CROMER COURTESIES: - Wait for adults to finish their conversation before speaking to them and remember to say, ‘Excuse me.’ when you do!

NOTES HOME: Swimming Carnival 2015 - Years 2 - 5,

W10
<table>
<thead>
<tr>
<th>Mon 8th December</th>
<th>Tues 9th December</th>
<th>Wed 10th December</th>
<th>Thurs 11th December</th>
<th>Fri 12th December</th>
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<tbody>
<tr>
<td>• Year 2 Assembly 9:30am</td>
<td>• Year 3 Assembly 9:15am</td>
<td>• Year 4 Assembly 9:15am</td>
<td>• Year 5 Assembly 9:15am</td>
<td>• Crazy Cromer Circus</td>
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<tr>
<td>• Camp Quality Puppet Show 11:15 - 12:30</td>
<td>• Parent Helpers morning tea 10:45am Staffroom</td>
<td>• CHRISTMAS CAROLS NIGHT 6 - 8 PM</td>
<td>• Reports and Fold-ers home</td>
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<tr>
<td>• Mufti Day - Gold Coin Donation</td>
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<td>• Return all band instruments</td>
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W11
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<tr>
<th>Mon 15th December</th>
<th>Tues 16th December</th>
<th>Wed 17th December</th>
<th>Thurs 18th December</th>
<th>Fri 19th December</th>
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<tbody>
<tr>
<td>• CLASS PICNICS K - 5</td>
<td>• Year 6 Graduation 9:15am</td>
<td>• Year 6 Waterworks / Farewell</td>
<td>• STAFF DEVELOP- MENT DAY</td>
<td>• STAFF DEVELOP- MENT DAY</td>
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<td>• Year 6 Dinner Dance</td>
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<td>• CHILDRENS LAST DAY</td>
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<th>Mon 26th January</th>
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<th>Wed 28th January</th>
<th>Thurs 29th January</th>
<th>Fri 30th January</th>
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<tr>
<td>• AUSTRALIA DAY</td>
<td>• STAFF RETURN</td>
<td>• YEARS 1 - 6 RETURN TO SCHOOL</td>
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</tbody>
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**Contact Details:**

Email: cromer-p.school@det.nsw.edu.au
Principal’s Email: maureen.t.gray@det.nsw.edu.au
Web: www.cromer-p.schools.nsw.edu.au
Ph: 9971 0499 Fax: 9971 4635
Cromer Kids Club: 9971 2332
On Monday 8th December we will welcome the Camp Quality Puppet Show to Cromer PS. We have been working with the Children’s Hospital at Randwick in support of one of our students who has undergone significant treatment recently. The Puppet Show will be presented to Years 3-6 and then K-2 after Recess. There is no cost to the students to attend the show but students are allowed to wear Mufti Clothes on this day for a gold coin donation.

Please be aware it is Year 2’s End of Year Presentation Assembly on Monday Morning and Year 2 students are asked to wear their school uniform to school for their special assembly. Year 2 is encouraged to bring a change of clothes to school to get changed into after their assembly. I suggest Year 2 parents put a simple T-shirt and shorts into a labelled plastic bag that then goes into your children’s school bag on Monday morning. This would be most appropriate as this will be easier from an organisational point of view for parents and teachers in ensuring Year 2 do not miss out on the opportunity of wearing mufti for a good cause.

As most parents are aware Camp Quality does outstanding work in explaining to children the effects of cancer treatment in children and how schools can be supportive of any students who have undergone or undergoing treatment. I have included some information for teachers and parents from Camp Quality that you may find useful if your child asks you any additional questions after the Puppet Shows.

All Kindergarten and Year 1 students have had wonderful Presentation Assemblies over the last two days. It has been wonderful to see the joy on little people’s faces as their personalised comments have been read out to the audience. Parents and grandparents are thanked for your attendance at the assemblies. The children have absolutely loved having you there. The Kindergarten and Year 1 Teams must be acknowledged for their efforts in making these assemblies so special and memorable.

I am sure Year 2 parents will be equally as proud of their darlings when they come up on stage to receive their certificates on Monday. Primary students in Years 3-6 have an allocation of 9 certificates per class for End of Year Assemblies. These award winners’ parents will receive advice in the mail. Primary awards are still under review. You will be advised if the format of awards in Years 3-6 changes next year for the end of the year.

I will look forward to the remaining assemblies where we will help to celebrate our students achievements throughout 2015.

