School News

HAND, FOOT & MOUTH DISEASE

Hand, foot & mouth disease is a very common viral disease of childhood which is easily passed from person to person. It usually causes a mild illness. It is not at all related to the foot and mouth disease that affects animals. Having good hygiene helps to prevent infection. It mainly occurs in children under 10 but can occur in older children and adults as well.

Sometimes symptoms may not occur but signs of infection can include blisters that start as small dots which later become ulcers. Blisters appear inside cheeks, gums, and on the sides of the tongue, as well as the hands and feet. In infants blisters can sometimes be seen in the nappy area. They usually last up to seven to ten days.

The infection is usually spread by person-to-person contact especially by hand. This infection can affect anyone so having good hygiene by washing your hands with soap after going to the toilet, before eating, after wiping noses and changing nappies will help prevent the spread. Also avoid sharing cups, utensils, towels and clothing etc.

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

LOUD SHIRT DAY

This Friday is Loud Shirt day and is a day to create awareness and raise money for the hearing impaired. So find a loud shirt and wear it proud for a gold coin donation!

LOLLY DONATION

Any Lolly or lucky dip prize donations for the Year 6 Market Day would be greatly appreciated. Please send all donations to Miss Schroder.

SCHOOL UNIFORM SHOP

Our Uniform Shop in the staff room will open fortnightly Monday, Tuesday and Friday 9:00-9:30am. Mr Ireland will meet you in the staff room at this time to purchase school uniforms. If you need to purchase uniforms outside of the uniform shop hours please see Mrs Murray or Miss Schroder.

MARKET DAY 2014

Market Day is soon approaching and we have many excited students. We would like to send out a huge thank you to Bounce Party Hire for donating the use of a jumping castle for the event. Bounce Party Hire have a Special Spring offer happening at the moment, so if you have a party and are in need of a jumping castle now would be the time to hire!

COUPONS FOR SALE

Just a reminder that coupons are for sale through Miss Schroder. The coupon value available is 50c and $1.00. There is a $10 cap to eliminate coupons not being used. Families and students are being asked if possible to purchase coupons before the event. However if family members do need coupons on the day they will be available from Miss Schroder. Stalls charge anywhere from 50c to $1.50 offering activities, food, drinks, services and prizes. It will be a great family fun event so come on down to support our year 6 students and have a great Market Day experience.

K-6 EXCURSION

On 4 November students from K-6 will be going on a school excursion to Balarang Public School to watch their Annual School Production of ‘Fractured Fairy tales’. It is a fantastic display of Creative and Practical Arts with singing, dancing and drama performed by the Year 5 and 6 students. The cost of the excursion will be $7. A note will come home with your child today and is available on the school website.

Notice Board

- ‘Loud Shirt Day’ 17 October Gold Coin Donation
- Market Day – Wednesday 22 October
- Netball Gala Day – 24 October
- Halloween Monster Mash – October 31
- Balarang PS School Excursion K-6 November 4
**P&C News**

Welcome back and hope everyone is back into the swing of things. Don't forget we have our Halloween disco coming up soon. We need donations of black cardboard, lollies, drinks, Halloween decorations, glow sticks and anything Halloween oriented. Thanks to everyone who has already started, especially Mr Ireland who supports us all the time.

We need volunteers for the day and night so please speak to Nina our president, one of our vice presidents Karessa or Katie or our treasurer Sharon to let us know when you can help out. All help is appreciated.

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**Canteen News**

On Thursday and Friday flavoured milk is on sale for $1.50. Also we are trialling a new drink called "smiley". Its low GI, $1 a bottle and only 1 per person per day.

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**Breakfast Club**

Don't forget Tuesdays is toast day and Thursday is pancakes. Our breakfast club mums look forward to seeing you.
Tips on Student Attendance #10

It is important for parent/s or caregivers to make attending school a priority.

Allowing children days off for birthdays, to go shopping, to look after younger children or because they were tired from a late night, not only sends the wrong message but is against the law. Children who get used to having days off school for these kinds of reasons develop the attitude that attendance is not very important. This can become a big issue as the child gets older. **Teach your children that being on time is important.** Children that are often late miss the part of the school day when the teacher explains new activities. Also many students are freshest at the start of the day and can concentrate better.

**Attendance Class of the Week**

HB7 with 100%

**School Attendance for the Week!**

86%

Attendance Target 92%
Community News

- Bulli Ps Fete - Saturday 25 October
  11am - 4pm. Rides, entertainment & stalls!
- Bounce Party Hire - Spring Special $30 off any jumping castle booked!
  For booking call 0419 095 522

Safety and Security

Students, staff and school property are protected under the Inclosed Lands Act. It is an offence to verbally and physically assault any student or staff member on school premises.

School grounds are private property. No one is allowed on school grounds out of school hours unless they have permission. If anyone sees anybody they think shouldn’t be on the school grounds please contact School Security or the Police on 4232 559.

THAI BEEF SALAD BY MRS CAPRENTER

Ingredients

- 650g rump or sirloin steak
- Oil
- 150g salad greens
- 2 small red onions, finely chopped
- 10 kaffir lime leaves, shredded
- 3 large mild chillies, seeded and shredded
- 2/3 cup coriander leaves
- 2/3 cup basil
- 2/3 cup mint leaves

Dressing

1 teaspoon soy sauce
2 tablespoons fish sauce
2 tablespoons lime juice
2 tablespoons palm or brown sugar

Method

- Brush or spray steak with a little oil and char-grill, barbeque or panfry until cooked to preference.
- Slice steak thinly.
- Place the salad greens, onions, kaffir lime leaves, chilli, coriander, mint and basil in a bowl and toss lightly.
- **Dressing:** Combine the soy sauce, fish sauce, lime juice and sugar.
- Add steak to salad plate and pour over the dressing.
- Serve immediately.

All recipes are taken from ‘Kemblawarra Gets Cooking’