Dear Parents

This week we welcome our Kindergarten 2015 parents and children to St Michael's school.

At St Michael's our aim is to provide a student centred dynamic quality educational environment that has at its basis the Gospel Values of Jesus Christ. An environment where all can learn, experience success, feel included, challenged and inspired to create, produce and share information with each other and the world.

Kindergarten marks the first formal year of your child’s primary education. It is well accepted that children are learning from birth at a rate faster than at any other time of their lives. The early years are therefore an opportune time where we as primary educators can take an active role in your child's construction and acquisition of learning and understanding.

This is a time where we are able to carefully cultivate and guide each child's intellectual, emotional, social, spiritual and moral potential. This is a stimulating and challenging point in time for your child, children and your families as they become part of St Michael's school community.

Reflection

“When we plant an Iris bulb in the earth, we notice that it is small, but we do not criticise it as ‘rootless and stemless’. We treat it as a bulb, giving it the water and nourishment required of a bulb. When it first shoots up out of the earth, we don’t condemn it as immature and underdeveloped; nor do we criticise the buds for not being open when they appear. We stand in wonder at the process taking place and give the plant the care it needs at each stage of its development. The Iris is an Iris from the time it is an Iris till the time it dies. Within it, at all times, it contains its whole potential. It seems to be constantly in the process of change; yet at each stage, at each moment, it is perfect as it is.”

Because a parable is a story that contains some moral or lesson for the reader, it is obvious that the “bulb” can easily be translated into the “child” and so perhaps the lesson might go something like this:

As parents, we are firstly responsible for the existence of our children and after that we are totally responsible for their welfare. The type of children they turn out to be, depends to a very large extent on the type of welfare we offer them. We need to be patient and accepting of our children and the manner in which they emerge from being babies to being children, from children through to the difficult time of adolescence and eventually to adulthood. If anything destructive happens to the first shoots of the bulb as it comes up through the soil, the future full blooming of the flower is very likely to be spoilt. So too with children; they will always need to be corrected, counselled, guided, but all of this should be effected in a positive, constructive way. After all, children are not miniatures of their parents, they are unique individuals gifted and graced and destined for eternal life.

“Lord, you have made our children as varied as the flowers of a garden. You have blessed each one uniquely. Each fragile, growing child is infinitely precious in your sight. You have trusted us to nurture them and blessed us with the joy of seeing them grow. Lord, please guide us as we walk through life with our children. Amen.”

Wishing you every blessing for the week ahead.

Damita 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.

First Reconciliation

Congratulations to all the children who made their First Reconciliation. Thank you to the parents, facilitators and home hosts who have assisted in helping to prepare the children for their first reception of the Sacrament.

Year 4 Eucharistic Liturgy

Year 4 will participate in their Eucharistic Liturgy on Friday 21 November at 10.15 am. Everyone is welcome to attend.

Year 3 Second Rite of Reconciliation

Year 3 will participate in the Second Rite of Reconciliation on Wednesday 26 November at 10 am. Everyone is welcome to attend.

Year 5 Eucharistic Liturgy

Year 5 will participate in their Eucharistic Liturgy on Wednesday 3 December at 10.15 am. Everyone is welcome to attend.

Sacramental programs

If you are seeking any assistance with Sacramental programs for 2015 please contact Monica from the Parish Office on 9639 0598.

Class masses

Children attend Parish Mass at 9.15 am during the term. Dates for Term 4 class masses 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

Mr David Ison
REC Coordinator

Parish News

NEW APPOINTMENT FOR FR MICK

Bishop Anthony Fisher has appointed Mick as the Administrator of Our Lady of the Way Parish, Emu Plains. Fr. Mick’s last Mass here in the Parish of Baulkham Hills will be on New Year’s Day. An Administrator of the Parish of Baulkham Hills will be appointed effective from 1st January, 2015. Fr. Mick has requested that there be no formal farewell arranged. A prayer for his continued welfare would be appreciated.

