

# Newsletter

Somerton Public School

*Developing Respect, Responsibility, Resourcefulness*

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Term 4 – Week 5

Tuesday 2 November 2015

## Mr Reid's Message

### Grandparents Day!

Thank you to our grandparents, parents and friends who attended our Grandparents' Day last Monday. We had a busy afternoon of reading together, creating a beautiful craft piece, listening to the students poems about grandparents, participating in our weekly assembly and the sharing of afternoon tea. Grandparents are the extra special people in our lives and the students and staff were thrilled to spend this time together.

*Here are some photos from Grandparents Day:*



## Kindergarten

This Thursday we are holding our Kindergarten Orientation for the children entering Kindergarten @ Somerton Public School in 2016. The children and parents will be able to familiarise themselves with their teachers and their school surroundings, as well as meet and play with their new classmates.



### P&C Meeting

This **Thursday 5<sup>th</sup> November @ 6:30pm** in the school staff room. Please take note of the time and date as we would love to see more of our parents and friends at our meetings. The P&C meetings are held once a term and we discuss all ideas put forward to benefit our school over a cuppa and a nibbles. We encourage all families to be involved as we are trying to reach out to the community and bring the community into the school. We look forward to seeing you then! ☺

### CAPERS 2015

This Friday, 6<sup>th</sup> November, we will be travelling to Tamworth to view the CAPERS School production. If you have not already done so could you please return the note and money to Ms Reid. Please refer to the note that went home in regards to times, dress and requirements. Thank you.



### Cooking Money

All students brought their cooking money of \$2 each last week! A fantastic effort – let's see if we can do the same this week ☺



## Inter-school Dance with Attunga PS

Attunga Public School visited with us on Friday and we had a fantastic time of dancing, games and friendship. We held our dance at the Somerton Hall where we had plenty of room to dance together and play fun games. Some of the dances were the Hokey Pokey, the Heel Toe Polka, the Nut Bush, Strip the Willow, the Chicken Dance and many more. After the energetic dancing we came back to school for a sausage sizzle and a cool drink and iceblock. It was a great day with our friends from Attunga and some of the comments from the students were:

**Tiara:** *"I liked doing the heel toe polka the best. It was a lot of fun dancing with all the kids"*

**Nicholas:** *"I really enjoyed playing the games, especially the North, South, East and West game"*

**Shannon:** *"I really enjoyed the barbecue and eating the sausage / coleslaw roll"*

Here are some photos of the students making coleslaw for the BBQ & dancing 'The Madison' & the 'Heel & Toe Polka':



## Library Books

We still have some library books outstanding from our school library. After constant reminders to those students concerned, the books have still not been returned. We



encourage the students to borrow, however the school cannot afford to be replacing lost or misplaced books. Notices are being sent home with the newsletter, and if the books cannot be located, unfortunately we will need payment for their replacement. Thank you for your understanding with this matter.

## READ-A-THON:

Just a reminder that all sponsorship money needs to be collected and returned to school by next Friday 6<sup>th</sup> November, so that the students may receive their goal prizes by the end of the school year.



## Concept of the Week-SMILE:

It makes such a difference! Being happy and smiling can have such a flow on effect. Try it – if you smile at someone in the street, more times than not, they will smile back. It makes everyone feel better if people are smiling!



## CWA Invitation

Somerton C.W.A. would like to extend invitation to all school mothers to attend their meetings. They are held in the Somerton Hall @ 9.30am with morning tea & the meeting to start at 10 am. The meetings are held on the 2<sup>nd</sup> Tuesday each month. Please contact Judith Doyle on telephone 6769 7563 for more information.



Why not visit our Website:

<http://www.somerton-p.schools.nsw.edu.au>



## FARRER MEMORIAL AGRICULTURAL HIGH SCHOOL – TAMWORTH

### Selective Schools applications now open online

Farrer is the only all-boys government Agricultural high school in Australia & would like to inform parents of current Year 5 students, that **registration for Year 7 2017** is now open online.

