



# Tamworth South Public School

## NEWSLETTER

*Respect for self, others and school*

Term 3, Week 3

9 August 2019

### Calendar

#### August

- Wednesday 14** Year 5 Opportunity Class 2020  
*Illness/misadventure requests lodged with the Team*
- Wednesday 14** Stage 3 Park and Pizza Day  
*10:00am - 2:30pm*
- Thursday 15** Infants Assembly K-2  
*Class Item S1 18*
- Friday 16** No Primary Assembly due to Year 5 /6 Excursions
- Friday 16** Book Fair - Viewing only day for the Book Fair  
*School Library*
- Mon 12-Fri 16** Year 5 Major Excursion - Point Wolstoncroft
- Mon 12-Fri 16** Year 6 Major Excursion - Canberra
- Mon 19-Fri 23** Book Week
- Mon 19- Wed 21** Book Fair  
*School Library*
- Tue 20-Thur 22** PSSA Boys Touch - St Marys
- Wednesday 21** P&C Meeting  
*6:00pm in the school library*
- Wednesday 21** Festival of Choral Music  
*Final Payments due*
- Wed 21-Fri 23** Year 4 Major Excursion - Sydney
- Thursday 22** Infants Assembly K-2  
*Class Item S124*
- Friday 23** Primary Assembly 3-6  
*Class Item S2 34*
- Tue 27-Thu 29** PSSA Girls Touch - Mudgee
- Friday 30** Zone Athletics Carnival
- Friday 30** TZPSSA Zone Athletics Carnival
- Friday 30** Year 3 Major Excursion - Dubbo  
*Final Payment due - \$30.00*

#### September

- Year 5 Opportunity Class 2020**  
*Selection committees meet*
- Mon 2 - Wed 4** Festival of Choral Music - Opera House Sydney
- Tuesday 3** ICAS Testing - Writing  
*9:10am - 3:10pm*
- Thursday 5** ICAS Testing - Science  
*9:10am - 3:10pm*
- Thursday 12** ICAS Testing - Spelling  
*9:10am - 3:10pm*

### *Year 2 STEM Activities*

Year 2 STEM activity last week where the students had to come up with a solution for 'too many pencils laying around the classroom'.

Much 'sticky' fun was had with paddlepop sticks and glue with some very artistic creations on display.



*PBL  
STAR OF THE  
MONTH  
Marko Duric*

**Leonie Byrne, Principal**

*EDUCATION WEEK - EVERY STUDENT, EVERY VOICE*

**This week we have been celebrating Education Week. The launch for the Peel Network was held at Nemingha Public School on Monday morning. Each school in the network was able to nominate three members of the school community to receive an award. Our recipients were:**

- Mackenzie Noble - A creative, innovative and successful learner with a passion for protecting our environment.
- Michelle Weber - Long term commitment to, and promotion of Tamworth South Public School.
- Jessica Walmsley - Outstanding success in the ability to engage students in their learning and fostering community involvement.

Our Education Week assembly was held on Tuesday and attracted a large number of parents and visitors. Once again our choir and marimba groups impressed under the expert guidance from Mrs Brown.

Awards for high achievement and attendance were presented and everyone was certainly blown away by the quality of the speeches delivered by Nanziba Anjum and Josiah Woods.

A large number of parents/carers visited the classrooms and joined the children for a picnic lunch. Ms Dufty, our Director commented on the excellent behaviour of the children throughout the assembly.

On Wednesday the children were able to attend a performance delivered by the Action Education Team called Backflips Against Bullying. Unfortunately, I missed this show due to training but upon my return yesterday the children and staff were buzzing about the quality and content of the show. Like Ms Dufty these performers also commented on the terrific attitude of the children and sent me the following email.

*‘The kids were honestly one of the most well behaved schools we’ve experienced - we were pleasantly surprised at how attentive and respectful the students were - it was a fantastic day!’*

On Thursday the year 5 and 6 participated in an Education Forum where former captains and student leaders returned to the school to lead discussions around the issues that affect our children at school.

