## Important Dates for your Diary

### TERM 3

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 22 August</td>
<td>Book Parade, Book Fair</td>
</tr>
<tr>
<td>Wednesday 27 August</td>
<td>Cake Day K/1</td>
</tr>
<tr>
<td>Wednesday 27 August</td>
<td>Raw Art</td>
</tr>
<tr>
<td>Wednesday 3 Sept</td>
<td>P &amp; C Meeting</td>
</tr>
<tr>
<td>Wednesday 3 Sept</td>
<td>Mini Lessons RHS</td>
</tr>
<tr>
<td>Thursday 4 Sept</td>
<td>Father’s Day Stall</td>
</tr>
<tr>
<td>Wednesday 10 Sept</td>
<td>Hawkesbury Retirement Village K/1</td>
</tr>
</tbody>
</table>

### Permission Notes and Payments Due

<table>
<thead>
<tr>
<th>Event</th>
<th>Date</th>
<th>Amount</th>
</tr>
</thead>
<tbody>
<tr>
<td>Raw Art</td>
<td>Fri 22\textsuperscript{nd} August</td>
<td>$7.50</td>
</tr>
<tr>
<td>Father’s Day Stall</td>
<td>Wed 27\textsuperscript{th} August</td>
<td>$5 or $10</td>
</tr>
<tr>
<td>Workbooks &amp; Paper Levy</td>
<td>ASAP</td>
<td>$5 or $10</td>
</tr>
<tr>
<td>Voluntary School Fees</td>
<td>ASAP</td>
<td>$5 or $10</td>
</tr>
</tbody>
</table>

Please note these amounts can be paid off in instalments.

<table>
<thead>
<tr>
<th>Class</th>
<th>Congratulations</th>
<th>Merit cards</th>
</tr>
</thead>
<tbody>
<tr>
<td>K/1</td>
<td>Bethany B x 2</td>
<td>Holly M</td>
</tr>
<tr>
<td></td>
<td>Madison F</td>
<td>Zak W</td>
</tr>
<tr>
<td></td>
<td>Scarlett O</td>
<td>Jemma B</td>
</tr>
<tr>
<td></td>
<td>Oliver B</td>
<td>Bethany B</td>
</tr>
<tr>
<td></td>
<td>Salim G</td>
<td>Matthew E</td>
</tr>
<tr>
<td></td>
<td>Zak W</td>
<td>Taylan W</td>
</tr>
<tr>
<td></td>
<td>Hailey F</td>
<td>Hailey F</td>
</tr>
<tr>
<td></td>
<td>Allen S</td>
<td></td>
</tr>
</tbody>
</table>

| 1/2    | Amy B                    | Zanya F              |
|        | Chloe C                  | Jack D               |
|        | Jaela F                  | Damian W             |
|        | Damian W                 | Iona K               |
|        | Tayla H                  | Luke S               |
|        | Alexis M                 |                      |

| 3/4    | Damon P                  | Damon P              |
|        | William B                | Maddie H             |
|        | Joshua F                 | Ebony L              |
|        | Matthew P                | James B              |
|        |                            | Joel F               |
|        |                            | James W              |
|        |                            | Dan Z                |
|        |                            | Matthew P            |

| 5/6    | Daniel S                 | Amy A                |
|        | Annabelle B              | Jack B               |
|        |                            | Ben N                |
|        |                            | Evie B               |
|        |                            | Emily M              |
|        |                            | Daniel S             |
|        |                            | Hannah B             |
|        |                            | Annabelle B          |
|        |                            | Noah M               |

A quality education in a caring, small school environment

Page 2
From the Principals Desk………

It has been a rather busy two weeks here at Castlereagh Public School and as the term continues it will not ease up until the holidays. Please take note of the important dates that are coming up.

Stage 3 Milson Island Camp
The recent camp to Milson Island saw 16 Year 5 and 6 students from Castlereagh Public School attend. I am very proud to report that the behaviour that was on display while we were away was magnificent. Students participated in a variety of the following activities;

Giant Swing- Students were placed in safety harnesses and suspended in the air by an A frame structure. A tow line attached to the participant was pulled backwards by the remaining students until the person was at the top or a desired height. After a count of three the students were released and left to swing high above the ground. This activity was rated as one of the best with most of the children who took part.

