



# The Grange Public School Informer

**Excellence, Innovation, Opportunity, Success**

Benham Rd Minto NSW 2566

Ph 9603 2655

Fax 9820 3005

[www.thegrange-p.school.nsw.edu.au](http://www.thegrange-p.school.nsw.edu.au)

## Term 3 Week 2 – 23<sup>rd</sup> July 2012

Dear Parents and Caregivers,

### **Staff Development Day: Innovation**

On Monday, the teachers combined with others in our Minto Community of Schools to be inserviced by Mathematics Consultant, Brian Tickle. The focus was on strategies to develop a strong number sense which incorporates place value and strong mental computation skills. Teachers K-2 are beginning the TEN (Targeting Early Number) strategy this term. The focus is on short frequent ten minute sessions to develop number skills. These teachers will be absent from school on specific days to undertake their training. We are looking forward to strengthening our Mathematics programs with these strategies.

### **Homework surveys**

We thank all parents for your support in returning the surveys. Please see the results of the surveys on the next page.

This term and next, teachers will be experimenting with different forms of homework. We will communicate with you in writing during this process.

### **Education Week: Opportunity**

This year Education Week will be held from Monday, July 30 to Friday August 3. The theme is NSW Public Schools: Creating the Future. During this week a separate note will go home with times and agenda for Open Day on Tuesday July 31. This will be a fantastic opportunity for you to visit the school and see your child in the classroom.

Please read the factsheet on Measles (apparently there are recent cases) and "How to be Happy" on the flipside.

Best wishes  
Lynne Wilson  
Principal

## *Calendar*

### ***WEEK 2***

#### **Monday 23<sup>rd</sup> July**

Rehearsal Day Fire in the Fields

#### **Tuesday 24<sup>th</sup> July**

Fire in the Fields concert

#### **Wednesday 25<sup>th</sup> July**

OC Test

#### **Friday 27<sup>th</sup> July**

Assembly 9.15am

### ***WEEK 3***

### **Education Week**

#### **Monday 30<sup>th</sup> July**

ICAS English Competition

#### **Tuesday 31<sup>st</sup> July**

Open Morning

#### **Wednesday 1<sup>st</sup> August**

Campbelltown Academic Challenge

#### **Friday 3<sup>rd</sup> August**

Gala Day

CANTEEN CLOSED



# Homework Policy Parent Survey

Last term, you will remember that we sent home the Parent Homework Survey.

- 79 families returned the survey
- Families from 23 cultural backgrounds returned the survey

These are the results:

**Homework is an important part of their child's education.**

70 families agreed or strongly agreed

**Homework should be set on a regular basis**

70 families agreed or strongly agreed

**The school should provide support for parents to help children with their homework**

70 families agreed or strongly agreed

**Homework is set at an appropriate level**

88 families agreed or strongly agreed, 14 disagreed or strongly disagreed.

**An appropriate amount of homework is given**

82 families strongly agreed or agreed, 25 disagreed or strongly disagreed.

**Parents are able to assist their child/children with set homework tasks.**

87 families strongly agreed or agreed, 16 disagreed or strongly disagreed.

**Children value homework**

66 families strongly agreed or agreed, 15 disagreed or strongly disagreed.

In summary, the majority of parents agreed or strongly agreed that homework is

- Important
- Regular
- Set at appropriate levels
- An appropriate amount and
- The school should support the parents

## Principal's Awards

Gypsy Cunningham-Erwin

Samara Sakander



Level 2

Saraa Islam



Level 3

Kenton Chen

Laila Issa

Asif Bhuiyan

\*\*\*\*\*



## **Campbelltown Academic Challenge**

Congratulations to Vicknesh, Tevita, Raymond, Pearline and Natalie (Res) who have been selected to represent our school in the first ever Campbelltown Academic Challenge on Wednesday in Week 3 at Sarah Redfern High School.

These students will be competing against 14 other schools and will face the "TOWER OF TERROR" (Physics-problem solving), Jeopardy (Maths), Spelling Bee and Wheel of Fortune (Australian History, Geography and general knowledge).

