### PRINCIPALS’ REPORT

#### Coming Events:

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<th>Date</th>
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<td>Fri 22nd Nov</td>
<td>Traf High Orientation Morning</td>
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<tr>
<td>Tues 26th Nov</td>
<td>Kinder Orientation Day 9am – 10:30am</td>
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<tr>
<td>Wed 27th Nov</td>
<td>Grade 6, Year 7 Social Lowanna College Auditorium 6:30 – 8:30pm Cost $10</td>
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<tr>
<td>Fri 29th Nov</td>
<td>JSC Out of Uniform Day</td>
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<td>Fri 29th Nov</td>
<td>Grade 1/2 Dinner and Sleepover</td>
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<td>Tues 3rd Dec</td>
<td>Kinder Transition Day 9am – 10:30am</td>
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<td>Fri 6th Dec</td>
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<td>Tues 10th Dec</td>
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<td>Mon 16th Dec</td>
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<td>Tues 17th Dec</td>
<td>Grade 6 Graduation Dinner Silks Restaurant</td>
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<td>Last day of Term 4 Finish at 1:10pm</td>
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**Grade 6 – Lowanna Transition**

Lowanna College are conducting two transition days one on Friday 6th December and a State-Wide Orientation Day on Tuesday 10th December 2013. Students will need to find their own way to Lowanna on these days. If they are catching the bus next year then they will catch the bus on these two days so that they can familiarise themselves with bus travels.

**Grade 6 – Trafalgar High School Transition**

Trafalgar High School are conducting a Transition morning tomorrow Friday 22nd November. There is also a State Wide Orientation Day on Tuesday 10th December 2013. Students will need to find their own way to transition on these two days.

**Kinder / Prep Transition**

The Kinder to Prep transition days start next Tuesday 26th November 2013 from 9am – 10:30am. Mrs Lee has been visiting the kinder to meet new preps and to make their school day an enjoyable stay. Parents are welcome to stay and have a chat in the staffroom.

**Illness**

We have had a number of illness’s reported to school this week. Could parents please read the following information. It is important that your child recovers at home if they are unwell. If they are absent for more than 3 days it is a requirement of the department that a doctors certificate be obtained.

### IMPORTANT MEDICAL INFORMATION TO READ IN NEWSLETTER****

refer to pages 3, 4 and 5. Please keep these sheets handy at home for reference.
Congratulations to our ‘AWARDS’ students


JSC Out of Uniform Day:
JSC are having a casual clothes day. Students are asked to bring a gold coin donation if they want to wear casual clothes. All funds raise are going towards our Whole School Swimming Day, to be held on 16th December.

Fun Run
Could all fun run monies be returned to school office by next Wednesday 27th November so that Mrs McKenzie can place orders for the prizes listed on the sponsorship form.
Hand, Foot & Mouth Disease Information Sheet

What is hand, foot & mouth disease?

Hand foot and mouth disease is caused by a virus (usually coxsackie virus A16). It causes blisters on the hands and feet, in the mouth and often in the 'nappy' area.

It is generally only a mild disease that lasts seven to ten days. It is more common during warmer weather and tends to spread easily between children.

This infection is spread by direct contact with fluid from the skin blisters, nose and throat discharges, droplets (sneezing, coughing) and faeces (stools). Good personal hygiene is important to prevent spread of the infection to others.

There is no connection between this disease and the foot and mouth disease that affects cattle and some other animals.

Who gets hand, foot & mouth disease?

Most people have been infected with the virus which causes this disease by the time they are adults. So it is generally just a small percentage of children who get features of disease after infection.

Signs & symptoms

People usually develop symptoms between three to seven days after being infected.

The most common signs and symptoms are:

- a high temperature (fever)
- a sore throat
- Small, blister-like lesions that may occur on the inside of the mouth, sides of the tongue, palms of the hands, fingers, soles of the feet and 'nappy' area.

How long is it infectious?

The skin blisters of hand, foot and mouth disease are infectious until they become crusty and there is no fluid in the blisters. The virus may also be shed in the faeces for several weeks after the blisters resolve.

Good personal hygiene is essential to prevent the spread of hand, foot and mouth disease to others, both for those infected and their carers. This includes:

- washing hands carefully after contact with the blister-like lesions, after handling nose and throat discharges, and after contact with faeces such as with nappy changing
- Allowing blisters to dry naturally. Do not pierce blisters, as the fluid within is infectious
- Using separate eating and drinking utensils.

Children with hand, foot and mouth disease should be excluded from school and child care centres until all the blisters have dried.

How do you treat hand foot & mouth disease?

There is no specific treatment for hand, foot and mouth disease.

Use paracetamol (not aspirin) as directed for fever and any discomfort.

The disease itself is generally mild. If a child with hand, foot and mouth disease complains of severe headache, if fever persists, or if there are any other worrying symptoms consult your local doctor immediately.
What is impetigo?

Impetigo is a contagious skin infection usually caused by either Staphylococcus or Streptococcus bacteria. It is most commonly found in children although it may also occur in adults.

