WHAT A WEEK

The children had a great time at their Pyjama Day which was their reward for reaching their target of 3000 tokens. Check out the photos.

This is the time of year when most people seem to get sick so I’ve included some information about the best way to deal with this.

The issues for us are that children are expected to be at school if at all possible but we don’t want them to come to school if they are really not well.

One of the ways that colds can be avoided is to eat healthily so please provide healthy recess and lunch items each day. I have noticed, however that quite a few children throw away most of their apple.

It may be worth trying to buy small apples if children like to eat them or cutting them up. Perhaps supplying a different fruit would be better.

This information will be sent out to all families as well as being in the newsletter.

Our enrollment numbers for next year also need to be confirmed so please enroll your child soon if they are starting here in 2015.

If you know that your child will be leaving Primbee to attend another school we also need to know.

We are quite close to forming another class so knowing next year’s numbers is crucial. We need to look at the best way of catering for the needs of our students and preparations for this will start soon.

Coming up soon is Book Week when we will be holding our 5cent competition. Start collecting them now so that your child’s class can win.

All money collected will go to the class to purchase books.

Notes will go home soon about a visit to the Local library which is also a Book Week activity.

The school Public Speaking final will also be on soon.

Thanks for your support during this busy time!

Dorothy Cass

UPCOMING EVENTS

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Assembly August 13, 2:15pm
P&C meeting August 12, 5:45pm
UNIFORM SHOP OPENING HOURS
Tuesday morning - 8.30 – 9am.
Orders with payment can be placed in the letterbox outside the office at any time and will be processed asap.

School Banking – Tuesdays
Please put bankbooks in the tub at the office.

We are now taking Kindergarten Enrolments for 2015. If you have a sibling enrolling please pick up your enrolment form from the office and return ASAP.

Enrolment forms MUST be completed for all children starting school here in 2015.
Colds and Flu

When are colds contagious?
The contagious period for a cold lasts about 3-4 days into the illness. People with a cold are most contagious about 3 days after their initial exposure to the virus.

Always cough and sneeze into a tissue or crook of your arm. Dispose of tissues in the bin.

When to call the doctor?
Most of the time a cold or flu just has to run its course and usually you don’t need to call the doctor. However if you aren’t getting any better after about a week or your symptoms worsen, you should call the doctor.

Signs of trouble might be
- A cough that is so bad it disrupts sleep
- Fever that won’t go down
- Increased shortness of breath
- Pain in the face because of a sinus infection

How do I treat the common cold?
- Rest in bed (2-3 days at home)
- Drink plenty of fluids (water, juice, soup)
- Gargle with warm salt water (for sore throat)

How do I prevent catching a cold?
The common cold can be passed through coughing, sneezing and touching surfaces such as doorknobs and railings.

To prevent them you need to:
- Wash your hands regularly
- Keep your hands away from your nose, mouth and eyes
- Limit exposure to infected people
- Live a healthy lifestyle

When do I send my child back to school?
- When the fever has been controlled for 24 hours
- Your child looks and acts as though they are feeling better or is starting to act restless at home
- Your child has only a runny nose and mild symptoms and is playing and bouncing around.

Thank you to everyone for keeping our children healthy!

P&C report

Don’t forget we need your votes to help us win $5,000 to improve our school!

We would love to spend the money on an outdoor classroom in the front of the school. This will give us a space to do outdoor lessons across all areas of the curriculum, including those messy lessons like gardening, painting, and working with a range of art materials. Imagine how much enjoyment your child would get out of using an area like this.

You can register your vote at www.cuacommunitycare.com.au or go to the local CUA branch in Figtree, at 23 Princes Hwy, Figtree.

Don’t forget – you can make a vote once online and once in the branch.

We’re up against 10 other schools in the area and it’s down to who gets the most community votes. So, please feel free to get friends and family involved and voting as well!

To learn more about CUA Community Care and our school project proposal, please visit www.cuacommunitycare.com.au and select our school from the drop-down menu.

