4C’s Award Winners Term

<table>
<thead>
<tr>
<th>Week 2</th>
<th>Week 3</th>
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<tr>
<td>HB1</td>
<td>HB1</td>
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<tr>
<td>Tarlia O</td>
<td>Josh P</td>
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<td>HB1</td>
<td>HB4</td>
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<tr>
<td>Satrey C</td>
<td>Thomas P</td>
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<td>HB2</td>
<td>HB8</td>
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<tr>
<td>Dane S</td>
<td>Bridie S</td>
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<td>HB8</td>
<td>HB8</td>
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<tr>
<td>Savannah B</td>
<td>Freya W</td>
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<td>HB11</td>
<td>HB9</td>
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<tr>
<td>Sarah F</td>
<td>Joshua K</td>
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<td>HB12</td>
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<td>Tiana C</td>
<td>McKeely W</td>
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Aldavilla Swimming Carnival

Congratulations to all of our students who took part in our carnival on Friday. Mr Fuller did a great job organising everything and everyone for a fun and exciting day.

Each year we see improvement in the overall ability of all of our students and this year was no exception with full races in every 50m category. It was also great to see the number of children who have been participating in swimming club or squad improve their personal results and qualify for the Macleay Carnival. Congratulations to all of our age champions and the winning house Yarzi.

The following students were awarded age champions of the carnival:

Jnr Boys Champion  Nic H
Jnr Girl Champion  Lucinda W
11yr Boys Champion  Isaiah T
11yr Girls Champion  Heidi L
Open Boys Champion  Josh H
Open Girls Champion  McKeely W

Unfortunately the Year 6 girls relay missed the start of the staff vs parents vs students race and entered the race almost a lap behind. However, they ended up a valiant 4th, just behind the boys other team and the parents.

The staff team managed to run away with the relay finishing first, just in front of a very competitive parents team. Thanks to everyone who took part this year.

Special mention to all the parents who were able to help with various jobs throughout the day, your support is most appreciated.
Kitchen Garden News
Great News! - our kitchen and garden classes have commenced for 2013. Thank you to those who came along to make the class such a success. We do, however, need more volunteers for the classes to continue so if you can possibly volunteer, please contact your child’s teacher, Gaye Duffy or Jodie Ulrick. A note was sent home last week requesting more volunteers in both the kitchen and the garden. The kitchen classes will require at least four helpers for each cooking session and preferably the same amount of helpers for the garden classes.

A Kitchen Garden Trading table will operate every Thursday from 2.30pm at the front gate.

Parent – Teacher Interviews
Thank you to all parents and carers who have been able to meet with teachers. It allows teachers to begin planning how best to meet your child’s needs and achieve their goals throughout the year. Whilst we have had a great response to the meetings, if you were unable to attend it is not too late. Please contact the office and arrange a mutually convenient time to meet with your child’s teacher.

Care of Students Who Become Unwell at School
Students who become unwell at school are best transferred to the care of a parent or caregiver. The aim of care provided at school for such students is to make them comfortable in the interim.

There are many infectious diseases that affect children and young people. The NSW Health website contains an A-Z list of infectious diseases and other health conditions. Go to http://www.health.nsw.gov.au/factsheets

Please note there have been reported cases of impetigo at school.

Impetigo (school sores)
Time from exposure to illness: 1 to 3 days.
Symptoms: Small red spots change into blisters that fill up with pus and become crusted; usually on the face, hands or scalp.
Do I need to keep my child home? Yes, until antibiotic treatment starts. Sores should be covered with watertight dressings.
How can I prevent spread? Careful hand washing.

Adrenaline autoinjectors
The Department of Education and Communities has recently announced that all government schools will receive a general use adrenaline autoinjector (an EpiPen) for their first aid kit.

This does not replace the need for parents to continue to provide the school with an adrenaline autoinjector and ASCIA Action Plan for Anaphylaxis signed and dated by their doctor when their child has been diagnosed with anaphylaxis. Instead the general use adrenaline autoinjector is intended to be used if:

*An undiagnosed student has an anaphylactic reaction at school
*There is a misfire of the adrenaline autoinjector that has been prescribed for a student
*A student requires further adrenaline autoinjector to be administered after his or her own adrenaline autoinjector has been administered.

Please contact the school if you would like further information in relation to this matter.

Canteen News:
“Name our Canteen” Competition – put your thinking caps on to name our canteen! More about this competition in our next newsletter.