Impetigo may affect skin anywhere on the body but commonly occurs in the area around the nose and mouth. It first appears as a small itchy, inflamed area of skin which blisters. The blisters rupture, release a yellow fluid and develop honey-coloured crusts and form scabs. New blisters develop in the same area or in different parts of the body and may ooze fluid which is highly contagious.

Impetigo is easily diagnosed by the doctor. Occasionally a skin swab may be taken to identify the bacteria responsible for the infection.

How is impetigo spread?

Impetigo is extremely contagious. It can be spread from one person to another through touch or shared items such as clothes and towels. However, a person can also spread it to another part of their own body through scratching or picking at the blisters and scabs.

Who is most at risk of developing impetigo?

Children are most at risk of developing impetigo. Children and adolescents may be more likely to develop impetigo if the skin has already been irritated or injured by other skin problems such as eczema, insect bites, skin allergy or recent cuts or abrasions.

How long does it take until symptoms start?

The incubation period will vary depending on the particular bacteria. It is usually 1–3 days for streptococcal and 4–10 days for staphylococcal infections.

How is impetigo treated?

- Impetigo is most often treated with antibiotics, either orally or with bactericidal ointment. It is important to follow the recommended treatment and complete the course of antibiotics.
- Treatment involves washing the sores and crusts every 12 hours or as directed with the prescribed soap or lotion. After each wash pat dry.
- Healing should begin within 3 days and the infection eliminated in 7–10 days.
- If the sores spread and get worse despite treatment or the child becomes unwell with fever, see your doctor.
- Cover the sores with an airtight dressing if the child is returning to school in order to reduce the risk of spreading the infection.
- The child’s clothes, towels and bedclothes should be changed at least once a day.
- Always remember to wash your hands after touching scabs or sores or handling infected clothing.

How long does impetigo remain infectious?

If untreated, oozing sores remain infectious for as long as they persist.

When can children return to school or child care?

Children can return to school or child care after treatment has started and the sores are completely covered with a watertight dressing.

How can impetigo be prevented?

- Encourage children to wash their hands regularly and always use their own towel and facecloth.
- Cut your child’s nails short and encourage them not to scratch scabs or pick their nose.
- Keep injured areas of skin clean and covered to minimise the chance of any bacterial infection, including impetigo.
- Always wash your hands after touching sores or scabs and use gloves if possible when treating infected children.
- Keep children with impetigo away from other children for the period of exclusion. This is until antibiotic treatment has commenced and the sores are covered with a watertight dressing.
Gastroenteritis (gastro) - what is it and how did I get it?

Gastro is an illness which may cause some or all of the following symptoms:

- diarrhoea
- stomach cramps
- vomiting
- nausea
- fever
- headache

Germs which cause gastro get into your body through your mouth and it usually takes several days for symptoms to appear. This time is known as the incubation period. Sometimes symptoms may occur within hours of the germs entering your body but it is usually longer.

When people get gastro they often assume that the last meal they ate gave them food poisoning, but this is usually not the case.

What causes gastro and how is it spread?

The most common germs that cause gastroenteritis are bacteria, viruses and certain parasites. They may be found in soil, wild and pet animals including birds, and humans.

Gastro occurs when these germs are taken in by mouth and this may happen in any of the following ways:

- from person to person - this may occur directly by close personal contact or contact with the faeces of an infected person, or indirectly by touching contaminated surfaces such as taps, toilet flush handles, children's toys and nappies
- eating contaminated food
- drinking contaminated water
- airborne through vomiting, coughing and sneezing (mainly viruses)
- Handling pets and other animals.

People and animals can carry the germs which cause gastro in their faeces without having any symptoms. These people and animals can still pass the disease on to others.

I think I may have gastroenteritis - what should I do?

If you have symptoms of gastroenteritis, report them to your doctor. This will ensure that you receive proper treatment and advice and that steps are taken to reduce the spread of the disease.

If you think that a particular food caused your illness tell your doctor and report it to your local council health department as soon as possible. Keep any leftover food in the refrigerator in case the council decides to collect it for laboratory testing.

Can I still go to school?

Children must not attend child care centres, kindergartens or school until there has not been a loose bowel motion for 48 hours.

How can I stop spreading it to my family?

In your household, the risk of spreading gastro can be reduced. It is very important that people with gastro do not prepare or handle food that is to be eaten by other people and that no one shares their towel, face washer, toothbrush or eating utensils.

Everyone should wash their hands thoroughly with soap and hot running water for at least ten seconds:

- before preparing food
- between handling raw and ready-to-eat foods
- before eating
MOE & TRARALGON

MOE: 26B GEORGE STREET, MOE   PHONE: 5126 2165
TRARALGON: 6B SEYMOUR STREET, TRARALGON   PHONE: 5176 5077

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Dear ……………………….,

As the parent/guardian of  ……………………………. Grade ………

I wish to advise that the absence on ……………………………. was due to:

- illness  
- appointments  Dentist  Doctor  
- other  Please specify _____________ 

Yours sincerely,

…………………………………..

……./……/……

Signature of Parent/Guardian Date