November Masses

November is traditionally the month in which we remember our deceased family members and friends. If you would like to have those who have gone before us remembered in all Masses during November, could you please write their names on an envelope or piece of paper and place it on either of the collection plates or give it to Fr. Mick. All names will be typed up and placed on the altar for the duration of November. There is no need to make a monetary contribution for these remembrance Masses.

St Vincent de Paul Society 2014 Christmas Hamper Appeal

The St Michael’s Conference of the St Vincent de Paul Society will again be providing Christmas hampers to the poor and disadvantaged families we have assisted over this past year. Profiles of these families will be displayed in the foyer of the church over the next two weeks. Your generous support for the appeal will be greatly appreciated.

SOCIAL SKILLS PROGRAM

The social skill for Term 4 Week 7 is:

Thankfulness

Being at all times considerate and kind to others.

Student of the Week

Term 4 Week 5

KBlue Stella Azares
KGreen Michael Dinos
KRed Jazelle Alexander
KYellow Amelia Komadina
1Blue Riley Miller
1Green Thalia Mangano
1Red Montanna Atkins-Catlin
1Yellow Harrison Habib
2Blue Olivia Alford
2Green Scarlett Jackson
2Red Aidan Simon
2Yellow Angelina Woodward
3Blue William Taleb
3Green Charlotte Stewart
3Red Dominic Altavilla
3Yellow Holly Wills
4Blue Sophia Grainger
4Green Lachlan Dirube
4Red Gianluca Plebani
4Yellow Lachlan Dengate
5Blue Alana Curran-Jones
5Green Mackenzie Williamson
5Red Jonathan Carlos
5Yellow Thomas Cowling
6Blue Jake O’Keefe
6Green Annalise Ogilvie
6Red Amy Martin
6Yellow Amelia Maunder

2015—Are you leaving St Michael’s?

If your family is not returning to St Michael’s in 2015, please let Mrs Maka, Principal, know as soon as possible.

J1 is going rock climbing!

This Friday 14th November
6:00p.m - 8:00p.m
The Edge Rock Climbing Centre
9/10 Hudson Ave Castle Hill
Cost $15
Bring: a water bottle, comfortable clothes (long shorts girls) and closed in shoes i.e. runners
**DATES TO REMEMBER**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fri 14 Nov</td>
<td>Kindergarten 2015 Orientation Session 2</td>
</tr>
<tr>
<td>Tue 18 Nov</td>
<td>4 Green and 4 Yellow Parish Mass 9.15 am</td>
</tr>
<tr>
<td>Wed 19 Nov</td>
<td>3 Green and 3 Yellow at Parish Mass 9.15 am</td>
</tr>
<tr>
<td>Thu 20 Nov</td>
<td>4 Blue and 4 Red at Parish Mass 9.15 am</td>
</tr>
<tr>
<td>Fri 21 Nov</td>
<td>Year 4 Eucharistic Liturgy—10.15 am</td>
</tr>
<tr>
<td>Tue 25 Nov</td>
<td>1 Red and 6 Red at Parish Mass 9.15 am</td>
</tr>
<tr>
<td>Wed 26 Nov</td>
<td>2 Red and 2 Blue at Parish Mass 9.15 am</td>
</tr>
<tr>
<td>Wed 26 Nov</td>
<td>Year 3 Second Rite of Reconciliation—10.00 am</td>
</tr>
<tr>
<td>Thu 27 Nov</td>
<td>1 Green and 6 Green at Parish Mass 9.15 am</td>
</tr>
<tr>
<td>Fri 28 Nov</td>
<td>Staff Development Day—Pupil Free</td>
</tr>
<tr>
<td>Mon 1 Dec-</td>
<td>Years 1-3 Swimming program</td>
</tr>
<tr>
<td>Fri 5 Dec</td>
<td></td>
</tr>
<tr>
<td>Tue 2 Dec</td>
<td>4 Blue and 4 Red at Parish Mass 9.15 am</td>
</tr>
<tr>
<td>Wed 3 Dec</td>
<td>K Red and K Blue at Parish Mass 9.15 am</td>
</tr>
<tr>
<td>Wed 3 Dec</td>
<td>Year 5 Eucharistic Liturgy—10.15 am</td>
</tr>
<tr>
<td>Wed 3 Dec</td>
<td>P&amp;F Annual General Meeting—7.00 pm</td>
</tr>
<tr>
<td>Thu 4 Dec</td>
<td>4 Green and 4 Yellow at Parish Mass 9.15 am</td>
</tr>
<tr>
<td>Thu 4 Dec</td>
<td>Year 6 Canberra Excursion</td>
</tr>
<tr>
<td>Fri 5 Dec</td>
<td>Kindergarten Incursion—Water Smart Session</td>
</tr>
<tr>
<td>Tue 9 Dec</td>
<td>2 Green and 2 Yellow at Parish Mass 9.15 am</td>
</tr>
<tr>
<td>Wed 10 Dec</td>
<td>K Green and 5 Yellow at Parish Mass 9.15 am</td>
</tr>
<tr>
<td>Thu 11 Dec</td>
<td>K Yellow and 5 Green at Parish Mass 9.15 am</td>
</tr>
<tr>
<td>Thu 11 Dec</td>
<td>Year 6 Awards Ceremony—6.15 pm Hall Year 6 Graduation Mass—7.30 pm Church</td>
</tr>
<tr>
<td>Fri 12 Dec</td>
<td>Years K-5 Promotion Afternoon—Children meet their teacher and class for 2015</td>
</tr>
<tr>
<td>Mon 15 Dec</td>
<td>Student and Citizen of the Term Award Presentation 2.30 pm</td>
</tr>
<tr>
<td>Tue 16 Dec</td>
<td>Year 6 Sydney Olympic Park</td>
</tr>
<tr>
<td>Wed 17 Dec</td>
<td>End of Year Whole School Mass 10.15 am</td>
</tr>
<tr>
<td>Wed 17 Dec</td>
<td>Students finish for Term 4—3.10 pm</td>
</tr>
</tbody>
</table>

