



# Crows Nest State School

## ***NEWSLETTER***

Tel: (07) 4698 3111 / Fax: (07) 4698 3100

Web: [www.crownestss.eq.edu.au](http://www.crownestss.eq.edu.au) / Email: [admin@crownestss.eq.edu.au](mailto:admin@crownestss.eq.edu.au)

*Edition 23*

*21/07/09*

*Principal:* Scott Edmunds  
*Deputy Principal:* Kaarin Grinstead  
*Head of Department:* Justin Kummerow  
*Head of Curriculum:* Claire Thichtener  
*Head of Special Education:* Louise Leggett  
*Business Services Manager:*

*P&C Email:* [pandc@crownestss.eq.edu.au](mailto:pandc@crownestss.eq.edu.au)

*Student Absences Email:*  
[admin@crownestss.eq.edu.au](mailto:admin@crownestss.eq.edu.au)

*Office Hours:* 8:00am - 4:00pm

### **Principal's Message**

#### **Keep children at home if they are sick**

As school resumes for Term 3, parents are being urged to keep their children home if they are sick with flu-like symptoms.

Queensland now has more than 1600 confirmed cases of Pandemic (H1N1) 2009 (Human Swine Influenza).

Symptoms of human swine flu are similar to seasonal influenza and include a fever, cough and/or sore throat. Other symptoms can include fatigue, myalgia, headache, body aches or chills.

Queensland Health says one of the best ways to stop the spread of the flu is to keep sick children home and encourage good hygiene.

If children are sick the best thing to do is keep them away from school and other events such as socials and sporting carnivals. This might mean that some children will miss interstate and other planned school trips.

People generally have to be mindful that there are some who are more at risk from swine flu so those who are sick need to do the right thing and stay at home from school and work.

School closures remain an option in very limited circumstances but the likelihood of disruption during the new school term has lessened.

Queensland is now in the "protect" phase in managing the influenza outbreak and parents need to be aware that while most people who contract the flu are making rapid and full recovery, some who are particularly vulnerable need to seek medical help at the onset of flu-like symptoms.

The essence of the "protect" phase is to concentrate on the early treatment of those in the community who may be more vulnerable to severe outcomes if they contract the virus.

Those identified as being vulnerable include pregnant women, Indigenous Australians, people with respiratory disease (including asthma and COPD), heart disease, diabetes, renal and liver disease, obesity and immunosuppression.

If you have any questions regarding symptoms or illness, contact your general practitioner or call Queensland Health on 13 Health (13 43 25 84)

For education related questions, contact your school principal. Further information is also available from the Queensland health website.

#### **Queensland Health Swine Flu Response website:**

[www.health.qld.gov.au/swineflu/html/schools.asp](http://www.health.qld.gov.au/swineflu/html/schools.asp)

#### **Specific information and advice for parents:**

[www.health.qld.gov.au/swineflu/documents/parents\\_advice.pdf](http://www.health.qld.gov.au/swineflu/documents/parents_advice.pdf)

#### **Important notice to parents**

#### **Impending planned teacher strike - Wednesday 29 July**

Parents and carers who are able to do so should make arrangements to keep their children at home from Crows Nest State School on Wednesday 29 July, due to a planned teacher strike of QTU members in the Darling Downs South-West Region.

For families who cannot make other arrangements, be assured that Crows Nest State School will be open and adult supervision will be



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provided. However, there will be no educational instruction on the day.

The school principal or another officer-in-charge will be present on this day. Teacher aides, supply teachers and teachers not taking part in the strike will also attend to supervise children.

### **Thought for the Week**

If you can imagine it, you can achieve it. If you dream it, you can become it.

*William Arthur Ward*

Regards,

Scott Edmunds  
Principal

### **School Athletics Photographs**

Would you like to see a picture of your child at the School Athletics day held in Term 2? Copies are available from Alysha Chapman at Zach & Zech Photography - 0435312741.

### **From Debbie - School Nurse**

Mental Health issues will now be experienced by 1:4 school children.

The most common of these, especially in adolescence is depression and anxiety.

If your child doesn't seem like their normal self and displays any of the following:

- Crying/teariness (no reason)
- Big changes to weight either increase or decrease
- Withdrawing from family/friends
- Constantly worried about things
- Trouble sleeping

please discuss with your doctor, School Based Youth Nurse or Guidance Officer.

