing & fun day out with your friend. Enjoy being pampered with our unique DIY (Design It Yourself) Facial for both of you. Pay only $75 for both.

Buy 1 Get 1 Free The Essential Facial
Call 8677 1565 to book
97 Cecil Ave, Castle Hill 2154

Inspire is a unique after school program that provides:
- Homework and tuition
- Kids don’t just do their homework - they participate in valuable nutrition and exercise workshops.
- Fun, inspirational time
- Lots of fun activities - discover Picasso, grow some herbs, do some craft and become creative.

A martial arts lesson
- Build confidence, self-esteem and discipline with our martial arts program that is re-creative, safe and fun.

A day at Inspire
- Our kids get up and go to school as usual.
- Activities are completed.
- Kids do a martial arts lesson.
- A healthy afternoon tea is served.
- Parents pick up kids.

Inspire. Because your kids deserve the best!

Locations
- Baulkham Hills
- Carlingford
- Penrith
- Winston Hills

Inspire Program Australia
Call 0419 432 511
www.powwowgraphicdesign.com.au

Invitations for all occasions
Wedding  Engagement  Birthday  Baby  Childrens & more

This Newsletter is available for viewing on our website: www.stmichaelsbhills.parra.catholic.edu.au
Hand, Foot and Mouth disease

Last updated: 1 July 2012

What is hand, foot and mouth disease?

Hand, foot and mouth disease is generally a mild illness caused by the coxsackievirus. It is not a serious illness and is not at all 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?

- Coxsackievirus infection may cause no symptoms at all or only very mild symptoms
- When symptoms do occur, they include blisters that start 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 hands and feet. In infants, sometimes blisters can be seen in the nappy area. Blisters usually last for seven 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, the coxsackieviruses 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 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 child care 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
• Ensure the mouth and nose are covered when coughing and sneezing. Wipe the nose and mouth with tissues, dispose of used tissues and then wash your hands.

How is it diagnosed?

The 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. If the headache is severe, or if fever persists, consult a doctor.

What is the public health response?

Hand, foot and mouth disease is not notifiable. Children with hand, foot and mouth disease should be excluded from school or childcare facilities until their blisters have dried.

To help prevent spread, parents should report the illness to the director of the childcare centre or school principal.

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