To register your son to sit the Selective Schools test visit the Farrer website and follow the Selective Schools link. Applications close 16<sup>th</sup> November. For further enquiries contact Farrer on 6764 8600.



## Good for Kids good for life

### Active as a Family

Busy lives and long work schedules can mean that many families spend time apart during the week and exercise on their own.

Here are some ways to connect as a family, revive energy levels and feel fit and healthy:

- A simple walk after dinner
- Join an all ages group like a fun run or cycling group
- Play touch football or cricket in the backyard on weekends
- Go for a hike or bike ride around local walking tracks
- Spend the day at the beach or your local swimming pool.



Source: Murrumbidgee Local Health District

PHONE 4924 6499

## Whooping Cough Alert

There is an outbreak of whooping cough (pertussis) in NSW, mainly affecting school-aged children.

Coughing spreads the infection to others nearby. Whooping cough can spread to anyone at home, including younger brothers and sisters. Whooping cough can be especially dangerous for babies.

Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. The infection can occur even in fully-vaccinated children. Older children may just have a cough that is persistent and may be worse at night.

- Children with these symptoms should see a doctor.
- If your doctor diagnoses whooping cough in your school-aged child, please let the school know and keep your child at home until they have taken 5 days of antibiotics. Keep coughing children away from babies.
- Whooping cough vaccines give good protection against infection but immunity fades with time. Check that all your children are up to date with their vaccines, due at 6 weeks, 4 months, 6 months, 4 years and 12 years of age (offered to all Year 7 students through the NSW school-based vaccination program). A booster is also recommended at 18 months of age.

A booster dose of vaccine is also recommended for adults that are in contact with young children, such as school staff and parents. Pregnant women are recommended to have a booster dose during each pregnancy and this is funded by NSW Health. Those who are new parents or carers of babies should consult their general practitioner about appropriate immunisation.

Your local public health unit can provide advice about whooping cough on 1300 066 055 or visit the NSW Health website for [information for childcare and schools about whooping cough](#).



**TERM 4 2015 DATES:**

<b>5</b>	<b>2 November</b> <b>Read-a-Thon</b>  3pm Assembly	<b>3</b> <b>Read-a-Thon</b>	<b>4</b> <b>Read-a-Thon</b> <i>Please send in CAPERS payment &amp; permission notes</i>	<b>5</b> <b>Read-a-Thon</b>  <b>9:30-11:30am: Kinder Orientation</b> Music Library	<b>6</b> <b>Read-a-Thon</b>  <b>10:30am- CAPERS</b>  Home Readers Numeracy @ Home
<b>6</b>	<b>9</b>  3pm Assembly	<b>10</b>	<b>11</b>	<b>12</b> <b>9:30-11:30am: Kinder Orientation</b> Music Library	<b>13</b> 10am-Netball Home Readers Numeracy @ Home
<b>7</b>	<b>16</b>  3pm Assembly	<b>17</b>	<b>18</b>	<b>19</b> Music Library	<b>20</b> 10am-Netball Home Readers Numeracy @ Home
<b>8</b>	<b>23</b>  3pm Assembly	<b>24</b>	<b>25</b>	<b>26</b> Library	<b>27</b> 10am-Netball Home Readers Numeracy @ Home
<b>9</b>	<b>30</b>  3pm Assembly	<b>1 December</b>	<b>2</b>	<b>3</b> Library	<b>4</b> Home Readers Numeracy @ Home
<b>10</b>	<b>7</b>  3pm Assembly	<b>8</b>	<b>9</b>	<b>10</b> <b>6pm: Annual Presentation Night</b>	<b>11</b> Home Readers Numeracy @ Home
<b>11</b>	<b>14</b>	<b>15</b> <b>6pm: Year 6 Farewell</b>	<b>16</b> <b>Students last day for 2015 Happy Holidays ☺</b>	<b>17</b> <b>Staff Development Day</b>	<b>18</b> <b>Staff Development Day</b> <b>NOTE: No staff will be present @ school today</b>

