From the Principal’s Desk...

As the term progresses the students continue to be engaged with all our classroom activities. This week highlights have included the Questacon Science Circus. Questacon has enabled the students to become engaged in the hands on experience of Science. Thank you to Tom and Bec for providing a highly stimulating experience as we have learnt about flight and sound. You certainly made a positive impact on our students and have many fans at our school.

The Netball clinic on Friday will give our students an experience with new skills, enjoyment and understanding of Netball. This will be done in 2 sessions with the Junior classroom and Senior classroom participating on the day.

This Friday we also have a P&C fundraiser lunch. This is import as the P&C support our school initiatives and supplement resources. Please support the P&C by purchasing or donating the money for these lunches.

Our Senior excursion date has been finalized. We will be travelling to Lake Ainsworth on Tuesday 10 November and returning on Friday 13 November (Term 4 - Week 6). Information about this excursion will be available soon. Please contact me if you are unable to meet the financial aspects and arrangements can be made.

We wish Caleb good luck on Friday as he competes in the Regional Cross Country in Coolah.

The dates for our School Readiness Program have been finalised. This program is a highlight of our school year for Kindergarten to Year 6. It enables our new Kindergarten students to become ready for their first year at school and our Year 2 students to make the transition from our Junior classroom to our Senior classroom. If you know of any interested parents, please let them know so that we can make arrangements for them to become part of our School Readiness Program. See dates on page 3.

Please indicate if you would like to make a time for our mid year student progress report. These interviews will take place in the last week of this term. This is an important time to discuss the progress and individualisation of your child’s learning program.

Andrew Watson
Kelly's Plains Public School

Student Absence Note

My child ………………………………………… of class ……………………… was absent from school on the following dates ………………………………………………………………………………………

For the following reason ……………………………………………………………………………………..

Parent/Carer Signature: ……………………………………………. Date: ……………………

German Lessons

Some parents have asked that vocabulary lists (and other information) be sent home to help reinforce the German that the students are learning. If interested families send me an email I will send this info directly to you. It would be especially helpful and fun if I could send you the file of the Bewegungslied (action song) we are learning to perform at assembly later in the term.

janelle@hardy.id.au
danke
Frau Hardy

DIRECT DEPOSIT DETAILS

Account Name: Kelly’s Plains Public School
Administration Account
BSB: 032-001
Account No. 142170
Ref: Student's Name

You can direct deposit money for the major excursion or any local excursions/school activities that require money.

Robyn and Eliza are looking for a house to rent on the outskirts of town or further out. The place needs to allow pets. If you know of anyone having such a property to rent, please contact Robyn Smith.

P&C LUNCH ROSTER
Term 2

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| Brooke Edwards | Mary Eickhoff |
| (0421 346 153) | (0477 712 993) |
| Robyn | Jannelle |
| Gin | Steph |
| Marisha | Jo |

Curried Sausages & mashed potatoes

Chilli Con Carne & baked potatoes

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Good hygiene can help stop cold and flu viruses spreading around our school.

- **Wash your hands:** we are teaching students how to hand wash after coughing and sneezing, and after touching dirty tissues. We make sure they understand the importance of washing their hands before handling food, after going to the toilet and after playing outside.
- **Cover coughs and sneezes:** we encourage students to cough into their arm/inner elbow. We are teaching them to put their used tissues in the bin and to wash their hands afterwards.

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**Quiz Worx**

**Holiday Club**

St Peter’s Cathedral
Tingcombe Lane, Armidale

9:30am to 12:30pm

Mon 29th June-Thur 2nd July 2015
(first week of the school holidays)
for Primary-aged children (K-6)
$5 per child per day or $10 per child for 4 days

Registration forms ph. 6772 8783 or simon@stpetersarmidale.org.au

Limited spaces

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**Little Ladybird**

**PLANT NURSERY**

Thank you to Julie Hicks from the

**Little Ladybird Plant Nursery**

164 Bridge Street
Uralla 2358

*Open Wednesday to Sunday*

**Phone:** (02) 6778 3098

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**School Readiness Mornings**

**Term 3**

Week 6 Thursday 20 August 9.30am - 12 noon
Week 7 Thursday 27 August 9.30am - 12 noon
Week 8 Thursday 3 Sept 9.30am - 12 noon
Week 9 Thursday 10 Sept 9.30am - 12 noon

**Term 4**

Week 2 Thursday 15 October 9.30am - 12 noon
Week 3 Thursday 22 October 9.30am - 12 noon
Week 4 Thursday 28 October 9.30am - 12 noon

**Kindergarten Orientation Day**

**Term 4**

Week 10 Thursday 10 December
9.30am - 3.30pm
Hockey NSW is very excited to announce that a series of Under 12 Development Clinics will be run over the upcoming school holidays in conjunction with Hockey Australia’s Hookin2Hockey program. A fun, active and educational way for young hockey players to develop core skills, the clinics will offer top-of-the-line coaching in daytime sessions organised by Regional Coaching Coordinators (RCCs).