This information will be collated, shared with staff and used to inform decisions. Again the excellent behaviour and willingness of our students to participate and be given a voice drew positive comment from the visiting students.

I’d like to thank Mrs McInerney and Mrs Cook for their organisation and coordination of the week’s events.

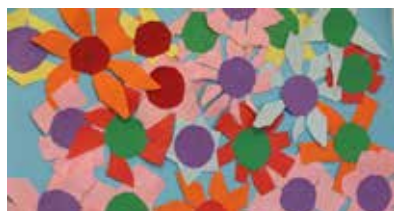


Makenzie Noble, Michelle Weber, Jessica Walmsley and Tamworth South Public School Principal - Leonie Byrne

**ES1 20 Classroom Activity**

Kindy ES-120 where they are learning about 2D shapes. Children had to cut out a circle and then trace shapes before cutting them out as petals.

How beautiful does our vase of colourful flowers look?





## *K-2 Athletics Carnival*

Last Friday 2 August K-2 held their annual Sports Carnival. It was a great day and everyone had fun. The weather was perfect and lots of parents and families came to share the day with their children.

In the morning the children got into their age groups and went to different events.

They participated in running, shotput, high jump, frisbees, long jump, tug of war, skipping and an obstacle course.

Then it was time for lunch with their families.

After lunch children joined in a rotation of Indigenous Games to celebrate NAIDOC Week.

This included boomerang throwing where they got to keep the boomerang and face painting. By the end of the activities everyone was very tired but had had lots of fun.

It was a great day! Everyone had participated with enthusiasm and sportsmanship.

Congratulations to Sturt for winning the Janine Erich Memorial Trophy.

Written by SE 25



*View lots  
more fun photos on our Website Gallery*

**2019 TSPS Education Week  
100% Attendance Awards**

Cooper Brown	S1 18
Jaiden Godley	S1 21
Arley Johnston	S1 23
Logan Fletcher	S2 09
Ellie Germon	S2 07
Codey Barber	S3 36
Ashley Wall	S3 11
Tobias Higgins	S3 12
Addison Dwyer	ES1 20
Lewis Jones	ES1 20
Riley Brown	ES1 35
Rhyan Barber	ES1/S1 16
Michael Clarke	S1 19
Thomas MacAlpine	S3 04
Jake Doyle	S1 21
Nikalas Dunn	S2 08
Shannon Doyle	S3 03
Chloe Kelso	S1 23
Jayden Doyle	S3 03
Amelia Craig	S2 06
Jessie Lock	S2 06
Corbin Norris	S3 01
Kaidence Davis	ES1 35
Mia Wall	S2 09
Lillee Bailey	ES1/S1 16
Dante Ridoux	S2 34
Ethan Brandt	S1 19
Joshua Roach	S3 04
Adam Iskafi	S2 08
Lily Clare-Darlington	S2 09
Summer Quarry	S1 24
Charlie Patterson	S3 01
Amy Sisson	S3 10
April Miller	ES1 35
Riley Webster	S2 09
Jahkobi Johns	S1 22
Brodie Wheeler	ES1 20
Isabelle Vines	S3 04
Amber Walsh	S2 06
Lachlan Rickard	SE 25
Jaksun Tindall	S3 03
Lilly Tindall	S2 06
William Green	S3 10
Liam Dunn	S1 35
Joseph Green	S2 05
Lashilah Sharpley	S2 09

**You have been Caught**

**Catch it Awards**

**Week 3**

- Lacey Parry ES1 20
- Rylan Coleman S1 19
- Peyton Barker S2 02
- Noah Allan S3 12
- Braityn Darlington S2 34
- Jaylum Kennedy S1 19

