**Principal’s Report**

On Friday students had an excellent day dressing up in their favourite sport team clothes, coming to school to help raise money for the Griffith Zone PSSA to buy new singlet for students representing at Riverina level. It is a great way to raise this money, joining all other schools in the Griffith Community of Schools for their mufti day celebrations.

Another reminder to please keep in mind that students are not to come to school until 8:30am, unless prior arrangements have been made with myself. Students also need to be collected from school promptly at the end of the school day, unless prior arrangements have been made with myself. These times are set in place to ensure that staff are at school and on duty to supervise students. Any students at school prior to 8:30am and after 3:30pm may not be actively supervised by staff.

**Week 6 Awards**

**Student of the Week**
Katie Anderson - for being a helpful and caring member of the school community.

**Achievement Awards**

Seamus Maley - For always trying his best to learn all sounds to help him learn to read.

Owen Maley - for trying hard to slow down his writing and make it neat.

**Newsletter Distribution**

Would you prefer to have the School newsletter emailed directly to you on a Monday afternoon? We are currently putting together an email distribution list for the School newsletter. If parents and/or community members would prefer to have the newsletter emailed to you, please send an email to Michele in the office at rankinspr-p.school@det.nsw.edu.au to request this service.

We would appreciate anyone who would be willing to have the newsletter emailed to them, to reduce our printing costs. It also means you would receive the newsletter with colour photos. The file format of the newsletter file will be a PDF file, readable using Adobe Acrobat.

**School Council Meeting—Tuesday 7pm**

We did not receive any nominations for members for School Council. We will still be having our meeting tomorrow evening at 7:00pm. I look forward to seeing all current School Council members at this meeting.

**MULTILit Reading Tutors**

Thank you to all those parents and community members who have volunteered to assist with the implementation of our MULTILit Reading Program at school.
Our helpers are:

Tammy Anderson (Monday)
Wendy Anderson and Jenny Caughy (Tuesday)
Marilyn Mullins (Wednesday)
Kara Holland (Thursday)
Jeannie Parslow (Friday)

It is fantastic to have such wonderful support from people in our community to assist with this program.

Taronga Zoomobile

Tomorrow we are travelling to Lake Cargelligo to visit the Taronga Zoomobile. The “Animals of the Dreaming Zoomobile” is an exciting program combining two fascinating aspects of Australia - native animals and Dreamtime stories. Students and staff are really looking forward to this fantastic opportunity. Thank you very much to all parents for returning permission notes promptly.

K-2 Class News

Our sound focus letters for Kindergarten this week are ‘h’ and ‘r’. Students in Years 1 & 2 are learning spelling words focussed on the ‘sh’ sound this week. Our spelling activities throughout the week are followed up with Home Learning activities as well as sight word games. Our Maths program for the week is focussed around number identification and counting forwards and backwards to 20 for Kindergarten students and using number charts to assist with addition and subtraction for Year 1 & 2 students. Students in Years 1 & 2 will also be learning more about number combinations that add to 10 and how they can use these to help them solve more difficult problems.

In HSIE this week we will be reflecting on the information we learnt last week when we had visitors come to the school and speak to us about life when they were children. It was wonderful for the students to hear so much about how life has changed in the past 40 years.

Harmony Day—Thursday 21st March

Next Thursday 21st March is National Harmony Day. The theme for Harmony Day 2013 is Many Stories: One Australia. We will be doing a range of activities at school on Thursday 21st March to celebrate Harmony Day.

Succeeding in Science

Encouraging your teen to ask questions and helping them find the answers is top of the list in helping them to succeed in science.


Facts about Tutors

Private tutoring to give kids a helping hand in their schooling is a growing business. However, it's also an area where parents can be vulnerable to bogus offers and misleading advertising.


Public Speaking

Does your child suffer glossophobia? Fear of public speaking is common. Try creating opportunities for your child to present speeches to the family, without putting pressure on them to perform. Here are some tried and true tips to make your child’s next speech a success.


Science Starters

Did humans live with dinosaurs? Does the moon disappear in the day? Kids love to know the answers to life’s mysteries but there are a few facts they often get wrong in the name of science.

Canteen News
Next Monday 18th March, Deb is on duty.

P & C News
Next meeting is Wednesday 20th March 2013 (Week 8) at 7pm.
Enquiries - Richard, Tammy or Deb.