**STAFF DEVELOPMENT DAY**

*Friday 28th November* is a professional learning day for the staff. The staff will spend the day working with Fr Richard Leonard on ways to enrich their own spirituality and that of our students. All staff, including the office staff, will be offsite on this day. Please note that no supervision will be provided.

**UNIFORM SHOP—2014**

*Every Thursday during the Term 8.30 am—1.00 pm*

**UNIFORM PRICE LIST FORM**

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

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

The uniform shop will be open on promotions day Friday 12 December from 12.00-3.00 pm.

**Youth Farewell Mass for Archbishop Anthony**

On Saturday 8 November we attended the farewell mass for Archbishop Anthony. We were privileged enough to join in the celebration of the Eucharist with the youth of the Diocese. Children from across the Parramatta Diocese came to give thanks to Archbishop Anthony in recognition of the wonderful work he has done for our diocese over the past 5 years. During the mass, Archbishop Anthony thanked and acknowledged the youth present for their continued involvement in the work of the church. He encouraged everyone to take on the important role of evangelization. We were even lucky enough to get a photo with Archbishop Anthony, not only a group photo but one with just the three of us. It was such a wonderful day, one that we will always remember and we wish him all the best for the future.

*By Juliette Piali and Sarah Wadih*

**Banking**

Only four more weeks of banking for the year. If you want to redeem your rewards it will have to be within the next three weeks. Redeem rewards by 2 December to receive by 9 December.

**Last week for banking will be 9 December**

Any unused coupons will roll over to next year. Thank you.

*Kim and Katrina, Banking Coordinators*
NEWS FROM 3 BLUE

In 3 Blue we wrote prayers for those in need. Here are some of our prayers.

Dear God,
Please help the people who are in need.
Please help the hungry to be fed.
Please help children without an education.
Please help stop terrorism and stop hate.
Help people to turn the other cheek.
Please help people make good choices.
Where there is war please help make peace.
Please guide us throughout our lives.
Please help us make a difference in this world.
Please stop violence and give them the strength to carry on.
Amen.

