



# 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 25*

*4/08/09*

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

*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**

#### **This flu season**

This winter, H1N1 influenza 09 (human swine influenza), along with other influenza viruses is circulating in the community. Generally, the virus produces a mild disease in most, severe disease in some, and is a moderate illness overall.

Many more people are likely to be affected by influenza-like illness this year than in recent flu seasons, because the community will have not have immunity to the H1N1 influenza 09 virus.

The best way to stop the spread of influenza, and to protect people who may be more vulnerable to severe outcomes if they contract the virus, is to keep sick children home and encourage good hygiene.

#### **What are the symptoms of Human Swine Influenza?**

They are similar to those of seasonal influenza - fever (greater than 38°C or a good history of fever) plus cough and/or sore throat. Other symptoms can include fatigue, myalgia, headache, body aches or chills.

#### **What are the vulnerable groups?**

Those most at risk of serious illness as a result of Human Swine Influenza include people with chronic diseases such as respiratory disease (including asthma), heart disease, diabetes, renal and liver disease, morbid obesity and immunosuppression. Pregnant women and Aboriginal and Torres Strait Islander people are also at higher risk from this infection.

#### **What should I do if my child develops flu like symptoms?**

- Keep your child at home and limit contact with others until your child is well. Your child may return to school and other activities when they are completely well, or when at least 24 hours

have passed since their fever has resolved, whichever is the longer.

- Mild flu like symptoms in those at low risk generally can be treated at home with simple measures including fluids, rest and paracetamol to reduce fevers.
- Seek medical advice or contact 13 HEALTH (13 43 25 84) if symptoms are not relieved or worsen.
- Seek medical advice if your child is in a vulnerable group or has other underlying medical conditions. Antiviral treatment may be indicated and should be commenced as early as practicable and within the first 48 hours of illness.
- If your child's illness is moderate or severe, treatment is likely to be indicated and your child should be seen by a doctor.
- Please call ahead if seeing a doctor, advising of your child's symptoms.
- Ensure your child and those around them practice good hand hygiene, cover their nose and mouth when they cough and sneeze, and dispose of tissues promptly.
- Restrict close contact (within one metre) with others as much as possible, especially with any family members who are in a vulnerable group. If your child is in a vulnerable group, or their illness is moderate or severe, antiviral medications such as oseltamivir (Tamiflu) or zanamivir (Relenza) may be prescribed by your doctor.

#### **What is the best way to protect myself or my children from Human Swine Influenza?**

The best way to protect yourself and others is to:

- stay home when you are sick
- wash your hands frequently with soap and water or use an alcohol-based hand gel



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- wash your hands prior to touching your eyes, nose and mouth
- when coughing or sneezing, cover your mouth and nose with disposable tissues which should be disposed of immediately
- do not share items such as cigarettes, glasses or cups, lipstick, toys or anything which could be contaminated with respiratory secretions
- maintain at least a one metre distance from people who have flu-like symptoms such as coughing or sneezing

### **Teachers' Strike Action**

The Queensland Industrial Relations Commission has ordered the Queensland Teachers' Union and the department to arbitration to establish a new Enterprise Agreement for teachers. Subsequently indicated strike action that was planned for Wednesday 5 August **will not be proceeding. School and tuckshop will be open** as normal tomorrow.

### **Changes to Lunch Structure Trial**

The trial of our changes to our lunch structure has finished and I would like to thank everyone who responded to me with feedback about our trial.

While there was some support for the concept of altering our eating arrangements the majority of people were against the change.

Responses did reflect that students were settling better when re-entering classes, which we had hoped for. We had also noticed a reduction in students coming to the office for assistance during this period as well.

The concerns raised against the trial were around children not finishing lunches in the time allocated and were finishing eating in class, children, especially bus children, being hungry and needing to eat first before playing and some tuckshop issues around classes collecting food and the ordering and eating of hot food at the second break.

The reduction in litter that we had also hoped to see was not evident as the children were racing

off to class and not always putting it in the bin first.

It was therefore decided that we return to our previous arrangements for breaks.

### **2010 Staffing and Class Allocations**

Work has commenced on planning for our 2010 Staffing and Class Allocations. To assist me, I ask if families are aware they will not be attending Crows Nest State School in 2010 to let me know.

Also, if you are aware of any new families who could be moving to our district or who have students commencing Prep in 2010, could I encourage you to have them contact our school office or visit our website for an Enrolment Package.

Our predicted student enrolments will assist me in identifying the number of staff we require next year. Only when this is known can we begin to establish the classes that we will be running in 2010.

Staffing and Class Allocations will not be released until later in Term 4.

### **Thought for the Week**

What would you attempt to do if you knew you could not fail?

*Dr Robert Schuller*

Regards,

Scott Edmunds  
Principal

### **Relaxation Techniques**

In hard economic times and with increased stress it is important to practise relaxation techniques.

Such techniques include Progressive Muscle Relaxation, Meditation, Imagery and Mandala.

If you require any more information please contact Nurse Debbie for more information.



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Also check local community guides for meditation and relaxation classes.

**Debbie**  
**School Health Nurse**

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

Congratulations to the Week 4 recipients.

*Student of the Week*

1C Natescha Smith, Ben Newman -  
Completing Premiers Reading Challenge

2C Georgia Cooper, Abby Corcoran,  
Ayden Davie, Riley Gibson, Tessa Gossow, Elvie  
McKay, Jack Sullivan - Completing Premiers  
Reading Challenge

3C Riley Parton, Tyler Dempsey, Zach  
Seymour, Amanda Pukallus, Chelsea Young,  
Naomi Hughes, Isaac Polzin, Jackson Boardman,  
Daniel Nothdurft, Andy Proud, Pharyn Ellison -  
Completing Premiers Reading Challenge

6/7C Tonya Sanderson - striving to  
achieve and consistent neat work.

6/7N Kristin Brown, Dallas Vonhoff,  
Mitchel Veneris, Jessica Cornell, Emily Kahler,  
Peter Rose, Rebecca Smith, Tanika Spierenburg  
- fantastic effort writing argument letter regarding  
changed lunchtime routine

### **Primary and Specialist Integrated Unit Overviews**

Primary and Special Integrated Unit Overviews  
are now available for parents perusal either on  
the school website or in the front foyer  
noticeboard in administration.

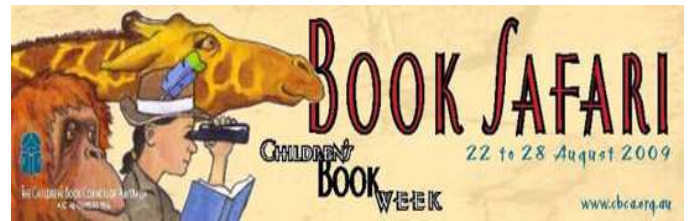
**Claire Thichtener (HOC)**

### **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.

### **Tuckshop News**

**More Helpers are Needed if you could spare  
one day a month it would be appreciated.**



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***IMPORTANT DATES  
TO REMEMBER***

**11 August**  
Inner Downs Athletics

**14 August**  
Inner Downs Sec Athletics

**24 August**  
Inner Downs Cricket

**24 -28 August**  
Book Week

**29 Aug-4 Sept**  
Canberra Excursion

**Tuckshop  
Group 3  
5 August**

**Workers**

Bobby Goddard  
Jenny Pendlebury  
Kirsty Myles  
Kym Campbell

**Suppliers**

*Patty Cakes-* Jodie Parton  
*Slice-* Karen Moody