The formalities will commence at 6:00pm

@ Somerton Hall, Scotland Street on

Thursday 10th December 2015

**YOU**  
*are warmly invited to:*

# Somerton Public School Presentation Night 2015

*Please RSVP by Friday  
27th November 2015*



*Families of students & officials are supplied with supper on the night . Given community members, grandparents, aunts, uncles & friends attend, it would be greatly appreciated if families could please bring a plate of food to share (cakes, slices, sandwiches or snacks)  
Thank You.*

Everyone is welcome to come along & join in with our end of year Celebrations  
Relieving Principal:  
Toni Reid

*Following to the official Presentation's you are welcome to join us for the annual Somerton Community Christmas Tree*



PLEASE NOTE THAT DUE TO THIS BEING A SCHOOL FUNCTION  
ALCOHOL IS NOT PERMITTED

**DURI HARBOUR  
BOAT RACE**

*Races start at 1.00pm*

*Make your own 'boat'  
or race one that is  
already made.*

*Teams of 2 or 4 race  
around an obstacle  
course*

*Registration on the  
day – up till 11.30am*

*Kids races, Adult  
races, Seniors Races*

**Entry Fee:**

*\$5.00 / 2 person boat*

*\$10.00/ 4 person boat*

**GET YOUR TEAM  
TOGETHER NOW**



# DURI HARBOUR BOAT RACES

**15<sup>th</sup> November 2015**

**Duri Sportsground**

**cnr Dungowan Rd and Werris Creek Rd Duri**

**10.00am to 3.00pm**

*Car Boot Sale, Plant Stall,*

*Raffles, Lucky dips*

*Craft for the kids*

*Face Painting*

*Jumping Castle*

*BBQ and Canteen available*

*Something for everyone*

**Come and HAVE A GREAT  
FAMILY DAY OUT AND  
Support Duri Public School and  
Duri Progress Association**

*Car boot sale site \$15*

*Enquires or to book a car boot site please  
phone Billie 0429 355 148 or*

**Natalie 0408 732 890**

# Duri Harbour Boat Races

## Rules

1. *Boat must be safe*
2. *Boat must fully enclose the 2 team members or 4 team members of the crew, and must resemble a boat. Construction, and shape are all to the imagination. Size of boat shall be no longer than 2m, and no wider than 1.5m. BYO Boats are constructed using electrical conduit or plumbing pipe as a frame. The boat should be as light as practical and must have no sharp edges in case the crew falls out.*
3. *Boat must be able to be carried around an obstacle course*
4. *Entry fee :           **\$5 per 2 member boat and**  
                                  **\$10 per 4 member boat***
5. *Categories –       Under 12,  
                              12- 18,  
                              Adults,  
                              Family Race – 2 adults and 2 kids  
                              Senior Race – Over 50  
                              2 member race  
                              4 member race*
6. *Race committee decision is final*



## CONTACTS

### For Urgent Help

If you have a medical emergency and need an Ambulance dial **000**.

### 24/7 Phone Helplines

**Kids Helpline**  
(up to age of 25 years)  
**1800 55 1800**

**Lifeline**  
**131 114**

### Health Services

#### Aboriginal Medical Services (AMS)

Provide a range of health services (including free medical services, social and emotional wellbeing support, sexual health, dental health) for the local Aboriginal and Torres Strait Islander communities. They can also help you get a Medicare card and give you general advice.

**To find your local AMS in NSW go to**

**Aboriginal Health and Medical Research Council**

[www.ahmrc.org.au](http://www.ahmrc.org.au)  
(search under Members)  
or phone  
**02 9212 4777**

**General practitioners, hospitals or pharmacies**

**Search for your local service at National Health Services Directory**  
[www.nhsd.com.au/](http://www.nhsd.com.au/)

or Healthdirect Australia offers free after hours support on  
**1800 022 222**

### Youth Health Services

**NSW Health funded Youth Health Services**  
[www.kidsfamilies.health.nsw.gov.au](http://www.kidsfamilies.health.nsw.gov.au)

(search for 'Youth Health Services')