Dulansa

Dear God,
Help the outcast, help them fit in.
Help the poor, give them the strength to carry on.
Help the homeless, help them find shelter and lead them to a good life.
Help the people in war zones, keep them safe from violence.
Help the children without an education, lead them to a good life.
Help stop the hate and the war, and replace it with love and peace.
Help everyone do the right thing.
Help everyone when times are tough.
Amen.

Rebecca

Dear God,
Help those who need food.
Please help the poor with no shelter.
Help people to find homes that have lost their homes.
God our father, Help our world.
Help your people, including me, to be respectful to one another even those who are disrespectful to us.
God forgive us and help us to forgive each other and help us to make the right choices and to do the right thing.
Father, Help our world to help each other and to stop our wars on this planet.
Help the people of this world who are injured.
Help us to care for this whole world and your creation.
Amen.

Ellen

Dear God,
Help those in need who are homeless and poor,
the one’s that rely on you, the people that don’t live like us,
and for those in other countries who don’t go to school or
who can’t go to school,
guide them down the right road for life.
For those who hate, help them to love instead.
Help all these people because they’re suffering.
Amen.

Ethan

Year 1 News

WORK FOR THE CHILDREN IN JAMAICA APPEAL

We would like to thank the parents for supporting their children in the “When I grow up I want to be alive” mission unit. We would like to congratulate the Year 1 children who understood their calling as a Christian to support the children in need overseas by doing jobs around the house to earn money. They raised a total of $345.10.

Year 1 Teachers

Application for Leave for Students taking leave during the School Year

Parent Information

In 2013 new Government guidelines were introduced for schools to follow when marking the attendance registers (class rolls).

These new guidelines require parents who are taking their children on holidays or other leave, during the school terms, to complete a request for ‘Exemption from School Attendance’ form.

These new guidelines also cover employment in entertainment industry, and participation in elite sporting events for short periods of time (i.e. for one or two days and at short notice).

These forms must be completed before taking your holiday or leave. The School Principal can only approve up to 50 school days leave. Longer periods need the approval of the Director of Schools Parramatta and the Catholic Education Commission.

Once these forms (one for each child) have been completed and returned, you will then be issued with a certificate allowing the exemption from school. This certificate needs to be kept with you while on holidays/leave in case you are requested to present it. Holidays of more than 20 days require a copy of all travel documents as well.

The forms are available on our website and at the school office for you to collect. Please complete and return the Application for Exemption from School form as soon as possible and return before leaving for your holiday. Thank you for assistance in the matter and if you have any further questions please contact the school office on 9639 0518.

CHANGE: Please note that the school office is unable to provide change for out of school Sport or P&F fundraising activities. Please send in the correct money in an envelope with the details of the activity. Thank you.
STOP AND DROP VOLUNTEERS

Term 4 and 2015

We currently need volunteers to assist with the remaining mornings in Term 4 as well as for 2015.

All it requires is half an hour one morning once a month, so if you have ever thought you'd like to volunteer now is the time!

Please contact Debbie Grehan at deborah.grehan@bigpond.com or return the following with your details to the School Office.

STOP AND DROP VOLUNTEERS

Name: ______________________________________
Email: _______________________________________
Home phone: _________________________________
Mobile: ______________________________________

Day/s available:

Mon ☐ Tues ☐ Wed ☐ Thurs ☐ Fri ☐

STOP AND DROP VOLUNTEERS

Child:   ______________________________________
Class: _______________
Child:   ______________________________________
Class: _______________
Child:   ______________________________________
Class: _______________

2015 Parramatta Diocesan Team
Sport Trials

Any Primary students enrolled in Year 5 and 6 in 2015 are invited to participate in the Inter-Diocesan MacKillop Primary School team sports trials during Term Four in 2014 and Term One in 2015. Parramatta Diocesan trials will be held in the following sports:

*AFL (boys), Basketball (B&G), Cricket (B&G), Diving (B&G), Hockey (B&G), Football (B&G), Golf (B&G), Hockey (B&G), Netball (girls), Rugby League (11yrs & Opens), Rugby Union (boys), Softball (B&G), Tennis (B&G), & Touch (B&G).