Uniform Price List
Sports Shirts - $33
Hats - $10
Sports Shorts - $12
Library Bags - $10
Jumpers - $22
P & C Shirts - $33
School Bags - $60

Term 1 Week 7
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<td>Zone Soccer Trials - Yoogali</td>
<td>Wednesday 13th March</td>
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<td>Selective High School Test</td>
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<td>Spelling Bee</td>
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<td>P &amp; C Meeting</td>
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<td>Harmony Day</td>
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<td>P &amp; C Bingo Night</td>
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Term 1 Week 11
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<td>Term 1 Ends</td>
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Community News

Rankin’s Springs Golf Club
There will be a meeting to be held on 21st March, 2013 at 7:30pm. Owing to age and family duties the present committee are tendering their resignations. This meeting is an invitation to members of the community to attend and make a decision for the members of the community to form a committee to control the Land and Buildings. If the Land Rates are not paid annually the Lands Department can take the Land and the Buildings. I suggest that a committee of three consisting of a President, Treasurer and Secretary be formed to pay rates and handle bookings. If this is done the facilities may be used for various events plus golf tournaments by any organisation, the course will still be there. Andy O’Keeffe.

Chickenpox—Awareness
There is currently an incident of chicken pox at school. Please be aware that this is a contagious infection and be mindful to keep on the lookout for symptoms in your own children. A fact sheet about chicken pox from NSW Health is attached to this week’s newsletter.

Worm Drowners Yabby Races
The annual Yabby Races is on again this year on Friday 29th March starting at 6pm. Please see flyer attached. It would also be appreciated if members could please bring a salad for tea. Enquiries to Rocky, Kelly or Michele.

Congratulations
Congratulations to Richard Argent-Smith for finishing the 3.8km swim, 180km bike ride and 42.2km run in 11:54:39 in 411th place in Lake Taupo, NZ. Well Done!!! (He's still recovering)

Rankin’s Springs Progress Association
We would like to let those know that attended the Water Meeting with Steven Joyce on 25.2.13 that a copy of the Minutes are now available. A copy has been sent to those few email addresses Andrea had, however there are quite a few that she didn’t have. So if you need a copy or you were unable to come and would like to read a guide of what went on please contact Andrea 6966 1220 and she will get them to you. Thanks
Good Friday Yabby Races

Friday 29th March, 2013
Tea Starting at 6:30pm!

Thank you to our sponsors:
Midstate Trading, Donovan’s, Hudson Shearing

Weigh-in between 5-6pm (strictly no entries after 6pm)
Biggest Bag & Biggest Yabby
Prizes for Sub-Junior (0-12yrs), Junior (13-17yrs) & Senior
There will be Male & Female prizes for all sections

YABBY AUCTION & CALCUTTER

Cost $25 family (2 Adults & 3 children), $8 single, $5 pensioner/student
Fish, yabbies, chips, salads (fish fingers for kids) and desserts
BYO Drinks - Tea & Coffee available

Chocolate Wheel / Raffles / Lucky Door
Easter Bunny Hunt / Lolly Guessing Comp
Membership Draw (must be present on the night)
Membership is only $5

Bring the whole family for a fun filled night that is unique to Rankin’s Springs!!

Enquiries: Rocky Hudson 69661376, Kelly Irvine 69674178, Michele Prince 69661368
CWA Update for February 2013

The Rankin's Springs Branch will hold their Annual CWA International Day on Monday 8th April, 2013, from 11.30am. The country of choice this year is "Morocco". Bring a shared lunch, Moroccan style if you dare, however anything will be much appreciated!!

Memberships are due $37.50. You don't have to be an active member, but even in spirit, we would love to have you. This is a valuable organisation, supporters are needed, come and have a cuppa anytime, meetings will be short (if possible).

Our next meeting will be on Monday 11th March, 2013 at the CWA Rooms from 10.00am. Everyone welcome, you don't have to be a member to come and see what goes on. More information regarding any of these things talk to Kaylene Hudson 69661376 or Val Bell 69621083.

RANKIN’S SPRINGS P & C
PRESENTS

BINGO!

AT THE HALL
SATURDAY 6TH APRIL 2013
DOORS OPEN AT 7PM
GAME STARTS AT 7:30PM

EVERYONE WELCOME
School age children are able to participate under adult supervision

Lots of prizes to be won!