### **Student of the Week/Academic Award**

Congratulations to the Week 2 recipients.

*Student of the Week*

- 1C Completing Premier's Reading Challenge Form – Milli  
Burgerhof, Ryan Christensen, Rowan Morris, Aonghus  
Graham, Drue Veneris, Tyson Simpson, Hannah Brazier,  
Akasha Thompson.
- 2C Displaying good manners at all times – Praryn Ellison
- 4/5C Coral Perren – a consistent effort over semester 1
- 5/6C Cikala Prince – contributing well to class discussion and excellent bookwork

### **Northern Downs Athletics Carnival**

A number of students have been selected to represent Crows Nest State School at the Northern Downs District Primary Schools Carnival to be held at the Glenys Nunn Athletics Oval, O'Quinn Street, Toowoomba on 28<sup>th</sup> July 2009. Due the small number of students participating from each of the Northern Downs Primary Schools, parents are asked to arrange their child's / children's transport to and from the carnival. Information notes were sent home yesterday that also includes the event(s) students will be competing in. If you have any questions please contact Mr Watts at school.

### **Rugby Union Gala Day**

On Wednesday, primary school students will be competing in a Rugby Union Gala Day held at Grammar. Our school is combining with Geham and Goombungee to compete against 15 other teams. Good luck to those students competing.

### **Tallebudgera Camp**

Thank you to all families who have returned notes and deposits for Tallebudgera.

### **Payment 2- \$50 is now due.**

### **Expanding Horizons Camp**

On the 15 July Josie, Dallas, Edward, Lilly, Monique, Hayden and myself went to the Expanding Horizons camp. Expanding Horizons was held at the Koojarawon Lutheran camp grounds. We had to choose two subjects to participate in the camp. Some subjects like



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writing and art were tied together because writing was making a book and illustrating it.

The subjects that we could choose from were drama, orienteering, maths, art, writing, philosophy and environmental rescue.

I choose drama and orienteering. The orienteering teacher was Mrs Crosato from Crows Nest. On the second day Mrs Crosato took us down to Picnic Point and we had a big orienteering event. I got lost in the woodland area of the park.

The camp was a great place to learn new skills and make lots of friends that you didn't have before.

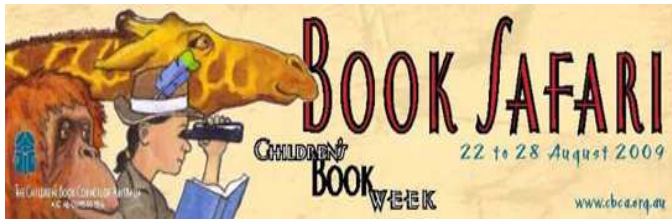
**By Grace Pendlebury**

### **Library Notice.**

#### **"Children's Book Week 2009."**

(Saturday 22-Friday 28, August 2009.)

The theme for 2009 is... **"Book Safari."**



### **Library Fundraiser!!!**

**Book Fair** during "Children's Book Week."

A Book Fair will be held in Area A of the school library from: **Monday 24 - Thursday 27 August.**

### **Monday 24 August Children's Book Week Costume Parade!!!**

All students from P to 10 are encouraged to dress up as a **"Safari Explorer"** or a **"Safari Animal"** e.g. a lion or **as their favourite book character** on Monday 24 August with a

parade of costumes during the school assembly that morning.

There will be prizes for the best costumes!!!

A display of the "Children's Book Week 2009" shortlist books will be on display in the library for the rest of this term. The winning books will be announced on Saturday 22 August.

### **P&C Meeting**

P & C Meeting tonight, 21/07/09. The year is getting away and we still haven't had anyone jump forward and offer their services as secretary for the P & C as yet. Please if you can spare a little time it will be of great benefit to the children and the community as a whole, see you tonight, 7.30pm in the admin building.

### ***IMPORTANT DATES TO REMEMBER***

#### **28 July**

Northern Downs Athletics

#### **11 August**

Inner Downs Athletics

#### **14 August**

Inner Downs Sec Athletics

#### **24 August**

Inner Downs Cricket

#### **24 -28 August**

Book Week

#### **Tuckshop**

#### **Group 1**

**22 July**

#### **Workers**

Karran Simpson  
Georgie Edser  
Donna Battams  
Carolyn Asher

#### **Suppliers**

*Patty Cakes-* Joanne Brackenbury  
*Slice-* Gillian Nielsen



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