To be eligible for selection for these trials an Online Team Registration Form must be completed that can be accessed via the website www.primarysportparra.catholic.edu.au. This online form is an EXPRESSION OF INTEREST for the 2015 Parramatta Diocesan Primary Sport Team trials. You may complete this form to attend a selection trial or if you have been selected in a representative squad or team. One form is to be completed per child, per individual sport. Please note that your online registration is an EXPRESSION OF INTEREST ONLY and MUST be approved by your child’s school. In order for your child to attend the nominated trial or event this may come down to the discretion of your school as to who is selected to attend the trial.

In some sports only 2 students per school can be nominated. Please complete all fields and especially “Representative Experience”.

Your child’s school will notify you one week prior to the trial date if your child is to attend to the Parramatta Diocesan trial for their selected sport by providing a trial information sheet.

Under no circumstances will a child be eligible to trial if the Online Registration Form has not been completed and approved by the school by the closing date.

Please contact your school sports coordinator for any further information.

Yours In Sport,
Margaret Thornton
Teaching Educator – Primary Sport
Catholic Education Diocese of Parramatta

Band News

Is your child interested in joining the band next year? Would you like more information on the School Band program? The School Band is now taking enrolments for 2015 and participation is open to all students who are currently in year 2-5. No prior experience is required.

Students will have recently attended a Concert by the band and Teaching Services Australia (TSA) staff demonstrating the variety of instruments available for tuition next year. They will also have received a yellow Expression of Interest form (“Band Program Introduction”). Students who return this form will be given the opportunity to test a variety of instruments to help them find the one most suited to them. They will then be given a comprehensive Enrolment Pack with the results of this instrument test.

Learning an instrument in an ensemble is a great way to experience the social, educational and personal benefits that music and the arts have to offer. TSA is committed to providing a quality concert band program, with full band rehearsals, great value tuition and rent-to-buy instrument hire.

This yellow Expression of Interest form is due back to the school office within 5 days. You can download this note at www.teachingservices.com.au or for more information email info@teachingservices.com.au
ST MICHAEL’S BAULKHAM HILLS - ALLERGY AWARENESS

Throughout our school we have a number of children with life threatening allergies to various forms of food, latex, dust, cats and insect stings. This is a serious matter, one that our school must address.

Some children have allergies that are so severe that smells or touch could trigger a reaction.

In order to do this we appeal to all parents to assist us in caring for these children by considering the type of foods you pack for your own child’s recess and lunch.

Our aim is to minimise the amount of peanut and tree nut products brought into the school. These foods are extremely dangerous to our children with allergies and cause 50% of food allergic deaths.

Common foods that trigger an allergic reaction are listed below and we ask you to refrain from sending them to school and to seek suitable alternatives.

<table>
<thead>
<tr>
<th>FOOD TYPE</th>
<th>EXAMPLES</th>
</tr>
</thead>
<tbody>
<tr>
<td>Peanuts</td>
<td>Any kind of peanut</td>
</tr>
<tr>
<td>Tree nuts</td>
<td>Hazelnuts, almonds, cashews, pecans, walnuts, macadamia – any kind of</td>
</tr>
<tr>
<td>Peanut butter</td>
<td>Any kind of peanut butter</td>
</tr>
<tr>
<td>Sesame seeds</td>
<td></td>
</tr>
<tr>
<td>Nutella</td>
<td></td>
</tr>
<tr>
<td>Biscuits containing or topped with nuts</td>
<td>Particularly chocolate biscuits</td>
</tr>
<tr>
<td>Cakes or slices containing nuts</td>
<td></td>
</tr>
<tr>
<td>Snack packs containing nuts</td>
<td>Dried fruit + nut mixes, snack-a-bouts, Dunkaroos</td>
</tr>
<tr>
<td>Chocolates containing nuts</td>
<td>Picnics, Snickers, Mars Bars (almond), Nut Breaks, Ferrero Rocher, Fruit and</td>
</tr>
<tr>
<td>Chocolate lollies containing nuts</td>
<td>Peanut M&amp;Ms</td>
</tr>
<tr>
<td>Marzipan and nougat</td>
<td></td>
</tr>
<tr>
<td>Breakfast cereals containing nuts</td>
<td>Crunchy Nut or Honey Nut Cornflakes, Muesli, Nutri Grain, Just Right etc</td>
</tr>
<tr>
<td>Muesli Bars and Snack Bars containing nuts</td>
<td></td>
</tr>
<tr>
<td>Yoghurt with nut mixer packs</td>
<td>Ski Double Up</td>
</tr>
<tr>
<td>Confectionary items</td>
<td>Lolly Gobble Bliss Bombs, Rocky Road</td>
</tr>
<tr>
<td>“Health Food” confectionary bars</td>
<td></td>
</tr>
<tr>
<td>Foods containing satay</td>
<td>Thai, Malaysian, Indonesian meals</td>
</tr>
<tr>
<td>Some moisturisers</td>
<td></td>
</tr>
</tbody>
</table>

