



Orana Heights Public School



Annie Munro, Principal
Excellence, Opportunity and Success in a caring school.

Email: oranahts-p.school@det.nsw.edu.au
Term 3 Week 4

Web Address: <https://oranahts-p.schools.nsw.gov.au>
Tuesday 13 August 2019



3L busy completing their maths.

From the Principal's Desk

Ms Annie Munro

- If you have not done so, **please vote for our new playground equipment.**
- Attached to this newsletter is some information about **illnesses.**
- **It is all about safety:**

- Please only use the Disabled Parking spots if you have a registered "Disabled Parking" label in your vehicle. Our parking places have been labelled in accordance with regulations that support booking if police attend to this area.

- Double parking in Oak Street or Alder Place is not safe. Please park and walk to collect your child/ren.

- Please use crossings on Oak Street. Walking out between buses does not set a good example of safe practice for children.

- Be patient in our back car park. It is a privilege for a school to have this facility.

- Students are only to leave the back area of an afternoon accompanied by an adult.

Quote: "When everything seems to be going against you, remember that the airplane takes off against the wind, not with it. " - Henry ford.

Canteen News

Please note tomato sauce sachets are available for 50c each.

Term 3 - 2019 Planner

Week	Mon	Tue	Wed	Thu	Fri
4 <i>Education & Science Week</i>	12	13	14	15 9am -1.25pm, K-2 AFL Clinic 2.10pm Yrs 3-6 AFL Talk	16 Yrs 3-6 Athletics Carnival
5	19	20	21	22 Debate OHPS v West PS	23 Jump Rope for Heart
6	26	27	28 Yr 6 to Yr7 Information Night Senior Campus	29 ES1 Father's Day Kites	30 Father's Day Stall 12.30pm K-2 Assembly 2.10pm Yrs 3-6 Assembly
7 <i>Sept</i>	2	3	4 9.15am - 10am - Book Week Parade	5	6 District Athletics Carnival
8	9	10	11	12 School Dance	13 Western Athletics Carnival
9	16	17	18	19 Stage 2 Colonial Day	20 12.30pm K-2 Assembly 2.10pm Yrs 3-6 Assembly
10	23	24	25 Yr 5 Canberra Excursion	26 Yr 5 Canberra Excursion	27 Yr 5 Canberra Excursion

Congratulations to the following Award Winners

Honour Awards

Richard Dewar x 2	Georgie Mules	Yilla Paulson	Joey Howard	Matilda Courts
Judd Shields	Jett Stephens	Haiden Arnold	Yuna Shrestha	Elizabeth Pham
Jayden Johnston	Jemma Tink	Chace Leonard	Nicola Masoch x 2	Elijah Sargent
Eli Burt	Preston Self	Bianca Myhill	Rome Williams	Ruby Brown
Bailee O'Dea	Mikheila Nalder	Lytic Paulson	Tiahna Vandermaal	Ellara Reid
Layla Weatherall	Liam Allen	Heath Boxall	Jace Sadgrove x 2	Ella Howard
Hamish Wells	Cooper Schofield	Jaahvon Fernando Barker		

Distinction Awards

Georgie Mules Jace Sadgrove Juztise Powers Lily-Rose Zuereb Jake Clarke-Lawrence



Book Week Parade

Wednesday 4 September 2019

Time: 9.15am—10am

Theme: "Reading is my Secret Power"

Year 7 Parent Information Evening

Dubbo College Principals would like to invite Year 6 students and their families to the Year 7, 2020 parent information evening.

You will be able to meet and talk to each Campus Principal and hear from our teaching staff about the wonderful opportunities that Dubbo College can provide.

Venue: Dubbo College Senior Campus Hall,
Tony McGrane Place

Date: Wednesday 28 August 2019

Time: 6:00pm



MY COMMUNITY PROJECT
Made possible by the NSW Generations Fund

It's your chance to pick your favourite projects

You'll need a MyServiceNSW Account and your Medicare card to vote

VOTE NOW
Orana Heights Public School Play and Exercise Circuit

mycommunityproject.service.nsw.gov.au
or visit your nearest Service NSW centre

For more information call 13 77 88

Jump Rope for Heart

This year our school is participating in Jump Rope for Heart – a fantastic physical activity and fundraising program by the Heart Foundation that has been running for over 35 years.

Since Jump Rope for Heart started in 1983, schools like ours have raised more than \$104 million for the Heart Foundation's lifesaving work.

Jump Rope for Heart is a great way for your child to keep fit and learn new skills, but it also helps raise funds for vital heart research and education programs.

Our **Jump Off Day** at OHPS will be **Friday 23 August 2019**. To make fundraising fun and easy, you can create your own secure webpage at jumprope.org.au

Sign up to share your child's progress and let the funds roll in. Your child can earn virtual badges along the way and your page will highlight the prizes up for grabs.

Sign up here today: www.jumprope.org.au/parents

Thank you for supporting the Jump Rope for Heart program!

Kelly McTiernan and Morgan Bonnor, Jump Rope for Heart Coordinators



SPORT NEWS

Upcoming Knockout games:

Boys Touch – Thursday 15 August 2019 – against Dubbo South Public School

Netball – Monday 19 August 2019 – against Coerwull Public School (Lithgow)

School Athletics Carnival

Date: Friday 16 August 2019

Time: 9am - 3pm (1500m is at 8.30am – students MUST be able to run nearly 4 laps of Barden Park)

Venue: Barden Park

Attendance at the carnival is compulsory and school rules apply on the day.

Students catching the bus to the carnival need to bring in \$3.50. Buses will leave school at 9.10am and return at 2.50pm.

Students may dress in house colours or sports uniform.

Spikes are allowed in 100m, 200m, High Jump and long jump.

Students must remain in the grandstand when not competing. Grass hills and the lift are out of bounds for students.

Students, parents and spectators must remain behind the silver fence at all times.

Students may bring a blanket or sheet to sit on in the grandstand.

Sports equipment e.g.: soccer balls must not be brought to Barden Park.

There will be a canteen operating on the day.

Parent help on the day is needed. Please contact Mrs Hall if you are able to help.

Can't help on the day...

Cakes, slices, muffins etc are needed for the canteen at the carnival. Please drop off to the front office or Barden Park canteen on the day of the carnival.

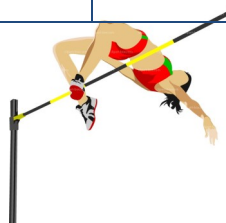
District Athletics Carnival - Friday 6 September 2019 – Barden Park

Western Athletics Carnival - Friday 13 September 2019 – Barden Park

Mrs Hall, Sports Co-ordinator

Canteen Menu for the Athletics Carnival

Hot	Price	Drinks	Price	Snacks	Price
Traveller Pie	\$3.50	Water	\$2.00	Fruit	\$1.00 per piece
Chicken Burger	\$4.00	Flavoured	\$2.50	Chips	\$1.50
Hot Dog	\$3.00	Chill J's	\$2.50	Chocolates	From \$1.00
Scollop	\$2.00	Tea	\$2.00		
Cheese Toastie	\$2.00	Coffee	\$2.00		
Tomato Sauce	50c				



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.

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.