**Headspace**  
[www.headspace.org.au](http://www.headspace.org.au)

### Health Information and Services by Topics

#### Mental Health

**beyondblue**  
[www.youthbeyondblue.com](http://www.youthbeyondblue.com)

**ReachOut**  
[www.reachout.com](http://www.reachout.com)

**headspace**  
[www.headspace.org.au](http://www.headspace.org.au)

**NSW Mental Health Line (24/7)**  
**1800 011 511**

**Sexual and Reproductive Health**

**Family Planning NSW**  
[www.fpnsw.org.au](http://www.fpnsw.org.au)

**fpnsw Talkline**  
**1300 658 886**

**Sexual Health**  
[www.playsafe.health.nsw.gov.au](http://www.playsafe.health.nsw.gov.au)

**Sexual Assault and Domestic/Family Violence**

**Domestic Violence and Sexual Assault Helpline**  
**1800 737 732**

**NSW Rape Crisis Centre**  
**02 8585 0333**  
or Counselling  
**1800 424 017**

### Drug and Alcohol Information and Services

**Your Room**  
[www.yourroom.com.au](http://www.yourroom.com.au)

**Alcohol Drug Information Service**  
**02 9361 8000** (Sydney) or  
\* Freecall  
**1800 422 599**  
(Rural, regional NSW)

**Quit Smoking**  
[www.icanquit.com.au](http://www.icanquit.com.au)  
**Parenting**

**I've been there for young parents**  
[www.ivebeenthere.org.au](http://www.ivebeenthere.org.au)

**Information and counselling service for parents with young children**  
[www.parentline.org.au](http://www.parentline.org.au)  
**1300 1300 52**

**General Health Information and Healthy Lifestyle Support**

**Health Issues and Services**  
[www.healthdirect.gov.au](http://www.healthdirect.gov.au) or  
**1800 022 222**

**Your Health Link**  
<http://yourhealthlink.health.nsw.gov.au>

**Health Coaching**  
[www.gethealthynsw.com.au](http://www.gethealthynsw.com.au)

**Tips for Healthy Living**  
[www.makehealthynormal.nsw.gov.au](http://www.makehealthynormal.nsw.gov.au)

\* Please note  
Freecall numbers are not free from mobile phones, except Telstra mobiles.

**REMEMBER**  
“There is nothing so bad you can't talk to somebody about it.”



Your local contact is:

**NSWKIDS +FAMILIES**

for more information visit  
[www.kidsfamilies.health.nsw.gov.au](http://www.kidsfamilies.health.nsw.gov.au)



SHPN: (NKF) 150503 October 2015

**NSWKIDS +FAMILIES**



**Keeping healthy is good for you, your friends, family and community.**







## Our health, our way

We're always hearing people talking to us about getting healthy but it's good to remember we have the right to do things our way. Our way means doing what we need to do to look after ourselves and our mob. Keeping healthy is not only good for you, it's good for your family and community.

## Don't be shame

Sometimes you might be worried about your health but don't want to talk about it or bother anyone. But remember, keeping things to yourself won't make you get better.

Health services are there to help you – ask someone you trust to point you in the right direction.

Whether you are worried about things not feeling right in your body like your hearing, eyesight, asthma, headaches, or whether you just don't feel happy, or very good about yourself, there is someone who can help.

## Medicare – Free or cheaper doctor visits

Ever wonder what your Medicare card is actually for? When you show healthcare providers your Medicare card, you can receive free or cheaper health services from people such as doctors, specialists and optometrists.

Places you can use your Medicare card include bulk billing doctors, public hospitals and even the pharmacy or chemist where you buy your medicine. You can get cheaper medicine using your Medicare card if your prescriptions are covered by the Pharmaceutical Benefits Scheme (which includes most common medicines that your doctor recommends).

You can get your own Medicare card from the age of 15. You can still choose to use your family's Medicare card to see a doctor until you feel you want to become independent. However, there are times you may need your own Medicare card to see a doctor, for example if you are at boarding school, travelling for sport or living away from home for any reason.