The Canteen does not sell any of these products.

In the case of a child bringing a nut product to school, teachers will bring the matter to the attention of parents.

There are many foods that DO NOT contain peanuts or nuts in their ingredients list, but the food package has the statement “May contain traces of dairy, nut or seed”. This food may be brought to school and consumed only by non-allergic children.

Due to safety and concerns, we discourage children from sharing food and drink. We would also appreciate parents speaking to their children regarding this matter. Your child’s diet at home need not change.

Below is a list of foods that are safe for you to choose from. We’re sure you can think of many others.

- Fruit and vegetables
- Dried fruits, Fruit snack packs
- Vegemite, jam, honey, cheese spreads
- Parker’s Pretzels, Rice crackers
- Chips, Popcorn
- Plain biscuits – sweet or savoury – without nuts
- Chocolate biscuits – without nuts
- Plain Cornflakes, Rice Bubbles, Weetbix, etc – without nuts
- Fruit based muesli bars and snack bars – without nuts
- Yoghurt – without nuts mixes
- Lollies and confectionary items – marshmallow, spearmint leaves, jelly babies, snakes, raspberries, etc without nuts.

Basically we ask you not to send food to school with your child that contains a nut or nut product in list of ingredients.

We thank you for helping us to provide a safe environment for all children at St Michael’s.
COMPLAINTS AND GRIEVANCES POLICY

1. **Rationale**
   At St Michael’s Primary School, Baulkham Hills, the dignity of each individual is valued and the rights and beliefs of all members of the community are respected.

2. **Aims**
   However, from time to time concerns may arise between different groups within the school community. At St Michael’s we aim to attempt resolution as soon as any concerns arise.

3. **Implementation**

   **Parents**
   Complaints or grievances pertaining to classroom issues or that relate to other children are to be dealt with by school personnel. It is not appropriate for parents to approach other children or other parents while on school premises to resolve issues.

   The recommended procedure to be followed by parents is:

   3.1 The first point of contact is the child’s class teacher. An appointment with the teacher should be made via the school office or directly with the teacher.

   3.2 If parents are not satisfied with the solutions offered or believe they have not been given a fair hearing, they are encouraged to make an appointment with either the principal or assistant principal, to discuss the issue further.

   3.3 Parents are reminded that there are always two sides to every story and while it is important to listen to their own child, it is also just as important not to draw conclusions or make accusations until all the facts are known.

   3.4 Parents may also contact Catholic Education, Diocese of Parramatta for further discussion.

   3.5 All parties should aim to work towards a mutually agreeable solution to the grievance.

   **Students**
   The recommended procedure for students who have complaints or grievances is:

   3.6 If and when issues arise in the classroom, students are encouraged to speak to the class teacher in order to seek assistance in finding a resolution.

   3.7 Students encountering problems on the playground are asked to talk to the staff member on duty, who will then, if necessary, refer it to the class teacher or one of the school’s Leadership team.

