



## PRINCIPAL'S REPORT

Dear all,

### Education Week

We hope you can join us from 10.15am this Friday to help celebrate Education Week. Please note there will be a slight change to the agenda with the opportunity to visit classrooms straight after the assembly instead of after lunch. Please note there will be no canteen on this day. An approximate agenda is as follows:

- 10.15am Assembly
- 11.00am Open classrooms
- 11.30am Picnic lunch (bring your own)
- 12.15pm End of lunch.

Please come along and celebrate the amazing things happening in our school and in Public Schools across the state.

### A Taste of Tomorong

It's on again! Our amazing P&C are gearing up for our second Taste of Tomorong community evening on Saturday 2 September. We hope you can join us for another great night of fine food, excellent entertainment and wonderful company! This is an 18+ event where people are able to bring their own alcohol so children are not permitted.

Tickets are \$40 per person. You can reserve your place by paying directly to the P&C account (BSB: 062585, Account: 0091 0411) or by placing money in a clearly marked envelope and delivered to the school. **As this is a P&C activity, please DO NOT pay through the school's Parent Online Payment system and please ensure the correct money is enclosed in the envelope.**

Attached to this 'Bulletin' a copy of the flier to share with your friends!

### Uniform Co-ordinator

On the following page of this 'Bulletin' you will see that the P&C are seeking a volunteer to take over the role of Uniform Pool Co-ordinator. For a number of years this position has been diligently filled by Daphne Lilly, so we thank Daphne for all her work during her time in this role. We are hoping to have a new co-ordinator commence at the beginning of Term 4 and it would be ideal if they could spend some time working alongside Daphne this term.

If you are able to assist or know someone who may be interested, please see me, or talk to Daphne at the Uniform Pool on Wednesday mornings or call Jillian on 0429 918 575.

Have a great week,

Rod White



## COMING EVENTS - Term 3

### WEEK 3 - EDUCATION WEEK

Fri 4 Aug	-Education Week Assembly - 10.15am -Canteen Closed
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### WEEK 4

Mon 7 Aug	-Library Borrowing - 2-3K
Tue 8 Aug	-Special Sport Assembly - 2.10pm -Library Borrowing - 1F, 2M and 5-6B
Wed 9 Aug	-Library Borrowing - KD and 4-5M -Uniform Pool - 8.50 - 9.10am
Thu 10 Aug	-SRC Footy Colours Day
Fri 11 Aug	-District Athletics Carnival

This week's value is

**Be a Good Listener**

**Congratulations to last week's winners**

*Shamar and Chloe*

## Kindergarten Corner

Deegan



"Hi! My name is Deegan. I have two sisters and two brothers.

At school I like playing in the sandpit, kicking balls and doing work about Mrs Wishy-Washy. I like to play with Cooper, Mason and Kiang.

At home, I like playing with the X-Box.

When I grow up I would like to teach people how to fly helicopters, planes and jets.



## HEALTH NEWS - Impetigo (School Sores)

Please be advised that we have several confirmed cases of Impetigo in the school community. Please read the fact sheet attached to this 'Bulletin'.

## SPORTS SHORTS

**Athletics Assembly**

On Tuesday 8 August we will be holding a special Sports Assembly at 2.10pm. At this assembly, students will receive their Athletics ribbons. Parents are most welcome to attend.

**School Swimming Scheme**

School Swimming Scheme notes have been sent home with students eligible to attend.

The Swimming Scheme will be held at the Bay and Basin Leisure Centre from Monday 11 September to Friday 22 September between 10.50 - 11.35am. The cost of the two week program is \$85. **We have only 45 places available, so the first 45 permission notes received will secure a place for this swim scheme program.**

Students from Years 1 - 6 are eligible to attend, with priority being given to non-swimmers in Years 1 to 3.

**AFL Senior Gala Day**

The Senior AFL Gala day will now be held on Friday 18 August. A permission note will be sent home with Years 5 and 6 students. These gala days allow students from seven local schools to compete in a friendly competition format. They are always great days.

**Luke Munn**

## CHOIR NEWS



Last week, the choir, who were fantastic representatives for Tomerong Public School, attended their first combined schools rehearsal for the upcoming Shoalhaven Music Festival. The festival will be held on the evening of Thursday 31 August at Bomaderry High School. The choir will have their final rehearsal at Bomaderry High School on Wednesday 30 August. If you would like to keep up to date with the Shoalhaven Music Festival, please like their Facebook page.