Canteen Roster for Term 1

<table>
<thead>
<tr>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
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<tbody>
<tr>
<td>Week 1 18/2-22/2</td>
<td>Jodie Lorraine</td>
<td>Trish</td>
<td>Sonja</td>
<td>Sonja Kristel A Sonja Lorraine</td>
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<tr>
<td>Week 2 25/2-01/3</td>
<td>Jodie Lorraine</td>
<td>Trish</td>
<td>Kim</td>
<td>Sonja Sonja Sonja Lorraine</td>
</tr>
<tr>
<td>Week 3 04/3-08/3</td>
<td>Jodie Lorraine</td>
<td>Trish</td>
<td>Sonja</td>
<td>Sonja Maureen Sonja Lorraine</td>
</tr>
<tr>
<td>Week 4 11/3-15/3</td>
<td>Jodie Lorraine</td>
<td>Trish</td>
<td>Sonja</td>
<td>Rebecca Sonja Kelly Sonja Lorraine</td>
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Uniform Update
Shirts have arrived although some size 8’s, 14’s, 16’s & 14A’s were placed on back order. These should arrive by the beginning of Term 2. Sorry for the inconvenience. Plenty of stock is available in other sizes.

There will be a small price rise of all uniforms from 28th March. Orders placed before this date will avoid the price rise. New prices will be published in the next newsletter. Anyone wishing to order boys shorts, girl’s box pleat shorts, long pants or jackets is asked to do so by the end of this week as we will be placing a bulk order next week. These will only take a few days to arrive.

We are currently trialling an online ordering system for anyone wishing to use this service. To place orders email Amanda Riley on mandi082@aim.com Amanda will then respond confirming receipt of your order and the amount payable. Payment can be arranged and the shirts sent home with your child. Alternatively, uniforms can still be purchased at the canteen after 9.15am daily.

Friendships to boost your child’s learning
If children are happy socially they tend to be more engaged in their learning. Teaching your child about the importance of making friends is as vital as learning their ABCs. Find out more:

Assignment starters for the arts
Videos are great resources for getting kids enthused about their assignments. These pages on cubism, percussion and critical studies provide key points to help them get started and links to useful sites to assist with further research. Find out more:

Helping your Kindy kid succeed at school
A great way to kick off your child’s formal education is to understand the school culture and what your child is doing in the classroom. Find out more:

Speech problems
All kids learn how to talk and listen at different rates but did you know there’s a general pattern to your child’s language development? Find out more:

Community News
Frederickton Sports Club Inc
Netball registration days are Wednesday 20th and 27th February 2013 at the Sports Club house between 4-5pm. Early bird discount is available. All ages, juniors and seniors are welcome. Enquiries to Sandy on 6566 8307.

South West Rocks Nippers News
Contact Shannon on 0434 316 273
1. Sunday 17th February, Trial Bay Triathlon, NO NIPPERS due to water safety commitments. If any Bronze holders could help with water safety please let Heath know on 0413 360 485.
2. Sunday 24th February, Branch Championships at Scotts Head. Nippers for the Under 6’s and Under 7’s only, please meet at the surf club at 9am to then go to Horseshoe.
3. Sunday 3rd March, Last Nippers day for this season, come dressed in your best Hawaiian skirts and shirts and bring a plate of food to share.
4. Sunday 17th March, Presentation Day, 2.30pm for a 3pm start. Disco following presentation, black board specials for our nippers and families, (Mums no need to cook that night).

Junior Rugby Union
Registration day for Kempsey Junior Rugby Union is 17th Feb at Verge 3 at 10.00am
Kempsey Junior Rugby Union will field teams in Under 9s, Under 11s & Under 13s. The fees will be $65 which covers insurance, zone affiliation, playing shorts, socks and a t-shirt. A full season of games will be on every fortnight on a Friday night in Port Macquarie and every second fortnight at Crescent Head on Sunday morning. Training starts 21/3 at Verge 3 at 4.00pm, with first game on the 5/4. For more information, please call James after hours 0428 778 879

Sydney Swans AFL/Auskick Clinic and 2013 Registration
When: Tuesday February 19th
Where: South Kempsey AFL Oval, Middleton St.
Time: 3.15pm – 4.30pm
All ages welcome - come and have a kick or get your footy signed by players of the 2012 reigning AFL premiership side the Sydney Swans! Macleay Valley
Eagles Junior AFL club will also be holding 2013 registrations on the night. 2013 Auskick participants receive backpack, football, cap, drink bottle, footy cards and lots more. For more info contact AFL Development Officer Rachel Lowe on 0457 389 504 or mnc.development@aflnswact.com.au