   3.8 Students may also speak to any other staff member regarding any issues.

4. **Evaluation**
   Policy to be evaluated by staff in Term 4 of each year.
Whooping Cough (Pertussis)

Last updated: 1 July 2012

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 making a high-pitched noise 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 or sneezes and the droplets carry the 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 3 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 653 899.
- 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 planning a pregnancy, pregnant (third trimester) or post-delivery. These women should discuss their vaccination needs with their doctor as soon as possible.
- 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.
- New mothers in NSW are eligible for free whooping cough vaccine in the public maternity unit after the birth of their children.

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.

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

Identify – Protect – Prevent

NSW Health whooping cough campaign

For further information please call your local Public Health Unit on 1300 666 055 or visit the New South Wales Health website www.health.nsw.gov.au
Dr Sally Fitzpatrick, Macquarie University, PAVe project
‘Preventing anxiety & victimisation through education’
Speaking about resilience & bullying & what parents can do at home

On Wednesday 29th October we were privileged to have guest speaker, Dr Sally Fitzpatrick, at our Term 4 General Meeting. Dr Fitzpatrick is the Project Manager for PAVe - Preventing Anxiety and Victimisation through education. A program that is being introduced voluntarily to Year 3 and 4 students and families. Dr Fitzpatrick presented an important and compelling talk about this very important issue that affects many. We are fortunate to have this program at our school.

On the next page is an article from the Daily Telegraph about this important initiative. For more information about the PAVe project, please see the link below.

Primary school children to receive lessons on how to beat the bullies

BRUCE MCDougall Education Reporter THE DAILY TELEGRAPH JUNE 10, 2014 12:00AM

The battle against bullying will soon move into the classroom with thousands of primary school children set to receive lessons in how to protect themselves.

In the largest offensive of its type, 5000 students as young as eight across 100 schools will be taught skills to handle bullies and develop resilience.

Parents will also be invited to become involved by working with their children on anti-bullying strategies at home.

The intervention programs called Preventing Anxiety and Victimization through Education are aimed at primary children from Year 3 to Year 6 and are funded by the National Health and Medical Research Council, the Federal Department of Education and Macquarie University.

Project manager Sally Fitzpatrick from Macquarie University’s Centre for Emotional Health said the lessons, to be embedded in the school curriculum, would give vulnerable children the social and emotional skills to ward off bullying.

“This takes a whole of school approach to bullying and teaches children how to manage their feelings,” Dr Fitzpatrick said.

“Bullying impacts up to 80 per cent of children in that (vulnerable) social group.

“The research shows there is a strong relationship between anxiety in children and victimisation and we are providing them with skills they will need.”

Two cutting edge and proven programs will be run in NSW schools — the Friendly Schools Plus, designed to enhance students’ social and emotional learning and foster prevention of bullying behaviours and the Cool Kids: Taking Control, which builds resilience in bullying victims.

Dr Fitzpatrick said children also would be taught how to build successful friendships in the playground and how to cope with difficult and threatening situations.

Teachers will be trained to deliver the programs in the classroom.

Extensive research shows young people who believe their friendships are “solid” can more easily handle social victimisation and reduce the chances they will become anxious and depressed.

Schools are being recruited to take part in the anti-bullying offensive, which will be launched next year.

The latest data on serious incidents in public schools in NSW shows that in term four last year there were 120 reports of assault, 77 threats and 47 incidents involving weapons.

Under Safe School programs supported by the federal government, anti-bullying measures were built into the curriculum with children at different ages taught acceptable behaviours as part of class work.

Online spats between children have been spiralling out of control, with experts revealing 10 per cent of children claim to have been cyber bullied.
Let us create images you will love and cherish forever. Specialising in maternity, newborn and family, Images Unleashed Photography have affordable packages, and sessions that can be personalised to your individual needs. Conveniently located at Rouse Hill, let us capture these special times from pregnancy, right through to watching your family grow over the years.