Bushwalk and Damper Making- All students who attend camp participated in a bushwalk that incorporated many of the features of the island. We walked through caves that had once been used as shelters and meeting places for the Indigenous people of the area, found ourselves at the highest point on the island and walked past the outside of the old nurses dormitory that was used a very long time ago. At the far tip of the island we cooked damper and added some delicious Golden Syrup for taste. The friendly kookaburras enjoyed cleaning up the scraps that may have been inadvertently dropped.
Initiatives and Orienteering- Students worked in teams to solve many challenging obstacles that required a great deal of thought and cooperation to achieve. These tasks were no match for the might of the Castlereagh team.

Last Day Activities- On the final day of camp students had a choice from three different activities to participate in. This is where the students divided themselves up into bike riding and fishing, high ropes course and abseiling.

I would like to take the opportunity to thank the parents for your support and the students for demonstrating a “have a go” attitude and working together for an enjoyable and rewarding camp away.

Book Week Public Speaking Competition
The ability to speak in public to a large group of people is a prospect that can be very difficult for even adults at times, however it is a necessary skill that will assist in the future. Last week our Book Week Public Speaking Competition was held with three fantastic students from each grade competing against each other. I was extremely impressed with the outstanding level of speaking that was on display. I would like to congratulate our winners from each grade.

Kindergarten  Caitlin B  
Year 1       Zanya F  
Year 2       Brianna M  
Year 3       Maddi H  
Year 4       Emily S  
Year 5       Emily M  
Year 6       Hannah B  

District Athletics Carnival
I would like to wish the Castlereagh Public School competitors at District Carnival all the very best for the week ahead. Wednesday 27th (field events) and Friday 22nd (track events) of August, students will participate and
represent our school and the Small Schools Community at district carnival level. I am certain that all children in attendance will demonstrate what it means to be a member of the Castlereagh Public School team, courtesy and good citizenship.

**Book Week**

This Friday, 22\textsuperscript{nd} August will be our annual school Book Character Parade and Book Fair. Hopefully, children along with their family have already been thinking about their book character. All the children are expected to participate so if you are not good at putting together fancy costumes then simple props, such as a face mask or a hat is acceptable. The parade will begin at 11.00am and will be followed by a picnic lunch at 12.30pm, which parents will be able to enjoy with their children. Year 6 will be holding a Sausage Sizzle Fundraiser, so you can purchase and enjoy with your children. The sausage sandwich is $2.50 each and $1.00 for a drink. Don’t forget the Book Fair will be held in the Library. A wide variety of books will be available for sale as well as to donate to the Library so don’t forget to visit after the parade.

**2015 Kindergarten Enrolments**

Here at Castlereagh Public School we are currently putting thought into and developing plans for 2015 and beyond. If you are seeking enrolment for a Kindergarten student or another member of your family in 2015 please contact the school as soon as possible to complete the necessary enrolment forms. Additional, if you are aware of any other community members who may be interested in attending our school next year could you please pass on our school details. I seek your support in also letting us know if your child/ren are in grades K-5 and you are leaving us at the end of the year.

I truly hope you have a magnificent week ahead!

Mr Tony Jeff  
Acting Principal

**School Lunches**

School lunches are available to order each Monday. Please go to www.myschoollunchbox.com.au and follow instructions on how to order.
Crunch and Sip
Castlereagh Public School is a certified ‘Crunch and Sip’ school. All classes have a ‘Crunch and Sip’ break during the day where children are encouraged to eat fruit and sip water. A tally of the fruit eaten is kept as it is one of the activities the children can complete to obtain their Healthy Lifestyle Challenge, Healthy Badge.

Waste Free Wednesdays
Every Wednesday is a waste free day at CPS. This means whatever food and drink wrappings/scraps that the children have that day must be taken home with their lunches, a class tally is kept of the number of children having ‘nude foods’! These are foods that have no wrapping but come in a reusable container. Thank you for your continued support for these two programs.
Library News

Friday 22nd August will be our book parade. Hopefully, children along with their family have already been thinking about their book character. All the children are expected to participate so if you are not good at putting together fancy costumes then simple prompts, such as a face mask or a hat is just acceptable.

