Dear Families,

I would like to congratulate the students from Room 6 and Room 8 who last week competed in the Basketball Carnival in Pt Pirie. The students were excellent ambassadors for our school and participated enthusiastically. Thanks to Michael, Chelsea and Jill for supporting the students at the event and thanks also to Alistair who organised practice sessions at Flinders View Primary School gym.

At present the school is in the middle of the Premiers Be-Active Challenge. The challenge runs for 4 weeks and each day staff place additional activities outside for the students to engage in. At the end of the daily session students add a sticker to their chart to record their participation.

Installation of the replacement fencing has begun and it is anticipated that this project will be completed by the school holidays.

There has been considerable illness amongst students and staff this term. Staff are not able to give any medications at school without a medical authority from the prescribing doctor so if your child requires medication at school this form needs to be provided. Thank you to those parents who have kept children home when they have been unwell. Please do phone the school and advise staff when your child is too unwell to be at school.

Planning for the SCHOOL OPENING is well underway. A small working party is organising the event. The opening will be on Thursday October 8th at 9am. More information will be provided closer to the day.

The Woolworths Earn and Learn sticker promotion ends on Tuesday 8th Sept. There is a box in the school foyer where you can drop stickers.

Anne

**DATES TO REMEMBER**

- **Wednesday 9th September:** Governing Council Meeting at 9am in Room 1
- **Tuesday 15th September:** end of Term Assembly at 9.30am
- **Friday 25th September:** End of Term 3 2pm Dismissal
- **Monday 12th October:** Start of Term 4
- **Wednesday 21st Oct → Friday 23rd October:** Room 5 & 8 camp to Pt Lincoln.
- **Thursday 5th November:** Official Opening of the school

**Materials & Services Charges**

Materials & Services charges for 2015 are $226.00. Invoices were sent home in week 2. Families needing a “school card application” form can collect one from the front office.

It would be appreciated if payments can be made ASAP.

Do you know that you can direct deposit into the school account? If interested in this easy option please contact the school.

**School Uniforms - FOR SALE:**

We have spare shirts and jumpers on site that need to be sold. Payment MUST be made before the sale is complete. Please contact the school if you wish to purchase these items:

- x3 School T-Shirts - size 16, each: $30
- x2 Jumpers - size 16, each: $35
- x1 Jumper - size small, $35
Basketball Carnival in Port Pirie

Students from Room 8 and 6 attended the annual special school basketball 2 day carnival in week 6 along with other special schools in the region. The quality of the play and comradery from the players was excellent and exciting to watch. Our school very proudly showed off their talents and demonstrated the best elements of sportsmanship. The students demonstrated their awareness of the physical limitations in their own team and those of the opposition and made sure that play was fairly shared. The staff who attended were very proud of the display of fitness, game skills and sporting attitude by our students.
Kilparrin Teaching and Assessment School and Service
Early Intervention

Kilparrin Early Intervention is a Department for Education and Child Development Service provided FREE to families.

Contact
Cathy Roche-Wells
dl.1372.info@schools.sa.edu.au
(08) 8277 5999

More information and a referral form is available on the website
www.kilparrin.sa.edu.au

Targeted Early Intervention for children who are Vision Impaired or Deaf / Hard of Hearing with additional disabilities.

Your child may be eligible to receive a service if they:
- have a diagnosis of vision and/or hearing loss
- have an additional disability such as global developmental delay or physical disability
- are aged from 0 to 4 years old.

Children may receive:
- Family centred support
- Home visiting service
- Support to childcare centres
- Specialised assessment
- Information about future preschool options.
WASH, WIPE, COVER... don’t infect another!

PREVENTING THE SPREAD OF INFECTION
Common diseases such as colds, flu and tummy bugs can be spread in several different ways. Washing your hands, wiping down things you use, and covering your coughs and sneezes will help keep you and others healthy. If you are sick stay away from school until you are better.

WASH
Wash your hands often.
Thorough washing and drying of your hands is one of the best ways to stop the spread of germs.
Clean your hands often, but especially after going to the toilet.
Try not to touch your eyes, nose and mouth, or food until you have washed your hands.
Your hands should be washed with soap and warm running water for at least 10 seconds, then dried with a clean cloth or paper towel.
You should wash your hands:
• before eating any food
• after going to the toilet
• after coughing, sneezing and blowing your nose
• after playing with pets

WIPE
Wipe things clean.
By wiping things clean you can remove most germs.
Wipe over the things that are shared with others, like sports equipment, calculators, toys/games.
Keep the area where food is eaten clean.

COVER
Cover coughs and sneezes.
Cover a cough or sneeze with a tissue or your arm, not with your hands.
Drop the used tissue immediately into a bin and then wash your hands.
If you do have to cough or sneeze into your hands, wash them straight away before touching anything else.
Remember to turn away from other people when you cough or sneeze.