Maureen Gray
Principal
DEPUTY PRINCIPAL’S REPORT

Our End of Year Grade Assemblies began this week! We look forward to sharing our special 2014 moments with you at each presentation.

Please add these important dates to your busy diary….

<table>
<thead>
<tr>
<th>Year</th>
<th>Date</th>
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<tr>
<td>Two</td>
<td>Monday 8th Dec</td>
<td>9:30am (Hall)</td>
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<td>Three</td>
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<td>Four</td>
<td>Wednesday 10th Dec</td>
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<td>Five</td>
<td>Thursday 11th Dec</td>
<td>9:15am (Hall)</td>
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<tr>
<td>Six</td>
<td>Tuesday 16th Dec</td>
<td>9:15am (Hall)</td>
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STUDENTS LEAVING IN 2015

If your child/children will not be attending Cromer next year, it would be greatly appreciated if you could put this in writing to Nicole Herrmann or Julie Johnson as soon as possible.

LATE RETURN TO SCHOOL IN 2015

School resumes for Years 1-6 on Wednesday 28th January 2015. If your child/children will not return to school on this date due to your family being on an extended holiday, it would be greatly appreciated if you could put this in writing to Nicole Herrmann or Julie Johnson by the end of next week. It is imperative that we know this information before the start of 2015, as it will impact on the number of classes we form at the beginning of the school year.

DATES FOR 2015

School Development Day – TUESDAY 27th January (Staff only)
School resumes for all Year 1 – Year 6 students on WEDNESDAY 28th January
BEST START Assessments for 2014 Kindergarten students begin on WEDNESDAY 28th January
School starts for 2015 Kindergarten students on MONDAY 2nd February and TUESDAY 3rd February
Swimming Carnival Tuesday 3rd February

END OF YEAR REPORTS

Your child’s end of year report will be sent home on Friday 12th December inside your child’s work assessment (blue) folder. Your child’s 2015 requirement list will also be inside this folder. Many thanks to the staff for their time, effort and professionalism in preparing these important student learning documents. If you need to discuss any aspect of your child’s report, please don’t hesitate to make an appointment with your child’s class teacher before the end of term.

PARENT HELPERS MORNING TEA

With the year coming to an end, we’d like to thank all the parents who have assisted in supporting all the different programs across the school this year, whether it be in the classroom, uniform shop, canteen, at sporting events, etc; with a thank you morning tea on Wednesday 10th December at 10.45am in the staffroom.

Thank you to all the parents who have turned up week in and week out to support their child's classroom Literacy and Numeracy programs. The success of these quality programs often depends upon parental assistance. We greatly appreciate your support, as do the students.

We’d also like to extend a special thanks to the outgoing Year 6 parents who will no longer be part of the Cromer school community, due to their children leaving Cromer Public school this year. They will be sadly missed, but we know they will enjoy the next part of their journey with their children, as they enter high school. Many thanks to all of the parents who have worked tirelessly within the Cromer school community for over 10 years and we thank you for all your wonderful efforts.

CROMER’S CHRISTMAS CAROLS NIGHT OF NIGHTS

This year we will be holding our Cromer Christmas Carols evening on Thursday 11th December from 6pm on the school oval.

THIS IS A WHOLE SCHOOL AND COMMUNITY EVENT AND WILL THEREFORE
BE AN ALCOHOL FREE NIGHT ……

DEC NEWS
Summer holiday fun
Book your children into one of our fun-filled camps next school holidays. Your children will be kept busy and active while learning new skills and making new friends. You'll have peace of mind knowing your children are safe and well looked after. For details, visit Sport and Recreation website www.dsr.nsw.gov.au/kidscamps/

For the love of science
Science is a method of engaging with, and trying to understand, the world. Professor Tim Flannery says if a child is interested in pursuing science, encourage them to develop persistence and humility – the idea that they won't always be right.


Pleasures of free play
Allowing free time for children to play on their own, making up games and activities, can help kids to be comfortable in their own company, teach them how to cope with boredom and, importantly, foster their imagination.


Have a wonderful weekend.
Kindest regards

UNIFORM SHOP NEWS

We now have boy's 100% grey organic shorts in stock - all sizes $19.00. These shorts are excellent quality, highly durable and soft on the skin, made from re-cycled plastic bottles and cotton which is farmed in the absence of chemicals and pesticides.

We will be introducing a new sport top for 2015 in all sizes for $29.00. Our current sport top will still be worn for a few years and we have on offer this current sport top for $20.00 (less than cost price) and have no size 8's left!