**Term 3 Assemblies**

Week	Infants K-2	Item	Primary 3-6	Item
4	15 August	S1 18	16 August No Assembly No Item Year 5 & 6 Major Excursions	
5	22 August	S1 24	23 August	S2 34
6	29 August	S1 23	30 August	S2 06
7	5 September	S1 Singing Performance	6 September	S3 04

This information is subject to change at short notice

**Education Week  
High Achiever Awards**

Zayeem Afra	ES1 35
Ashlyn Holgate	ES1 20
Sophie Kohlis	ES1 17
Charlotte Birt	ES1/S1 16
Rylan Coleman	S1 19
Maddisyn Nothdurft	S1 18
Maddison Fletcher	S1 24
Soiyah Iskafi	S1 21
Lila Beer	S1 22
Makenzie Hoquard	S1 23
Kamryn Drew	S2 34
Elizabeth Kaluder	S2 08
Andrew Kensell	S2 09
Jeremy Flores	S2 07
Jody Ibrahim	S2 06
Matilda Cobb	S2 05
Rachel Cone	S3 03
Dakota Jones	S3 02
Kobi McMaster	S3 01
Kaida McManus	S3 04
Amy Sisson	S3 10
Savanna Brennan	S3 11
Jewels Guy	S3 12
Jessy Humphries	S3 36
Hailey Mckeon-Ovington	SE 26
Lachlan Rickard	SE 25
Anthony Ross	SE 29
Riley Weber	S3 04

**Principal's  
Ribbons**

**Week 3**

**Kaidence Davis - ES1 35**

Terrific roll model

**Evie McDonald - ES1 35**

Terrific roll model

**April Miller - ES1 35**

Terrific roll model

**Tysanedre O'Leary - S3 11**

Demonstrating mature approach to problem solving.

**Mia Wall - S2 09**

Terrific Artwork



**Week 3**

**Assembly Awards**

**Year K-2 Awards**

**Students of the Week**

Kaliyah Riley, Isaac Cook, Chaise Cook, Cayden Jeffriess-Tapper, Eli Tuson, Kade Allen, Harmony Walsh, Ty-Larni Dennis, Mathew Duffy-Hill, Ryley Crockatt, Bailey Rickard,

**Achievement Awards**

Tilly Shipley, Dominic Parker, Emma Kelly, Brayth Townsend, Maddisyn Nothdurft, Braxton Mckinnon, Tyson Bartolo, Bentley Davis, Nevaeh Leonard, Laycie Delforce, Pyper Webster.

**WEEK 3**

**Assembly Award**

S1 19

**Uniform Award**

S1 23



**COME TO OUR**

Scholastic  
**DINO-MITE BOOK FAIR**

**STOMP, CHOMP, AND READ!**

**WHEN:** Monday 19<sup>th</sup> – Wednesday 21<sup>st</sup> August, 2019  
(Friday 16<sup>th</sup> will be a viewing only day for the Fair.)

**TIMES:** 8.30 – 3.30 each day.  
Only parents and students with parents will be permitted before and after school. Students will have time in class to look and purchase.

**PLACE:** Tamworth South Public School Library

**ALL PURCHASES BENEFIT OUR SCHOOL!**

**SCHOLASTIC**

Mastercard VISA ezipos



**Weekly Tip:**  
Practicing good communication



Last chance to be a part of something important:  
The Fathering Facts Survey 2019.

It's your last chance to complete The Fathering Facts survey and help us identify what fathering looks like in 2019.

Please take 2 minutes to complete the survey and if possible, please share it on your own Facebook page.



*Are You A Parent of a Child Aged 2 to 12?*

The Parenting and Family Support Centre at the University of Queensland is conducting research into parents' opinions about parenting and parenting programs.

If you have a child between 2 and 12 years, we would love to hear your views on parenting and the services that are available to you as a parent. You will need to complete a short survey

To find out more or to participate please visit:  
<https://exp.psy.uq.edu.au/parenting>

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<https://exp.psy.uq.edu.au/parenting>

In August, our weekly tips aim to inspire and equip new dads. This week, we are taking a look at practicing good communication.