To get your own Medicare card visit a Medicare office. For more information go to

- [www.kidsfamilies.health.nsw.gov.au](http://www.kidsfamilies.health.nsw.gov.au) and search for 'How to get your own Medicare card' 'Fact sheets' or
- call Medicare on 13 20 11 or
- call Aboriginal and Torres Strait Island Access Line 1800 556 955 or
- talk to your healthcare provider.

## Bulk Billing – Where can I go if I have no money to see a doctor?

If you have a Medicare card but don't have any money, don't worry – there are plenty of places you can go to see a doctor for free. Doctors who use your Medicare card and don't ask for payment are called bulk billing doctors. Bulk billing just means the cost of seeing the doctor is paid for by the government. Many doctors will bulk bill young people under 16 as well as healthcare cardholders and students.

Before you make an appointment with your doctor, ask if they bulk bill. If they don't, ask how much it will cost and how you can get some of this money back from Medicare.

If you are an Aboriginal or Torres Strait Islander person, you are entitled to a free check-up once a year.



## Your health your way

When you visit a doctor, hospital or healthcare service, it's important to remember that you are still in charge of your body and your health. This means that you have the right to understand what the doctor is saying and you have the right to say 'YES' or 'NO' to treatments.

**Doing health Your Way means you can:**

- See a doctor or health worker that you trust and who respects your opinion
- Ask to see another doctor if you are not happy with what your doctor or healthcare worker says about your health
- Ask to have anything you say kept private (except if there are concerns about yours or another person's safety or wellbeing)
- Ask any questions you like about any part of your body without being ashamed
- Have your doctor or healthcare worker talk to you in words you understand
- Ask for an interpreter – someone who speaks your language
- Ask for important information to be written down for you to take home
- Have a friend or family member come with you when seeing the doctor/health worker
- Ask about costs, side effects and different choices for treatment
- Change your mind and stop any treatment (unless the treatment is required by law – for example some infectious diseases or mental health conditions)
- Make a formal complaint if you don't like the way you are treated.



Visit [www.kidsfamilies.health.nsw.gov.au](http://www.kidsfamilies.health.nsw.gov.au) and search for 'Be in the Know: The Rights of Young People in Healthcare - video'

## What to do if you're having a baby?

When you are pregnant you don't have to go it alone. Even if you only **think** you are pregnant, it's a good idea to see your Aboriginal Medical Service or health worker as soon as possible. Chatting with your health worker before or throughout your pregnancy will make sure you and your baby stay healthy and get all the support you need.

There are lots of people out there who want to help including the Aboriginal Maternal and Infant Health Service (AMIHS) midwives and Aboriginal health workers. They can help you from as soon as you know you are pregnant to up to two months after your little one is born. They can help you to stay in your community but still stay connected to your local hospital.

AMIHS can also help with health checks, giving up smoking, alcohol and drugs as well as booking into maternity hospitals.

Other people who can help are your local doctor or midwife, or Community Health Centre.



Aboriginal Maternal Infant Health Service

For your nearest AMIHS service, visit [www.kidsfamilies.health.nsw.gov.au](http://www.kidsfamilies.health.nsw.gov.au) and search for 'AMIHS under Aboriginal Programs'.

Visit [www.yourroom.com.au](http://www.yourroom.com.au) (Parent resources: Stay strong and healthy story book)



## Keeping healthy is good for you, your friends, family and community.



## Confidentiality – Your health is between you and your doctor

Confidentiality means that whatever you talk about with your health worker or doctor is private. Generally, they aren't allowed to give this information to your parents, friends, or school unless they ask you first and you say it's ok to tell them.

Health workers will respect your privacy but they also want to look after not only your physical health but your social and emotional wellbeing. This means there may be times when they need to share information to protect your safety, welfare or wellbeing or that of someone else.

If the doctor thinks you are old enough to understand your health problems and treatment choices, you may be able to see a doctor or health worker without your parents or carers. There is no fixed age for this but it is usually around 14 years of age.



For more information visit [www.kidsfamilies.health.nsw.gov.au](http://www.kidsfamilies.health.nsw.gov.au) and search for 'Youth Friendly Confidentiality Resource'