The parade will begin at 11.00am and will be followed by a picnic lunch which parents will be able to enjoy with their children.
Don’t forget the Book Fair which will be held in the Library. A wide variety of books will be available for sale as well as to donate to the Library so don’t forget to visit the library after the parade.

Looking forward to seeing you at the parade.

Lesley Hillyard (Librarian)

Thank You!

3-4 would like to thank Jaime Lee Rogers’ Nan for her class visit on Tuesday. She came and spoke to us about her recent trip to Africa after Jaime Lee brought in an African story book that fascinated the students. The children were enthralled with the artefacts, especially the ‘gorilla stick’ and the ‘red cape’, and have been looking at the photos all day. This has led to great discussions on Africa and the animals that Jaime Lee’s Nan saw. What a learning experience!

THANK YOU FROM CLASS 3-4!!

Congratulations

Congratulations to the White Family (Damian 1/2) on the birth of their son and brother Mason on Saturday 9/8/14.
Science Day
Congratulations

Amy A represented Castlereagh Public School at the Arndell College Interschools Equestrian Competition on the weekend with her stock horse Penny. She came away with three places. One for handler, another for presentation of herself and her mount and another for a galloway riding class. Well Done Amy!!!!
Influenza

Last updated: 1 July 2012

What is influenza?

Influenza, or flu, is a highly contagious respiratory illness caused by influenza viruses. There are three main types of influenza virus that cause infection in humans – types A, B and C – and many sub-types or strains. Influenza can occur throughout the year but influenza activity usually peaks in winter.

Influenza is a vaccine-preventable illness but a new vaccine needs to be given each year because influenza viruses change (mutate) constantly. A new influenza vaccine is prepared each year to best match the strains predicted for the coming influenza season.

What are the symptoms?

People with influenza typically experience some or all of the following symptoms for at least a week:

- fever and chills
- cough, sore throat and runny or stuffy nose
- muscle aches, joint pains, headaches and fatigue (feeling very tired)
- nausea, vomiting and diarrhoea (more common in children than adults)

Seek immediate medical advice if the illness quickly becomes worse or if any of the following occurs:

- shortness of breath or rapid breathing
- chest pain
- confusion or sudden dizziness
- persistent vomiting

How is it spread?

- Influenza viruses are mainly spread by droplets made when an infected person coughs or sneezes
- Influenza can also spread after touching surfaces where infected droplets have landed
- Influenza can be spread to someone by an infected person even before their symptoms begin
- Adults with influenza are infectious from the day before their symptoms start until 5-7 days later
- Young children and people with weakened immune systems may be infectious for longer.

Who is at risk?

While anyone can get influenza, the following people are at higher risk of complications from influenza infection (and are eligible for free annual influenza vaccine):

- All individuals aged 65 years or older
- All Aboriginal and Torres Strait islander peoples aged 15 years or older
- Pregnant women
• Individuals aged 6 months and over with medical conditions predisposing to severe influenza, namely:
  o Cardiac disease, including cyanotic congenital heart disease, coronary artery disease and congestive heart failure
  o Chronic respiratory conditions, including suppurative lung disease, chronic obstructive pulmonary disease and severe asthma
  o Other chronic illnesses requiring regular medical follow up or hospitalisation in the previous year, including diabetes mellitus, chronic metabolic diseases, chronic renal failure, and haemoglobinopathies
  o Chronic neurological conditions that impact on respiratory function, including multiple sclerosis, spinal cord injuries, and seizure disorders
  o Impaired immunity, including HIV, malignancy and chronic steroid use
  o Children aged 6 months to 10 years on long term aspirin therapy.

How is it prevented?

Influenza vaccination each year before winter arrives is the best way to prevent influenza.