Building a secure attachment bond depends on the quality of communication that takes place between your newborn and you. Try:

- Asking for help or advice from other parents or professionals when necessary, however, trust instincts and intuition with caring for your new baby - no one will know your baby as well as you and your partner do.
- Have a conversation with your partner about how you were each raised - what did you enjoy about your upbringing?
- Consider what traditions you want to continue and what would you like to change.
- If you feel overwhelmed, connect with people around you or seek support. There are many support and information services available - check out those listed on [thefatheringproject.org](http://thefatheringproject.org).

**Sports News**

**Tamworth Junior Touch Football Competition**

The Semester 2 Primary (Years 3-6) Touch Football Competition will be commencing on Monday 19 August 2019 and finishing on Monday 2 December 2019.

The Little Nippers (Kindergarten-Year 2) will commence on Monday 26 August 2019 and finish on Monday 18 November 2019.

There are two time slots played each week.  
**Kindergarten – Year 4 play at 4.30pm and Years 5 – 6 play at 5:15pm.**



**Cost: \$40.00 for Little Nippers and \$50.00 for Primary players. Due by Monday 9 September 2019.**

Please note if you used the **Active Kids Voucher** in Semester 1 that will cover the cost of this competition.

Money can be paid to Miss Jolliffe at school in **Room 9** or at the Touch Fields. **Please do not send money to the school office.**

If you are interested, please get a permission note from Miss Jolliffe and return it by **Friday 9 August.**

Games are held at the Gipps Street Playing Fields



NSW Government will provide \$100 to help contribute to the cost of each child's participation in sport and active recreation

*NSW Junior Chess League - Primary Schools Competition 2019*

On Wednesday 31st July 2019, Tamworth South Public School proudly hosted the first round of the NSW Junior Chess League - Primary Schools Competition 2019 for the North West Region: Tamworth zone.

From 9:30am to 2:30pm nine schools brought eighty students to play their best games of chess over seven gruelling rounds. The participating schools included: Nemingha, Spring Ridge, Kootingal, Tamworth Public, Calrossy Anglican, Tamworth South, Timbumburi, Westdale, and Manilla Public School.

Tamworth South Public School was represented by twelve amazing students and entered a team of four into each of the three categories: the Championship Grade, the Intermediate Grade, and the Rookies Grade.

Representing Tamworth South Public School in the Championship Grade were: Matilda Cobb, Thomas MacAlpine, Reece Ware and Zoe Aylwin.

Playing in the Intermediate Grade were: Anna Pollard, Codey Barber, Marko Duric and Jackson Tindall.

Tamworth South Public School's brand new Rookie team consisted of: Maverick Kemenyvary, Kaida McManus and Will Love.



Above  
Championship Grade

Below  
Intermediate Grade



Above  
New Rookies Grade





## Canteen News

### Late lunch orders

Due to large numbers of late lunch orders and emergency lunches, the Canteen Committee has decided that any orders after 9:30am will be sandwiches ONLY NO exceptions.

### **NO Phone Orders Accepted:**

Unfortunately due to the large numbers of lunch orders the Canteen is unable to process anymore phone orders. All orders are to be placed at the Canteen.

Wednesday 4 September 2019 at 2:30pm in the canteen.

The school canteen runs on volunteers and we are in need of some more volunteers ready for immediate start.

### Canteen Roster

#### Term 3

#### 12 August - 16 August

Monday	Kerry Cramp, Annette Ward
Tuesday	Annette Ward, Michelle Summers - when available
Wednesday	Julie Davis, Anne Marie Mitchell, Paula Zammit - when available
Thursday	Annette Ward
Friday	Enas Elbitar, Kerry Roberts, Amanda Claudel, Lisina Monk

#### 19 August - 23 August

Monday	Kerry Cramp, Annette Ward
Tuesday	Annette Ward Michelle Summers - when available
Wednesday	Julie Davis, Anne Marie Mitchell, Paula Zammit - when available
Thursday	Annette Ward
Friday	Enas Elbitar - when available Kerry Roberts, Amanda Claudel, Lisina Monk

Chris Knee Canteen

## Canteen Committee

The Canteen is looking for a couple of new committee members.