- Maternity, Newborn, children and Family
- My first special moments package (a series of 3 photo sessions in bubs first 12 months)
- Cake Smash
- Because you're worth it Pamper Package - especially for mums needing some me time
- Toddler and children mini sessions

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Find us to keep up to date with our news and special offers!
Book your holiday with Hello World Stockland Baulkham Hills and they will donate 1% to our school! This is an ongoing offer!

Book a school trip, or go on a holiday and help your school at the same time!

The team at hello world Baulkham Hills in Stockland Mall would like to help your school by donating 1% of your travel costs back to the school. The next time you, your family or friends book a holiday mention your school name to us and your consultant will record your transaction in our Travel Bank. Not only will you be getting an amazing holiday at a great price but you will also be dealing with consultants who understand the importance of supporting our children and our local schools.


The Challenge of Disciplining your Child

Assists parents with constructive techniques in disciplining and encouraging their children

Topics include:
- Understand what positive discipline means and how to set clear boundaries that children respect and learn to appreciate
- Use conflict as a tool to improve relationships
- Use tips and hints on different discipline techniques

Date: Monday 24 November
6pm – 8pm

Venue: Interrelate Family Centre
Suite 423, Level 4
14 Liverpool Drive
BELLA VISTA

Cost: $25 / $15 concession

To Register: Call 8882 7850

** BOOKINGS ESSENTIAL **

www.interrelate.org.au
1300 736 966

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CATHOLIC CARE SOCIAL SERVICES
Solo Parent Services

Younger Widowed Bereavement Support Group

Has your spouse or partner died and are you searching for someone who understands the enormity of your loss and the impact this is having on your life and your children?

Do you long to connect with others who have experienced a similar loss?

Are you unsure of how to assist your children through their grief?
Would you like support as you deal with your changed circumstances?

VENUE: CCSS Centre 51 – 59 Allawah St, Blacktown
DATE: 3rd Tuesday of Each Month
TIME: 7:00pm – 9:00pm
COST: $5.00

REGISTRATION
Ino Parent Services
PHONE: Glenon & Reta - Ph: 9323 0205
EMAIL: supportservice@ccss.org.au

ST MICHAEL’S NETBALL CLUB

Is your daughter interested in playing netball in 2015?
St Michaels Netball Club is looking for players in the following age groups:
U7, U8, U9, U10, U11 and U13
For more information and to register, please refer to our website www.stmichaelsnetballclub.asn.au, or contact our Registrar Helen Knez on 0411 668 541 or email registrar@stmichaelsnetballclub.asn.au

Discover OLMC Parramatta

Our Lady of Mercy College Parramatta invites you to attend our Open Morning Tour on November 17, the last tour for 2014. In this special 125th anniversary year, tour the College and discover contemporary learning and academic excellence in the Mercy tradition before enjoying a ‘comfortable cup of tea’ with the College Leadership Team. The College is now enrolling for 2015 and 2016.
Visit www.olmc.nsw.edu.au or phone 8838 1207 to reserve your place or obtain further information.

OLMC Mercy Scholarship

Our Lady of Mercy College Parramatta is now accepting applications for Mercy Scholarships for Academic Excellence and Music Excellence. Girls entering Years 7, 9 or 11 in 2016 are invited to apply.
Visit the College website www.olmc.nsw.edu.au for more information.

Request for school shoes in good condition
A disadvantaged school in South Africa is looking for donations of school shoes that are in good condition. A family from the school will be visiting at the end of December.
If you have school shoes in good condition that you do not need for 2015 could you please send them into the school office from Monday 8 December to Thursday 11 December.
All children who have donated their school shoes will be able to wear sports shoes but a note must be sent to the teacher advising that this is the reason.
Thank you for your support.

MT CARMEL RETREAT CENTRE
Preparing for Christmas with the music of Taize. Pondering like Mary, we prepare the ‘manger’ of our hearts for Jesus.
Presenter: Trish Watts; Cost: $250 (discounts available)
Where: Mt Carmel Retreat Centre, 247 St Andrews Road Varroville, 2566. Email: retreats@carmelite.com www.carmeliteretreats.com.au

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