DON’T INFECT ANOTHER!

For more detailed information visit:
www.health.sa.gov.au/infectioncontrol
Colds & Flu

WASH, WIPE, COVER...
don’t infect another!

Questions & Answers

What is the difference between a cold and the flu?
Colds are fairly common, and can be caused by any one of many cold viruses. Flu is caused by just 2 or 3 different strains of one virus each year and usually causes a more severe illness. The symptoms of flu come on suddenly with a high fever and affect your whole body - not just your head and chest like a cold.

<table>
<thead>
<tr>
<th>Cold Symptoms</th>
<th>Flu Symptoms</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low or no fever</td>
<td>High fever</td>
</tr>
<tr>
<td>Mild headache</td>
<td>Headache - can be severe</td>
</tr>
<tr>
<td>Sneezing</td>
<td>Sometimes sneezing</td>
</tr>
<tr>
<td>Mild cough</td>
<td>Dry cough, often becoming severe</td>
</tr>
<tr>
<td>Slight aches and pains</td>
<td>Body aches and pains</td>
</tr>
<tr>
<td>Mild fatigue</td>
<td>Extreme fatigue</td>
</tr>
<tr>
<td>Sore throat</td>
<td>Sometimes a sore throat</td>
</tr>
<tr>
<td>Duration of 7-10 days</td>
<td>Duration of 10-14 days (cough can last longer)</td>
</tr>
</tbody>
</table>

How are colds and flu spread?
The viruses that cause colds and flu are spread in 2 main ways:
By breathing in the fine droplets that are expelled from the nose and mouth of someone who is sick when sneezing or coughing.
By touching your mouth, nose or eyes with fingers that picked up the virus from a surface or object touched by someone who is sick.

What can I do to prevent getting sick?
Avoiding exposure to sick people will reduce the risk to you. If co-workers, family or friends are sick, encourage them to take the simple steps outlined below (see “How can I stop the spread of colds and flu?”). Whilst it is very important to maintain overall health, many people believe that just being healthy is sufficient protection against the flu. This is not always true especially for older Australians and those with specific medical conditions. Annual influenza immunisation, given before the flu season, is an effective way of protecting yourself and others. See your Doctor or immunisation clinic for more advice regarding immunisation.

But doesn’t the flu immunisation give you the flu?
No. Influenza vaccine contains killed virus that cannot cause influenza. ‘Flu-like’ symptoms may occur as a result of the vaccine but these symptoms are not influenza and usually last only a few days. They indicate that your body is forming an immune response.
**How long are you contagious for?**

With a cold you are contagious for about two to three days before developing symptoms and this contagious period can last until all symptoms are gone. With flu you are infectious up to 24 hours before developing symptoms and for at least 7 days after (can be up to 14-21 days in children). For both colds and flu the greatest risk of spreading the infection is when symptoms are at their worst - day 2 to day 4 of illness.

**What should I do if I get a cold?**

Nearly all upper respiratory tract infections get better without any specific treatment. You should see the doctor if you have any of the following:

- poor intake of fluids
- vomiting
- intense headache
- difficulty breathing
- a high fever that does not improve with paracetamol
- no improvement in 48 hours

**What should I do if I get the flu?**

Stay at home - don't go to work, and have plenty of rest, preferably in bed.

Eat what you can and drink plenty of liquids.

Paracetamol and aspirin can be taken to relieve headache, muscle pain and reduce fever.

Ask for support from family, friends or community assistance to help look after you.

You should see your doctor if you:

- have an underlying medical condition
- become short of breath
- have been sick for a week or more and are not getting better
- are unable to drink fluids

**Can I die from flu?**

Most people recover fully from flu but for some it can lead to more serious complications. The elderly, the very young, and people with suppressed immune systems, heart or respiratory disease are more vulnerable to complications. Influenza is a serious illness for people in these high-risk categories and if the right precautions are not taken, it is potentially a life threatening condition.

**How can I stop the spread of colds and flu?**

The viruses that cause colds and flu are in the nose, throat and lungs of those affected. These can be spread by the fine droplets that are expelled from the nose and mouth when sneezing or coughing. The following simple steps can reduce the spread of respiratory infections:

- wash your hands often and avoid touching your eyes, nose and mouth
- cover your mouth and nose with a tissue when you cough or sneeze. If you don’t have a tissue use your upper arm or sleeve
- keep surfaces clean
- stay home if you are sick, and keep your distance from others

**Why doesn’t the doctor give me antibiotics?**

Antibiotics are used to treat bacterial infections. They do not kill the viruses that cause colds and flu. Antibiotics would only be required if the flu has led to a secondary bacterial infection. Taking antibiotics for no reason will promote the development of resistant ‘super bugs’. For some people, the doctor may decide to prescribe a special antiviral medication for the flu.

**Remember “Wash, Wipe, Cover – Don’t Infect Another!”**