If you would like to help please contact the Canteen on 6765 9863.



## Parents and Citizens

**Our P&C meetings are held in the Library on the third Wednesday of the month at 6:00pm.**

All Parents, Grandparents and Guardians are welcome to attend. We welcome new volunteers and members.

Next P&C Meeting will be on Wednesday 21 August which will be held in the Library at 6:00pm

## Clothing Pool

### Changes for the Clothing Pool

**The clothing pool will be opened on Monday 12 Wednesday 14 and Friday 16 August from 8:30am until 9:15am.**

Please keep an eye on the newsletter and our facebook page for other opening times. Thank you.

If you have any queries please email us on

**[tspspandc@gmail.com](mailto:tspspandc@gmail.com)**

or you can leave a message at the office and it will be passed on to the Clothing Pool.

The clothing pool is now stocking short socks in assorted sizes in bottle green, grey and white. They cost \$4.00 a pair.

## Canteen - School Hats

Due to the large number of enquires about hats with a tie under the chin, we have sourced hats with a tie on the crown.

**All hats will be at a new price of \$10.00**

### Available Now

#### Clothing Pool is now stocking

Grey Long Pants with double knee  
\$20.00 pair (sizes 6 to 16)

#### Green Beanies

**\$5.00 each** (one size fits all)

Library Bags Price Increase - NOW - \$12.00

ANZ Hotshots group tennis coaching

Ages 4-14 years

Free t-shirt for all new signups  
Saturday morning coaching  
\$10.00 per week

Contact Mitch - 0434 211 461  
[mitch.power87@gmail.com](mailto:mitch.power87@gmail.com)





## Communicable Diseases Factsheet

# Influenza

*Influenza (flu) is a contagious respiratory illness caused by influenza viruses. Most people recover after a few days but for some people it can be fatal. An influenza vaccination each year provides the best protection against influenza.*

Last updated: 1 May 2019

## What is influenza?

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

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

## What are the symptoms of flu?

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)

Some symptoms may last for more than a week. Some people may also experience very mild symptoms, particularly if they have some immunity from a previous infection or vaccination.

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 flu 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 of flu?

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

- children aged 6 months to 5 years
- people aged 65 years and older



- Aboriginal and Torres Strait islander people aged 6 months and over
- Pregnant women

Individuals aged 6 months and over with certain medical conditions predisposing to severe influenza are also at increased risk (and who also eligible for free annual influenza vaccine). These conditions include:

- Individuals aged 6 months and over with medical conditions predisposing to severe influenza, namely:
  - cardiac disease, including cyanotic congenital heart disease, coronary artery disease and congestive heart failure
  - chronic respiratory conditions, including suppurative lung disease, chronic obstructive pulmonary disease and severe asthma
  - 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
  - chronic neurological conditions that impact on respiratory function, including multiple sclerosis, spinal cord injuries, and seizure disorders
  - impaired immunity, including HIV, malignancy and chronic corticosteroid use
  - children aged 6 months to 10 years on long term aspirin therapy.

## How is flu prevented?

### Get a flu shot

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.
- 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 (available at [http://www.health.nsw.gov.au/immunisation/Pages/seasonal\\_flu\\_vaccination.aspx](http://www.health.nsw.gov.au/immunisation/Pages/seasonal_flu_vaccination.aspx)).
- 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 and family members), to help protect vulnerable people from infection.

For more information on general influenza vaccine recommendations refer to The Australian Immunisation Handbook (9th edition, 2008) available at: <http://immunise.health.gov.au>

### Sneeze into your elbow

Sneeze into your elbow instead of your hands, or cover your face with a tissue when you cough or sneeze and throw used tissues in a rubbish bin.