The programs were developed using the principles of Hockey Australia’s Hookin2Hockey program, meaning the focus is on the social aspects of hockey as well as building key skills for when little athletes move on to the big leagues. All sessions are run during the day on suitable turf pitches and are priced at $45.95 ($55.95 in some cases, where turf fees apply).

Northern Inland sessions are:
- Tamworth – Monday 6th July
- Armidale – Tuesday 7th July
- Inverell – Wednesday 8th July
- Moree – Thursday 9th July.


For further information on these clinics or other Hockey NSW programs, contact the Northern Inland regional Coaching Coordinator, Blair Chalmers on 0447 186 477.

Thank you for doing this. In addition, if you are keen for me to conduct a Hookin2Hockey program at your school, please contact me to discuss.

Cheers

BLAIR CHALMERS
REGIONAL COACHING COORDINATOR
NORTHERN INLAND REGION
Hockey NSW
WINTER HOLIDAY CAMPS
THE BEST HOLIDAYS HAPPEN AT CAMP

👍 New friendships  ✔ Fun
👍 Great value  ✔ Safe

Our popular Winter Kids’ and Family Holiday Camps are filling fast. Find out what’s on including our popular ski / snowboard camps at Jindabyne.

Led by qualified instructors, you can rest easy knowing your kids are in safe hands. Our Kids’ Camps are suitable for kids aged 7 to 16 years* and range from 1 to 7 days.

Residential Kids’ Camps include:
- 24 hour supervision
- Instructor led activities
- Accommodation
- Meals
- Supervised transport

Snow Sports camps are suitable for kids aged 10-16 years.

Family Camps include:
- Instructor led activities
- Meals
- Accommodation
- Lift and lesson tickets and transport to Perisher (for Jindabyne camps only)**

**Kids as young as 6 years can participate in group lessons as part of a Family Camp.

dsr.nsw.gov.au/camps | 13 13 02
fb.com/nswsportandrecreation
## Too sick for school?

Generally if your child feels unwell, keep them home from school and consult your doctor. This chart and the information it contains is not intended to take the place of a consultation with your doctor.