**Mrs Raymer**

## TOURNAMENT OF MINDS

Our 2017 ToM team 'The Triple Ts' are well underway into solving their long term Social Sciences challenge 'INSPIRE-ational'. On Sunday 20 August, our team of seven Years 5 and 6 students will attend Nowra High School to present their solution to the challenge to a series of judges. We wish them luck in their final weeks of preparation. Permission notes for this event will be sent home with the ToM students this week. Complete and return promptly. Thank you.

**Mrs Raymer**

## BOOK WEEK PARADE

Just a reminder that we will be holding our annual Book Character Parade on **Tuesday 22 August, starting at 9.30am**, just three weeks away!

The theme for this year's book week is 'Escape to Everywhere'. You can either dress up with that theme in mind, or as your favourite book character. Enjoy getting creative and planning your costume!

**Mrs Darby**

## SRC FUNDRAISER - FOOTY COLOURS DAY

Next Thursday, 10 August, the SRC are holding a 'Wear Footy Colours to School Day' to raise money for children with cancer to achieve the same educational milestones as their peers.

You are invited to come dressed on this day in your favourite footy (or sports team) colours or jersey. If you would prefer to wear your local sports club uniform (football, soccer, netball etc) instead, you are also welcome to. **Please DO NOT wear studded shoes.**

Please bring a gold coin donation along to support this great cause!

Every dollar raised by Footy Colours Day helps 'Fight Cancer Foundations' education support programs to provide dedicated teachers who support up to 26 learners between the ages of 3-18 years through their fight against cancer.

We look forward to a great day!

**Mrs Darby**



## P&amp;C NEWS

**Uniform Pool**

We would like to thank our wonderful Uniform Co-ordinator, Daphne Lilly for all the time and effort she has put into running our Uniform Pool for the past four years. Daphne has done such a fantastic job of providing low priced school uniforms to all of our students. At the end of this term Daphne will be stepping down from her role as co-ordinator. This will provide a fantastic opportunity for someone else in our Tomerong community to help out. We are looking for other fabulous parents or carers who would be willing to assist in the weekly running of the Uniform Pool. If you are interested in assisting in any way, please have a chat to Daphne on Wednesday mornings to see what would be involved or call Jillian on 0429 918 575.

**Cadbury Chocolate Fundraiser**

Thank you to everyone who participated in the Cadbury Chocolate fundraiser and thanks so much, once again, to Kathy Bendall for co-ordinating the chocolate drive again this year. This fundraising project raised approximately \$1620 for the school. The P&C will utilise this money to assist with the purchase of additional iPads for the classrooms.

If you have any ideas for fundraisers, suggestions on school improvements or activities that you think the P&C could be involved in, or if you would like to volunteer or contribute to the school, please consider joining the P&C. Many of our members are coming to the end of their time at Tomerong and we are always looking for new helpers.

**Jillian Uebe - P&C Secretary**

## BOOK WEEK COMPETITION

All students were given a book week competition from Shoalhaven City Library (colouring in for K-2 and a design and make diorama for 3-6).

Parents/carers **need to sign the back of the sheet** before it is handed in. Completed competitions need to be returned to your teacher by Friday 11 August. There are some wonderful prizes to be won and all entries will be displayed at the Nowra Library during Book Week. Good luck everyone!

**Mrs Darby**

## 2017 CANTEEN ROSTER - TERM 3

Fri 4 Aug	CANTEEN CLOSED		
Wed 9 Aug	Kanlaya		



***Impetigo is a highly contagious bacterial infection of the skin.***

***Good hygiene helps prevent spread of infection.***

***If antibiotics are given it is important to finish the whole course to make sure the impetigo will not recur.***

# Impetigo

Last updated: March 2017

## What is impetigo?

Impetigo is a bacterial skin infection caused by *Streptococcus* and *Staphylococcus* bacteria. It is commonly known as 'school sores' because a majority of cases are in school-aged children. However, it can also affect infants, adults and adolescents.

Uncomplicated impetigo does not cause permanent damage to the skin, but is highly contagious.

## What does it look like?

Impetigo occurs in two forms, blistering and crusted. In blistering impetigo the blisters arise on previously normal skin, and rapidly grow in size and number. The blisters quickly burst and leave slightly moist or glazed areas with a brown crust at the edge. The spots expand even after they break open and can be many centimetres wide. They sometimes clear in the centre to produce ring shaped patterns. They are not usually painful, but can be itchy.

Crusted impetigo has a thick soft yellow crust. Beneath this crust is a moist red area. Crusted impetigo spots grow slowly and are always smaller than the fully developed spots of blistering impetigo. They are not usually painful, but can be itchy.