### Clean your hands

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 if sick

If you are sick with flu, stay at home and avoid close contact with other people to prevent them from also becoming sick. Keep sick children away from school and other activities. Wait at least 24 hours after fever resolves so you that you are unlikely to infect other people.

This is especially important if you visit people who are more likely to get really sick if they get the flu - including pregnant women, infants, older people or people in hospital or residential aged care. Similarly, if you think you may have influenza and you need to see a doctor, call ahead so the clinic can take precautions to reduce the risk to other people.



## Communicable Diseases Factsheet

*Outbreaks of viral gastroenteritis are common especially in residential care settings and child care centres. Outbreaks are controlled by good hygiene, isolation of ill patients and disinfection.*

# Gastroenteritis – controlling viral outbreaks in childcare centres and schools

Last updated: 6 May 2019

## What are viral gastroenteritis outbreaks?

A gastroenteritis outbreak occurs when two or more people have sudden onset of vomiting or diarrhoea at the same time in the same institution. In childcare centres and schools, you should suspect viral gastroenteritis if two or more children or staff have vomiting or diarrhoea within a two day period.

Viral gastroenteritis is highly infectious and outbreaks are very common and can be difficult to control. Outbreaks often occur in institutional settings such as nursing homes, hospitals, child care centres and schools. There are several things you can do to help reduce the spread of infection.

## How do I prevent the spread of infection?

### 1. Hand hygiene

Good hand hygiene is the most effective way of preventing the spread of infection.

- Make sure that hand washing facilities and alcohol hand rub are available for staff, residents, children and visitors.
- Alert staff, residents, children and visitors to the outbreak and the need for thorough and frequent hand washing, and post hand washing signs in toilet and care areas.
- Staff and visitors should wash their hands thoroughly with soap and running water for 30 seconds and dry their hands with disposable paper towels, even if they have been wearing gloves:
  - If hands are visibly dirty
  - After using the toilet
  - After changing nappies
  - Before eating/preparing food
  - There are body fluids (e.g. blood, urine, faeces) on your hands.

Alcohol hand rub can be used to clean your hands for other situations.

### 2. Isolation and restriction

The following precautions should be taken to restrict the spread of gastroenteritis:

- Children and/or staff with vomiting or diarrhoea should be separated from the rest of the group as soon as symptoms appear. This may involve dedicating a room to the sick children before they can be sent home.



- Cases that reside in an institution (such as in a boarding school) should also be separated from non-infected individuals where possible. This includes separate facilities for hand washing, toilet and bathroom.
- Sick children and staff should be excluded from attending the facility for at least 48 hours after their symptoms have ceased.
- Visitors should be discouraged from attending the premises while the outbreak is occurring.
- If the outbreak continues and new enrolments are considered to be at risk of infection, consider closing the facility to new enrolments.

### 3. Cleaning

- Surfaces or objects that have been exposed to vomit or faeces must be thoroughly cleaned as soon as possible.
- Wear disposable gloves when cleaning up. Mask, goggles and impermeable protective clothing offer additional protection if available.
- Use disposable towels to remove faeces and vomitus, and seal in a plastic bag before disposing of them (in a clinical waste bin, if available).
- Wash the surface or object with hot water and a neutral detergent.
- Where possible, disinfect hard surfaces and objects with freshly prepared sodium hypochlorite (bleach) 0.1 per cent solution. Leave the bleach on the surface for at least 10 minutes before rinsing with cold water, and allowing to dry thoroughly.
- Allow objects to dry thoroughly after they have been cleaned.
- Wash your hands after you have removed gloves and protective clothing.

Further advice is outlined in the [Gastro Pack for Childcare Centres](#).

### Who should I contact?

Managers of facilities where an outbreak of viral gastroenteritis is occurring or suspected should:

- report the outbreak to your local public health unit.
- document the number of cases, dates of onset, duration of symptoms and report to your public health unit

Call 1300 066 055 (within NSW) to be directed to your local public health unit.