We wish them Good Luck.

**GRANGE  
GRINNERS ARE**



**Great  
Learners**

## Hall Hockey Competition!



On Monday 30<sup>th</sup> July (Week 3) we will be having a Hall Hockey competition for Years 3-6.

Registrations for teams will start on Tuesday 24<sup>th</sup> July. A table will be set up near the hall at the first half of lunch.

Teams of 6 should have at least 2 girls or 2 boys (no single sex teams allowed).

Games will be 5 minutes a half and will be played at 1<sup>st</sup> half lunch during week 3, with a possible extension into week 4.

Jamie C and Mrs Whittles

## 123 MAGIC

This time tested workshop provides easy to follow steps for disciplining children aged 2-12 years without yelling, arguing or hitting.

CatholicCare, 35a Cordeaux Street, Campbelltown

3 Friday Mornings 10am-12:30pm  
31 August, 7 & 14 September 2012

Workshop Fee: \$30

## KEEPING KIDS IN MIND

A post-separation parenting workshop. Learn how to deal more effectively with the emotional and practical issues of parenting after separation. Explorers loss and grief in parents and children, communication with your ex-partner, anger, assertiveness, power grabs and impact on children.

CatholicCare, 35a Cordeaux Street, Campbelltown

5 Thursday Evenings 7pm-9:30pm  
12, 19, 26 July, 2, 9 August 2012

Workshop Fee: \$50 per session

# How to be happy

The art of making yourself happy is something we can all learn and practice. No one is happy 100% of the time. Life has its ups and downs. Even so there are some sure fire ways to increase your happiness.

**1. Don't wait to see if you are having a good time.** Instead of going to places and seeing if it is fun decide in advance to have fun regardless of the circumstances. Enjoy the day regardless of the weather. Make the most of the occasion regardless of the company.

**2. Go outside and play.** You were told to do this as a kid and I'm telling you to do it again, play more. Go for walks, throw a dog a stick, skip, sing loudly or imagine yourself to be a spy passing through enemy territory. Whatever does it for you. Make a promise to play more.

**3. Develop deep friendships.** Your friends are your true wealth. Value them and see them regularly. Let them know how important they are to you. Most people only have two close friends so don't fool yourself into believing you are less popular than most people.

**4. Increase the closeness of extended family.** Keeping in close contact with your family gives you a support base for difficult times and also strengthens your sense of where you come from. Feeling you belong in a family is a powerful way of being happy.

**5. Play to your strengths.** Have a good long hard look at yourself. What are you good at? Make a commitment to develop your skills, talents and abilities as much as you can. If you don't develop your own unique talents the world misses out.

**6. Seek out groups that most strongly value what you have to offer.** Finding the niche where your abilities are valued is the basis of success.

**7. Avoid social groups where your unique attributes are not valued.** Not everyone is going to like you or think you could amount to much. Get used to it. Accept that it is so, and then get out of their way.

**8. Live in the dreamtime.** Find and follow your passions. Dream big dreams and make a promise to yourself to live a wonderful life.

**9. Laugh a lot more.** Find people, shows, books, films and situations that make you laugh and surround yourself with them.

**10. Have something bigger than yourself to believe in.** Think about the contribution you can make while you are on this planet and do it.

**11. Love as much as you can- and then love some more.**

## MEASLES

Measles is a serious disease that is easily spread through the air. Immunisation is effective in preventing the disease. All children and adults born during or after 1966 should be vaccinated with 2 doses of MMR vaccine if not already immune.

Last updated: 18 June 2008

### What is measles?

Measles is a viral disease that may have serious complications. In the past, measles infection was very common in childhood. Measles is now rare in NSW because of immunisation.

### What are the symptoms?

- The first symptoms are fever, tiredness, cough, runny nose, sore red eyes and feeling unwell. A few days later a rash appears. The rash starts on the face, spreads down to the body and lasts for 4-7 days.
- Up to a third of people with measles have complications. These include ear infections, diarrhoea and pneumonia, and may require hospitalisation. About one in every 1000 people with measles develops encephalitis (swelling of the brain).