The next P and C meeting is to be held on August 12th, at 5:45 in the staff room. Please come along if you are able to. We love seeing new faces!

Thanks again for your support! Renee Stewart

Captains Report

A big congratulations to Nikeisha and Khody who both made it into regionals for shot-put and good luck for when you go to Canberra...by Caieta and Phoebe

Public Speaking Competition

The stage finals will be held on Tuesday August 19. All children will present their speech as part of their English assessment.

Winners will be determined at this time for the school final on August 26.

The community of schools final is on September 4.

Good luck to all children as they prepare for this event.
Thanks Mr. G for organizing this activity! We love it!

Thank you to everyone who put in their order. There will be no other opportunity to order embroidered items until term 1 next year. We do not have the money to hold large quantities of polo’s or jackets so without a pre-order there is a 90% chance there will not be any polos available in the size you need until we place our next polo order in term 1 2015.

Pre-ordering allows us to reserve the sizes needed for you while also allowing you the opportunity to pay it off as a lay-by. We have requested $5 with the pre-order however if you cannot afford this please still place your pre-order at the office and we will still accept it.

Please lodge by Wednesday 6th August.

The uniform shop will be open Tuesday as normal 8:30-9 am as well as Wednesday afternoon from 3:00-3:15.

COMMUNITY ANNOUNCEMENTS

Join the Fun of Little Athletics

Registrations for Lake Illawarra’s 2014-2015 Season will be taking place every Sunday during August between 1 pm and 3 pm at the Mylumbra Community Park.

Bring this ad to receive 10% of the Registration Fee*

*Valid for the 1st Child Only. Not valid for Online Registrations.

For more information contact lilacl@hotmail.com.au or visit www.lilacl.net.au
Talking Realities Young Parents Playgroup
Mt Warrigal Public School
10-12
Fridays (During school term)
Come meet other young parents 24 and under
• Morning tea provided
• Craft and Play activities
All welcome

South Eastern Sydney Illawarra Oral Health Service recommends that all children have a dental check prior to starting school.

Your child will be able to concentrate and enjoy school more if they are not suffering from dental problems such as tooth decay.

Please contact one of the following:
• Your private dentist (listed in the yellow pages under Dentists)
• Your nearest public dental clinic on 1300 360 631 for Sydney and 1300 369 651 for Illawarra to register and receive more details.

Children under 8 years and all children attending school 8 to 18 years are eligible for FREE dental care at a public dental clinic.

SOUTH EASTERN SYDNEY ILLAWARRA
NSW@HEALTH

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2014 Arts Initiatives
Primary Boys Hip Hop Workshops – Illawarra

Are you a boy in Years 4-6 at a public school?
Interested in Dance and Hip Hop? Then this experience is for you!!

The Arts Initiatives Primary Boys Hip Hop Workshops have been developed in response to a large demand for dance experiences for boys in Years 4 – 6 and is now for 2014.

These workshops are an excellent opportunity for primary boys with talent and skills in hip hop to develop in this art form. They can also assist in the development of social interaction, personal development and engagement in school activities.

The workshop aims to develop dance skills with industry professionals and allow students to interact with other male Hip Hop dancers from around the state. This is a highly motivational program that will build students’ skills, knowledge and awareness. The activity is recommended for gifted and talented students as well as those who are at risk of disengaging at school or are disadvantaged in some way. School principals are encouraged to financially support students through their school or wider community avenues.

The workshop is open to individual students as well as student groups from schools, accompanied by teachers.

Workshop date and venue:
Tuesday 9 September
10:00am - 3:00pm
Comستon Public School
123 Auburn Street
Comستon NSW 2500

Cost: $22.00 (inc GST)

Apply online at:
Primary Boys Hip Hop Workshop Application
Applications close 1 August 2014
You don’t want to miss out!

For further information please visit our website at www.arts.unsw.edu.au
or contact Kylie Watts – 0437675583
kylie.watts@jfs.unsw.edu.au

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