<table>
<thead>
<tr>
<th>Condition</th>
<th>Description</th>
<th>Duration/Advice</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bronchitis</td>
<td>Symptoms are coughing, a runny nose, sore throat and mild fever. The cough is often dry at first, becoming moist after a couple of days. There may be a slight wheeze and shortness of breath. A higher fever (typically above 39°C) may indicate pneumonia.</td>
<td>... until they are feeling better. Antibiotics may be needed.</td>
</tr>
<tr>
<td>Chickenpox (Varicella)</td>
<td>Slight fever, runny nose, and a rash that begins as raised pink spots that blister and scab.</td>
<td>... for 5 days from the onset of the rash and the blisters have dried.</td>
</tr>
<tr>
<td>Conjunctivitis</td>
<td>The eye feels ‘scratchy’, is red and may water. Lids may stick together on waking.</td>
<td>... while there is discharge from the eye unless a doctor has diagnosed a non-infectious cause.</td>
</tr>
<tr>
<td>Diarrhoea (no organism identified)</td>
<td>Two or more consecutive bowel motions that are looser and more frequent than normal and possibly stomach cramps.</td>
<td>... for at least 24 hours after diarrhoea stops.</td>
</tr>
<tr>
<td>Fever</td>
<td>A temperature of 38.5°C or more in older infants and children.</td>
<td>... until temperature is normal.</td>
</tr>
<tr>
<td>Gastroenteritis</td>
<td>A combination of frequent loose or watery stools (diarrhoea), vomiting, fever, stomach cramps, headaches.</td>
<td>... for at least 24 hours after diarrhoea and/or vomiting stops.</td>
</tr>
<tr>
<td>German measles (Rubella)</td>
<td>Often mild or no symptoms: mild fever, runny nose, swollen nodes, pink blotchy rash that lasts a short time.</td>
<td>... for at least 4 days after the rash appears.</td>
</tr>
<tr>
<td>Glandular Fever (Mononucleosis, EBV infection)</td>
<td>Symptoms include fever, headache, sore throat, tiredness, swollen nodes.</td>
<td>... unless they’re feeling unwell.</td>
</tr>
<tr>
<td>Hand, Foot and Mouth Disease (HFMD)</td>
<td>Generally a mild illness caused by a virus, perhaps with a fever, blisters around the mouth, on the hands and feet, and perhaps the nappy area in babies.</td>
<td>... until all blisters have dried.</td>
</tr>
<tr>
<td>Hayfever</td>
<td>Allergic rhinitis caused by allergy to pollen (from grasses, flowers and trees), dust mites, animal fur or hair, mould spores, cigarette smoke.</td>
<td>... unless they feel unwell or are taking a medication which makes them sleepy.</td>
</tr>
<tr>
<td>Head lice or nits* (Pediculosis)</td>
<td>Itchy scalp, white specks stuck near the base of the hairs; lice may be found on the scalp.</td>
<td>... while continuing to treat head lice each night. Tell the school.</td>
</tr>
<tr>
<td>Disease</td>
<td>Description</td>
<td>Notes</td>
</tr>
<tr>
<td>--------------------------</td>
<td>------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------</td>
<td>-------------------------------------------------------------------------------------------</td>
</tr>
<tr>
<td>Hepatitis A</td>
<td>Often none in young children; sudden onset of fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine, pale stools.</td>
<td><em>... for 2 weeks after first symptoms or 1 week after onset of jaundice. Contact your doctor before returning to school.</em></td>
</tr>
<tr>
<td>Hepatitis B</td>
<td>Often no symptoms in young children. When they do occur, they can include fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine.</td>
<td><em>... if they have symptoms. Contact your doctor before returning to school.</em></td>
</tr>
<tr>
<td>Impetigo (School sores)</td>
<td>Small red spots change into blisters that fill up with pus and become crusted; usually on the face, hands or scalp.</td>
<td><em>... until antibiotic treatment starts. Sores should be covered with watertight dressings.</em></td>
</tr>
<tr>
<td>Influenza</td>
<td>Sudden onset fever, runny nose, sore throat, cough, muscle aches and headaches.</td>
<td><em>... until well.</em></td>
</tr>
<tr>
<td>Measles</td>
<td>Fever, tiredness, runny nose, cough and sore red eyes for a few days followed by a red blotchy rash that starts on the face and spreads down the body and lasts 4 to 7 days.</td>
<td><em>... for at least 4 days after the rash appears.</em></td>
</tr>
<tr>
<td>Meningococcal Disease</td>
<td>Sudden onset of fever and a combination of headache, neck stiffness, nausea, vomiting, drowsiness or rash.</td>
<td><em>Seek medical attention immediately.</em> Patient will need hospital treatment. Close contacts receive antibiotics.*</td>
</tr>
<tr>
<td>Molluscum Contagiosum</td>
<td>Multiple small lumps (2–5mm) on the skin that are smooth, firm and round, with dimples in the middle. In children, occur mostly on the face, trunk, upper arms and legs. Symptoms can last 6 months to 2 years.</td>
<td></td>
</tr>
<tr>
<td>Mumps</td>
<td>Fever, swollen and tender glands around the jaw.</td>
<td><em>... for 9 days after swelling.</em></td>
</tr>
<tr>
<td>Ringworm* (Lyme corporis)</td>
<td>Small scaly patch on the skin surrounded by a pink ring.</td>
<td><em>... for 24 hours after fungal treatment has begun.</em></td>
</tr>
<tr>
<td>Runny nose or common cold</td>
<td>Itchy skin, worse at night. Worse around wrists, armpits, buttocks, groin and between fingers and toes.</td>
<td><em>... unless there are other symptoms such as fever, sore throat, cough, rash or headache. Check with school.</em></td>
</tr>
<tr>
<td>Scabies*</td>
<td>Itchy skin, worse at night. Worse around wrists, armpits, buttocks, groin and between fingers and toes.</td>
<td><em>... until 24 hours after treatment has begun.</em></td>
</tr>
<tr>
<td>Shigella</td>
<td>Diarrhoea (which may contain blood, mucus and pus), fever, stomach cramps, nausea and vomiting.</td>
<td><em>... until there has not been a loose bowel motion for 24 hours. Antibiotics may be needed.</em></td>
</tr>
<tr>
<td>Slapped Cheek Syndrome</td>
<td>Mild fever, red cheeks, itchy face-like rash, and possibly cough, sore throat or runny nose.</td>
<td><em>... as it is most infectious before the rash appears.</em></td>
</tr>
<tr>
<td>Whooping Cough (Pertussis)</td>
<td>Starts with a running nose, followed by persistent cough that comes in bouts. Bouts maybe followed by vomiting and a whooping sound as the child gasps for air.</td>
<td><em>... until the first 5 days of an antibiotic course has been completed. Unimmunised siblings may need to stay home too until treated with an antibiotic.</em></td>
</tr>
<tr>
<td>Worms</td>
<td>The main sign of threadworms is an itchy bottom. Sometimes children feel ‘out of sorts’ and do not want to eat much. They may also have trouble sleeping, due to itching at night.</td>
<td><em>... and tell the school as other parents will need to know to check their kids.</em></td>
</tr>
</tbody>
</table>

*It is important that the rest of the family is checked for head lice, scabies and ringworm*