### How is it spread?

- Measles is usually spread when a person breathes in the measles virus that has been coughed or sneezed into the air by an infectious person. Measles is one of the most easily spread of all human infections. Just being in the same room as someone with measles can result in infection.
- People with measles are usually infectious from just before the symptoms begin until four days after the rash appears. The time from exposure to becoming sick is usually about 10 days. The rash usually appears around 14 days after exposure.

### Who is at risk?

Measles was common before 1966, so most people born before then are immune.

People at risk of measles include:

- people born during or since 1966 who have never had measles and who have not had two doses of Measles-Mumps-Rubella (MMR) vaccine from the age of 12 months.
- people with a weak immune system (e.g., people who are receiving chemotherapy or radiotherapy for cancer or people who take high-dose steroid medications) even if they have been fully immunised or have had past measles infection.
- people who are not immune and who travel overseas.

### How is it prevented?

- The best protection against measles is immunisation with two doses of MMR vaccine. This vaccine provides protection against infection with measles, as well as against mumps and rubella.
- MMR vaccine should be given to children at age 12 months and a second dose is given at 4 years of age.
- Anyone born during or after 1966 and who has never had measles infection or MMR vaccination should make sure that they have had two doses of MMR vaccine at least four weeks apart.
- It is safe to have the vaccine more than twice, so people who are unsure should be vaccinated.
- People with measles should stay at home until they are no longer infectious (i.e. until 4 days after the rash starts).
- For people who are not immune and have come into contact with a person with measles, infection can sometimes still be prevented with MMR vaccine if given within 3 days of exposure or with immunoglobulin within 7 days of exposure.

### How is it diagnosed?

- Measles is suspected when a person feels unwell, has a cough, runny nose or sore eyes and a fever followed by a rash.
- Whenever measles is suspected, a blood test and samples from the nose, throat and urine should be collected to confirm the diagnosis. Confirmation of the diagnosis is important as it allows prompt public health follow-up of other people who are at risk of measles.

### How is it treated?

- People with measles infection are normally advised to rest, drink plenty of fluids, and take paracetamol to treat the fever. There is no specific treatment.
- While a person is infectious with measles it is important that he or she remains at home to reduce the possibility of spreading it to other people.

### What is the public health response?

Doctors, hospitals and laboratories schools and childcare centres must notify cases of measles to the local public health unit. Public health unit staff will interview the doctor and patient (or carers) to find out how the infection occurred, identify other people at risk of infection, implement control measures (such as immunisation and restrictions on attending school or work) and provide other advice.

### For more information

- The fact sheet, "Measles: Information for Contacts" has more specific information [/resources/publichealth/infectious/diseases/measles/measles\\_info\\_for\\_contacts.pdf](/resources/publichealth/infectious/diseases/measles/measles_info_for_contacts.pdf)

Further information - Public Health Units in NSW					
For more information please contact your doctor, local public health unit or community health centre - look under NSW Government at the front of the White Pages					
Metropolitan Areas	Location	Number	Rural Areas	Location	Number
Northern Sydney/Central Coast	Hornsby	02 9477 9400	Greater Southern	Goulburn	02 4824 1837
	Gosford	02 4349 4845		Albury	02 6080 8900
South Eastern Sydney/Illawarra	Randwick	02 9382 8333	Greater Western	Broken Hill	08 8080 1499
	Wollongong	02 4221 6700		Dubbo	02 6841 5569
Sydney South West	Camperdown	02 9515 9420		Bathurst	02 6339 5601
Sydney West	Penrith	02 4734 2022	Hunter/New England	Newcastle	02 4924 6477
	Parramatta	02 9840 3603		Tamworth	02 6764 8000
Justice Health Service	Matraville	02 9311 2707	North Coast	Port Macquarie	02 6588 2750
				Lismore	02 6620 7585