



A member of the Armidale
Community of Schools

"THE PLAINS EXPRESS"

Celebrating 150 Years of Quality Education

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Education &
Communities

Term 2, Week 6—Wednesday 5 June 2013



From the Principal's Desk...

A HUGE thank you goes to the fabulous Mrs Morley for all the extra time and effort she has put in over the past few weeks in preparation for our audit yesterday.

Thank you to the parents who attended our P&C meeting on Monday evening. Many items were discussed as well as the important issue of our Sesquicentenary that is fast approaching. We need parents to set aside this important date, **Friday October 25**, as we will be desperately needing assistance on the day. We really need more help with preparations and if you can help in any way please let us know. Assistance is required with planning, organising, ordering and catering. Remember many hands make light work. Please note the next P&C meeting will be held in the last week of this Term, **Monday June 24**.

If you can spare some time next Thursday June 13 we require parents to prepare information and place it in envelopes to be posted out regarding the 150th celebrations. This will commence from 10am.

Congratulations to Ryan Hendrickse, Jasmin Poulter and Riley Poulter who represented Kelly's Plains at the Zone cross country last Thursday. Well done!

Small Schools Athletics carnival – This will be held at **Kingstown Public School on Friday June 21**. Parents will need to organise private transport to get their children to and from the carnival. This is done to ensure that no school is late for the carnival. In previous years this has been an issue and the start of the carnival has been delayed because a whole school is missing due to a late bus. Parental support and encouragement is also needed on the day. We appreciate your assistance with this matter. A note with more information will go home soon.

Remember that **Cedar Nursery and Design** has donated 60 plants to assist us in our beautification projects. You can make a donation by visiting Cedar Nursery and telling them you would like to purchase plants for Kelly's Plains School. Thank you to the parents who have already done this, your support is appreciated. If you could spare some time to assist planting please let me know as we need to get them in the ground as soon as possible. Thank you to John Beynon who has already offered to complete one section of garden for us.

School contributions are now due. Payments are set at \$40 per student or a maximum of \$70 per family. These contributions will assist in the organisation and running of our Sesquicentenary as well as other school initiatives.

Reminder - if your child is absent from school it would be appreciated if you could phone the school on the day. If this is not possible you must provide a note explaining the absence upon their return to school. If you are planning a family holiday or need to be away for a family reason you can apply for and be granted an exemption from school. You will be provided with a document that should be carried with you and can be produced if requested by an Education Department official or Police Officer. Remember that regular attendance at school is essential to assist students to maximise their potential.

Premiers Sporting Challenge – This week all students began the Premier's Primary School Sport Challenge. This program aims to engage young people in sport and physical activity and encourages them to lead healthy, active lifestyles. The Premier's Primary School Sport Challenge involves primary school classes participating in a 10 week sport and physical activity challenge. Students may accumulate time spent in a broad range of sports and recreational pursuits during lunchtime, in school sport programs, class time, after school or in weekend physical activity. Students and teachers are currently monitoring their physical activity and recording their time in designated booklets. Schools that participate in the sporting challenge are given a financial grant to assist in the implementation of the program. Kelly's Plains has today received our funding grant of \$990.

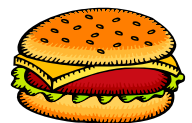
Jump Rope For Heart - Please remember to encourage your child to keep practising their skipping skills at home and to collect sponsors for our jump off day on June 13. Thank you again to Mrs Weier for organising this event. It has been encouraging to witness how all students have improved their skipping abilities in only a few weeks.

Next week Mr Thomas Mclean, a 3rd year Prac student, will join the Upper Division class for the last 3 weeks of this term.

Please note Assembly will begin at 3pm this Friday.

FRIDAY LUNCH

Lynches Road



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Kelly's Plains Public School

Principal: Mr Richard Cotter

Lower Division Teacher: Mrs Lauren Piddington

Relief Teachers: Mrs Emma Schaeffer



Please note that a number of students at our school have contracted chickenpox.

Please see the information from the Health NSW.

What is Chickenpox?

- Chickenpox is a viral illness caused by the herpes zoster virus (also known as the Varicella-Zoster virus)
- In children it usually causes a relatively mild illness.
- Chickenpox in adults and immunosuppressed people can be severe.
- Infection in pregnancy can cause foetal 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 lumps that turn into blisters and then scabs.
- The rash appears over three 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 or 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.

DATES FOR YOUR DIARY

JUNE

Today:	ICAS—Science
Friday 7:	Assembly 3.00pm
Monday 10:	Queen's Birthday Public Holiday
Tuesday 11:	Pract. Teacher Mr Mclean starts in Upper Division
Thursday 13:	Jump Rope For Heart
Friday 14:	Regional Cross Country
Thursday 20:	ACOS Orchestra
Friday 21:	Small Schools Athletics Carnival at Kingstown. Parents to organise transport

Lower Division

Please remember to bring in your reader each day to change it.



Premiers Sporting Challenge



YOU
CAN
DO
IT!