Please book your seat with Tammy on 69661321
Factsheet

CHICKENPOX AND SHINGLES

Chickenpox is a common viral infection that can reappear later in life as shingles. A vaccine is recommended for all infants and non-immune adults.

Last updated: 01 July 2012

What is Chickenpox?
- Chickenpox is a viral illness caused by the varicella-zoster virus (also known as the Varicella-Zoster virus)
- In children it usually causes a relatively mild illness
- In adults and immunocompromised people can be severe
- Infection in pregnancy can cause fetal malformations, skin scarring, and other problems in the baby
- Before routine vaccination began in November 2005, chickenpox was a very common illness. The incidence of chickenpox appears to have decreased as more people receive the vaccine.

What are the symptoms?
- Chickenpox begins with a sudden onset of slight fever, runny nose, feeling generally unwell and a skin rash.
- The rash usually begins as small bumps that turn into blisters and then scabs
- The rash appears over two to four days. At any one time, the lesions of the rash vary in stages of development.
- Symptoms usually occur two weeks after exposure to the virus.
- Most people recover without complications, but sometimes the infection can lead to serious complications, such as pneumonia and inflammation of the brain. Rarely, the infection can be fatal.

How is it spread?
- Early in the illness, the virus is spread by coughing.
- Later in the illness, the virus is spread by direct contact with the fluid in the blisters.
- The infection is highly contagious to people who have never had chickenpox or who have not been immunised.
- People are infectious from one to two days before the rash appears (that is, during the runny nose phase) and up to five days after (when the blisters have formed crusts or scabs).
- Chickenpox infection triggers an immune response and people rarely get chickenpox twice.

Who is at risk?
- Anyone who has not had chickenpox or been vaccinated in the past can get chickenpox.
- People with a past history of chickenpox are likely to be immune to the virus. Even adults with no history of chickenpox have a chance of being immune (because of past infection that was mild). Doctors sometimes perform a blood test to see if these people need a vaccination.

How is it prevented?
- A live vaccine is now recommended for all children at 18 months of age and for children in their first year of high school who have not received chickenpox vaccine and who have not had chickenpox.
- The vaccine is also recommended for persons 14 years and over who are not immune. This involves 2 doses, 1 to 2 months apart. It is especially recommended for people at high risk, for example, health care workers, people living with or working with children, women planning a pregnancy, and household contact of persons who are immunocompromised.
- People with chickenpox should avoid others (and not attend childcare or school) until at least five days after onset of the rash and all the blisters have dried.
- People with chickenpox should cover the nose and mouth when coughing or sneezing, dispose of soiled tissues, wash their hands well and not share eating utensils, food or drinking cups.
- Pregnant women should avoid anyone with chickenpox or shingles and should see their doctor if they have been around someone with these illnesses.
- Children with an immune deficiency (for example, leukaemia) or who are receiving chemotherapy should avoid anyone with chickenpox or shingles as the infection can be especially severe.

How is it diagnosed?
- Most cases can be diagnosed based on the symptoms and by appearance of the rash. Sometimes the diagnosis is confirmed by testing samples taken from the rash or from blood.

What is Shingles?
- Shingles is caused by the reactivation of the virus that causes chickenpox, usually in adulthood and many years after the initial chickenpox illness.
- The illness is characterised by a painful chickenpox-like rash on a small area of skin, usually on one side of the body.
- Pain and tingling associated with the rash may persist for weeks or months after the rash has cleared. This is called post-herpetic neuralgia.
- The virus can be spread by direct contact with the skin rash of infected people. This causes chickenpox in people who are not immune.
- Shingles develops more commonly in people who are immunocompromised.

How is it treated?
- Shingles can be treated with a specialist antiviral drug such as acyclovir. Your general practitioner can advise on ways to minimise the discomfort associated with the symptoms of infection. Chickenpox infection usually resolves without treatment.

What is the public health response?
- Chickenpox is not currently notifiable in NSW but the incidence is monitored through the number of patients attending emergency departments and the number of patients who are hospitalised with chickenpox or shingles.
- The vaccine prevents chickenpox, even if given up to five days after exposure.
- Short-term immunisation with varicella-zoster immunoglobulin (VZIG) - which is made from antibodies in donated blood - can prevent illness in people at high risk of complications. This needs to be given within 10 days of exposure to the virus to be effective. People at high risk of complications following exposure include pregnant women who have not had chickenpox and who have not been immunised, newborn babies, and some immunosuppressed patients.

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

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