• Seasonal influenza vaccination is available for anyone aged 6 months and over to protect against influenza, provided they do not have a medical reason that precludes them from receiving influenza vaccines (such as a severe allergy to eggs)
• People at higher risk of influenza complications (see "Who is at risk") are strongly recommended to have an annual influenza vaccination, and are eligible for free influenza vaccine under the National Influenza Vaccination Program. For more information see the NSW Health Immunisation website at: [www.health.nsw.gov.au/immunisation/](http://www.health.nsw.gov.au/immunisation/)
• In addition to people eligible for free vaccine, influenza vaccination is also recommended for those who frequently come in to close contact with other people at higher risk of influenza complications (such as health care workers), to help protect vulnerable people from infection.


Take action to stop the spread of influenza by remembering to:

• Cover your face when you cough or sneeze and throw used tissues in a rubbish bin
• Wash your hands thoroughly and often. Wash hands for at least 10 seconds, especially after coughing, sneezing or blowing your nose, or use an alcohol-based hand rub
• Stay at home until you’re well. Wait at least 24 hours after your fever resolves so you that you aren’t likely to infect other people. Keep sick children away from school and other activities
• Call ahead to see a doctor. If you think you may have influenza and you need to see a doctor, remember to call first so the clinic can take precautions to reduce the risk to other people.

How is it diagnosed?

Doctors usually diagnose influenza based on symptoms. The diagnosis can be confirmed by testing a sample of fluid taken from the back of the nose and throat or a blood sample. These tests are usually only needed if the illness is severe or if there is an increased risk of complications.

How is it treated?

• The symptoms of influenza are usually managed by bed rest, drinking plenty of fluids, and taking simple analgesics for muscle aches and pains
• Children under 16 years of age must not be given aspirin-containing medications while ill with influenza. This is due to the increased risk of children developing Reye syndrome, a form of encephalitis and liver degeneration
• Specific anti-influenza medications can reduce the severity and the duration of influenza but only if taken within 48 hours of the first symptoms. These medicines need to be prescribed by a doctor.

What is the public health response?

• Laboratories must notify cases of influenza to their local Public Health Unit. Individual cases are managed by their health care provider
• Public health action focuses on outbreaks in high-risk settings such as health care facilities, special schools, residential care facilities, and Aboriginal communities.

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](http://www.health.nsw.gov.au)
UWS PENCNTH OBSERVATORY
ASTRONOMY NIGHT
Saturday, 23 August (7pm – 9pm)
GALACTIC ARCHAEOLOGY - The ongoing adventures in our Milky Way corner of the Universe
In this talk we ask a few of the big questions surrounding our own galaxy, the Milky Way: We've got Gravity; We've got Dark Matter; What's Missing?
What is behind the mysterious formation of our Galaxy the Milky Way?
What is The Sagittarius Dwarf, and how can it help us understand these questions?
This night will also include a 3D astronomy movie that will run for 15-20 minutes, a tour of the dome area and stargazing through various computerised telescopes. Our program will run regardless of the weather.
Cost: $15 adult, $10 child/concession and $40 family.
Bookings are essential: Book and pay online: www.uws.edu.au/observatory, What’s On
Enquiries: Phone (02)4736 0135 or email r.mccourt@uws.edu.au
Roslyn McCourt l Administrative Officer
School of Computing, Engineering and Mathematics
Tel: 02 4736 0135
Email: r.mccourt@uws.edu.au | www.uws.edu.au/observatory
Office Hours: Mon, Wed and Thurs 8.30 am - 3.00 pm
Mulgoa Public School

MULGOA ROAD
MULGOA

SUNDAY 24th AUGUST 2014
10am - 3pm

Featuring

★ LIVE ★
ENTERTAINMENT

JUMPING CASTLE
SLOT CARS
ANIMAL FARM
GIANT SLIDE
CHOCOLATE WHEEL
OVER 50 STALLS
FRESH PRODUCE
FACE PAINTING
ARTS & CRAFT
PONY RIDES

FIONA FIELDS Country Music Star
KIDS Dance Session at 12.30pm
with FREE Giveaways + Prizes