### How can the public health unit help?

Public health unit staff have expertise in managing infectious disease outbreaks. Your local public health unit can provide advice and assistance on controlling further spread of the outbreak, samples that should be collected, and the type of testing that should be carried out.

### Further information

- Viral gastroenteritis factsheet: <http://www.health.nsw.gov.au/Infectious/factsheets/Pages/viral-gastroenteritis.aspx>
- Norovirus factsheet: <https://www.health.nsw.gov.au/Infectious/factsheets/Pages/norovirus.aspx>
- Rotavirus factsheet: <https://www.health.nsw.gov.au/Infectious/factsheets/Pages/rotavirus-infection.aspx>

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).



**Good for Kids** good for life

## CHOOSE WATER

How much water should our kids drink everyday?

1—5 years 1.25L  
6—12 years 1.5L

**TIPS TO DRINK MORE WATER**

- Show children that you enjoy drinking water
- Drink water with every meal
- Take a refillable bottle when you go out
- Pack water for school
- Encourage drinking extra water when they play sport
- Limit buying sugary drinks

Information source: © Carol Deane-Yelton 2011

NSW Health Hunter New England Local Health District  
[HS1512-GoodForKids@health.nsw.gov.au](mailto:HS1512-GoodForKids@health.nsw.gov.au)  
<http://www.goodforkids.nsw.gov.au/>

# FARRER EXPERIENCE DAY

**Together we can build your son's future**

**Open to Year 5 boys.**  
This is your son's opportunity to Experience Farrer

**Lots of fun hands-on experiences**

**Friday**  
**27th September 2019**  
**9.30am – 2.30pm**

**On the Day your son is to:**  
Wear his school sports uniform.  
Bring his hat & water bottle.  
Morning tea and lunch provided.

**Register NOW**  
online via our website at  
[www.farrer.nsw.edu.au](http://www.farrer.nsw.edu.au)  
6764 8600

Farrer Memorial Agricultural High School  
585 Calala Lane, Tamworth NSW 2340  
An All Boys Government Boarding and Day School

If you are looking for a well-balanced secondary education for your son then consider Farrer which has established an enviable reputation as a centre of excellence in academics, agriculture, welfare and sports programs. Catering to the education of both day and boarding students Farrer is set on 101 hectares of prime agricultural land, 10 kilometres from Tamworth, NSW.

By creating a safe and supportive environment within the school we have developed an atmosphere of harmonious cooperation that is the best setting for student productivity and growth. This allows students to achieve their educational objectives while forming memorable experiences and memories that last a lifetime.

# \$1 Real dough \$1

Present this voucher and get \$1 towards your next purchase.

**Tamworth Shoppingworld**  
Cnr Bridge & Denne St  
T 6762 0255

**Bakers Delight**  
We're for real.

Not redeemable for cash or with any other offer. Bookings given a voucher per person, per day. Only valid for purchases over \$5 at bakery listed. Expiry Date: Valid 3 weeks from date of issue.

## CATTLEMAN'S STEAKHOUSE

### BOOKINGS 67657922

[www.sundancepark.com.au](http://www.sundancepark.com.au)

**Orthodontist**  
DR. ELBERT LIEW

1 Dowe Street, Tamworth  
Phone: 6766 5833

*Specialist Orthodontist for adults and children*

- Management of crowding & alignment of crooked teeth
- Metal and clear porcelain braces, plates and functional appliances
- Experienced and friendly staff
- Interest free payment plans

## We'll help you find the floor you've been searching for.

**Choices Tamworth**  
Longyard Homemakers'  
Tamworth - 6765 5513  
[choicesflooring.com.au](http://choicesflooring.com.au)

**Choices**  
The floor you've been searching for

**Easter's Landscape Supplies**

- Top Soil
- Limestone Roadbase
- Washed River Sand
- Aggregate
- Decorative Stones
- Garden Ornaments
- Wall Art
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