Impetigo can occur on top of other skin conditions, particularly itchy ones. When the skin is scratched the infection can enter through the broken skin. Some of these conditions are atopic dermatitis (eczema), scabies, insect bites and head lice.

In cases where a larger area of skin is affected, patients may also have a fever, swollen lymph nodes or feel generally unwell.

## How is it diagnosed?

Your doctor may diagnose impetigo based on a visual inspection of the blisters/ sores, or by taking a swab to test for bacteria and check which antibiotic to use. The result of the swab takes several days.

## How is it treated?

Depending on how bad the infection is, your doctor may recommend the use of an antibiotic ointment or oral antibiotics in severe cases. Antibiotic ointment should be continued until the sores have completely healed. If oral antibiotics are given it is important to finish the whole course of treatment (usually 5 days) and not stop when the impetigo starts to clear.

Sores should be cleaned every 8 – 12 hours, dried thoroughly and covered with a waterproof dressing. Bathing the blisters with salty water will help to dry them out (use saline solution or dissolve about half a teaspoon of salt in a cup of water).

## How is it spread?

Impetigo is very easy to catch from other people. Impetigo is usually spread through direct contact with other infected people.

The bacteria primarily enter through damaged skin. People with conditions causing long-term damage to their skin, such as eczema or atopic dermatitis, are at greater risk of infection.

## How can you avoid spreading the infection?

While you have the infection:

- Sores should be kept clean and covered with a waterproof dressing to prevent them being touched or scratched.
- Used dressings should be placed in a sealed bag and put in the garbage bin as soon as they are removed.
- Hands should be washed thoroughly with soap and running water for 10 – 15 seconds after sores are touched or redressed.
- Children with impetigo should be kept home from school or other group settings if their wounds cannot be kept covered until 24 hours after antibiotic treatment has been started, or until the blisters have dried out if antibiotics are not used.

To prevent impetigo children should be taught:

- To wash their hands often with soap. Resources on handwashing can be found at <https://www.nhmrc.gov.au/guidelines-publications/ch55>.
- Not to scratch scabs or pick their nose.
- Not to share their clothes, towels, or toothbrushes.
- To have scratches and cuts cleaned and covered.

Parents should be careful not to allow items such as clothes, towels, bed sheets, razors or toothbrushes used by the affected person to be used by others. Other grooming items, such as nail scissors or tweezers, should be disinfected/washed thoroughly after each use.

In addition to general hygiene measures, specific measures to prevent spread in schools and childcare include:

- Teachers, children and families should understand the importance of hand washing, covering sores and staying home if sick
- Hand washing products (soap dispensers, running water and paper towels) should be available and accessible
- Activities should allow time for hand washing as part of routine practice (before eating and after going to the toilet)
- Temporary exclusion from child care or school if their wounds cannot be kept covered until 24 hours after antibiotic treatment has been started, or until the blisters have dried out if antibiotics are not used
- Surfaces such as counters, desks and toys that come in contact with uncovered or poorly covered infections, should be cleaned daily with detergent, and whenever visibly contaminated.

## Impetigo is dangerous for babies

It is important for people with impetigo to keep away from newborns and young babies. Newborn babies are particularly susceptible to impetigo because their immune systems are not fully developed.

## What is the public health response?

Impetigo is not notifiable in NSW. Public health units can advise on the control of outbreaks.

Group A streptococcal infection may lead to other rare conditions such as acute post-streptococcal glomerulonephritis 3–6 weeks after the skin infection, which is associated with antibodies produced to fight streptococcal infection.

In communities in Australia that have cases of rheumatic heart disease, episodes of acute rheumatic fever are thought to be triggered by impetigo as well as by throat infections with group A *Streptococcus*. In those communities prompt treatment and control of impetigo is an important part of preventing rheumatic heart disease.

**For further information please call your local Public Health Unit on 1300 066 055**





# A TASTE OF TOMERONG

A group of our local top chefs bring you a night of winter feasting

**SAT 2ND SEPT  
@ 6PM**

**TOMERONG SCHOOL OF ARTS**

\$40 per ticket

Includes delicious tasting plates followed  
by choice of curries

Great food, Live music & Outside fire pit  
lucky door prizes and raffles  
BYO alcohol and camp chair

All proceeds to Tomerong Public School P&C  
to help support student learning

Payments for tickets can be placed in an envelope and delivered to the school  
with names clearly marked or by paying directly into School P&C account  
BSB: 06 2585 ACC :0091 0411.

**For more information:**

**Contact Mala on 0409 918 820 or email [tomerong-p.school@det.nsw.edu.au](mailto:tomerong-p.school@det.nsw.edu.au)**