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AFFORDABLE VEHICLE SALES : BOS JOCKEY WHEELS AND ACCESSORIES : CASTLE HILL PRINTING
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GLENMORE HERITAGE VALLEY GOLF CLUB : IFLY : JACCO HOMES : KMD DESIGN & PRINT : MONTE'S PIZZA
NADA CONCRETE : OUTBACK STEAKHOUSE PENRITH : PENRITH PROFESSIONALS REAL ESTATE
PENRITH STEERING SERVICE : POPANOR'S PARTIES : RICK'S MOBILE SLOT CARS

Enquiries: Sarah Dwyer  0438 390 017  email: comp29@hotmail.com

facebook
Registrations are now open for the
2014-2015 SEASON

Orientation is Tuesday, 2 Sept 2014, from 5pm-7pm
Season begins on Tuesday, 9 Sept 2014, from 5pm-7pm

- Go to www.hcla.org.au to register.
- “Click here” on the registration link and follow the directions.
- Print your registration paperwork (and receipt if you paid online)
- Each parent/carer to complete a 2014 Working With Children Check (link on our website)
- Bring your paperwork, proof of age, cash registration payment (or online payment receipt) to Tamplin Field to complete your registration and receive your competitor number at one of the dates listed below.

<table>
<thead>
<tr>
<th>Fees:</th>
<th></th>
</tr>
</thead>
<tbody>
<tr>
<td>Tiny Tots</td>
<td>$60</td>
</tr>
<tr>
<td>U/6 – U/17</td>
<td>$100</td>
</tr>
<tr>
<td>Family x 2</td>
<td>$190</td>
</tr>
<tr>
<td>Family x 3</td>
<td>$280</td>
</tr>
<tr>
<td>Family x 4</td>
<td>$370</td>
</tr>
</tbody>
</table>

Field Dates to complete registration *:
- Monday, 25.08.14, 5pm–7pm  Saturday, 30.08.14, 12pm–4pm
- Monday, 01.09.14, 5pm – 7pm  Monday, 08.09.14, 5pm – 7pm

* Registration must be completed before the season begins on 09.09.14

REGISTRATIONS WILL NOT BE ACCEPTED ON COMPEITION NIGHTS

Please note: ** No EFTPOS facilities available at the field for payments ** Proof of age can be a birth certificate, passport, or blue book ** $10 will be charged for a two-week trial. If you decide to stay at the club and register, this amount will be deducted from the registration fee ** Uniforms available for sale on field dates listed above **
**Direct Deposit Banking**

When purchasing uniforms and you wish to use direct deposit please place money in the P&C account which is:

Account Name: Castlereagh Public School P&C Association  
BSB No: 062 589  
Account No: 00913185

When paying for excursions etc. and you wish to use direct deposit please place money in the school account which is:

Account Name: Castlereagh Public School  
BSB No: 032 001  
Account No: 159 722

Please staple receipt to permission note and return to office thank you.

**Absence notes**

Parents, for your convenience we have included an absentee note to be filled out and returned to office as soon as your child is back at school.

<table>
<thead>
<tr>
<th>Absentee Note</th>
</tr>
</thead>
<tbody>
<tr>
<td>To be returned to the School Office first day back after absence</td>
</tr>
</tbody>
</table>

Student’s Name: ……………………………………………...  
Class: ………………. 

Date/s of Absence/s:  
…………………………………………………………………………………………

Reason for Absence:  
…………………………………………………………………………………………
…………………………………………………………………………………………
…………………………………………………………………………………………

Signature of Parent/Caregiver: …………………….. Date: …………………
CASTLEREAGH PUBLIC SCHOOL

Mission Statement

In our caring and supportive environment, each student strives to become a unique person and a valued member of society.

We recognise and strive for:

• Excellence in academic achievement,
• Positive aesthetic, personal and social attitudes,
• Whole school pastoral care for all students,
• A sense of belonging and a secure and caring environment enabling students to establish self-esteem,
  • Sensitivity toward others
• Awareness of the environment and
• Valued community participation.

Citizenship Affirmation Statement

From this time forward, under God,
I pledge my loyalty to Australia and its people,
  Whose democratic beliefs I share,
  Whose rights and liberties I respect and
  Whose laws I will uphold and obey.

Pledge

If I wish to be a worthy member of my school and community,
I must at all times watch:
  My words,
  My actions
  My thoughts,
My companions and my habits.