We have the following items in stock for our Year 6 students leaving school this year :-

Signature Bear  Soccer Ball

The selling price is $15.00. They all come with a permanent marker and make a lovely graduation/momento gift for their friends to sign. Limited stock so please purchase ASAP.

Leigh McPherson
Uniform Shop Co-ordinator
CHESS CLUB NEWS

Last Wednesday 24 students from Cromer Public represented the school at the Regional Chess Tournament held at Pittwater House. There were 54 teams and 162 students entered in the tournament representing schools across the Peninsula.

Cromer teams played with great spirit. Congratulations to Cromer’s B Team comprising Shawn H, Hugh R and Tyler N, who came overall 6th in the competition. A special mention to our high scoring individuals: Hugh R who won 6 games of 7 played, Jack O’B with 5 of 5 games, Liam M, Tyler N and Alex B with 5 of 7 games.

Our entry was made possible by our parents who assisted with supervision – so a huge thank you to Mr and Mrs Winter, Mrs Femia and Mrs Sutton.

Our Cromer team has had the opportunity to play in three tournaments this year – all of which have been very rewarding and enjoyable growth experience for our competitors. They played at an Interschools Chess Challenge, our own Cromer Tournament in Term 3 and finally the Regionals.

I will be handing over the co-ordinator role next year, so if anyone is interested in taking it on, then please let me know. The clubs next tournament will be held in Term 1, 2015 at Mona Vale.

Karen Whiley
Chess Co-ordinator
Please feel free to contact me with any chess queries at karenwhiley@optusnet.com.au

TOYS ’N’ TUCKER

It has become tradition at Cromer PS to contribute to those who are not so fortunate in our community. We will have a “giving tree” in the Admin foyer and will happily collect gifts of toys and food until the 15th December. Cromer PS has shown extraordinary generosity in the past and we feel that this is a positive experience for our students.

Mrs Judy Geeves
Co-ordinator

THROUGH TOYS ’N’ TUCKER
YOU CAN SHARE THE JOY OF CHRISTMAS WITH PEOPLE IN NEED!
Help us demonstrate God’s love by providing food and gifts for those who would otherwise go without.

SHOPPING LIST
Here’s what you can give:

Christmas food for festive meals
- Long life custard
- Pasta sauce
- Tinned tuna/salmon/ham
- Christmas cake & puddings
- Small packs of biscuits
- Small packs of lollies

Gifts for babies, children and teenagers
- Toys for all ages
- Gift cards
- Toiletty packs for teens
- Sports equipment
- Family games
- Books for all ages

All donations are to be new and unused, thank you!

We also welcome cash donations, so those we help can choose the fresh food they would like for a special Christmas meal. To donate please:
Visit: www.toysntucker.org.au
Phone: 13 26 22
Christmas around the World was our theme at kids club this week.

In the kitchen the children made Amaretti (Italian macaroons), Bibingka (Filipino coconut cake), stained glass biscuits (English tradition) and child friendly egg nog (American tradition). Both children and parents wanted some of the recipes this week, which is great positive feedback for the centre!

Inside the children did Christmas fingerprint painting and other Christmas craft during the afternoon as well as playing board games. Outside we played pac man and ship shark shore as our group games along with sandpit play & free play.

We welcomed Mel back to kids club this week. Mel used to work at kids club a few years ago and is back to help out during the last weeks of term.

**Vacation Care:**
It’s time to book into our fantastic Vacation care program! These holidays we will be celebrating Christmas with cooking craft and games, having our own OOSH talent quest, cupcake competitions, kite making, water fun days and back by popular demand wheels day. We will also visit the Chinese Gardens, Movies at the Mall, AMF Bowling and the Crazy Scientist is back with 2 shows!

The service will be situated at St John’s Catholic School (St John’s Kids Club) Narrabeena.
Spaces will fill up fast so get in early to secure your place.

Have a great weekend!
Kids Club Staff
TRIVIA NIGHT
COMMISSION FREE
HOUSE SALE

Are you or anyone you know thinking of selling your house in the next 6 -12 months?

Peter Capindale, Ray White Narrabeen & Narraween has kindly offered to donate a property sale to the highest bidder in lieu of his usual agents commission. This is a fantastic opportunity for anyone thinking of selling their property to make a substantial saving whilst helping Cromer Public School raise much needed funds.

Interested? For further details or for a copy of the general terms and conditions of this offer please contact Kate Smith on 0402 944 523. For contract details, call Peter Capindale, Ray White on 9984 7100 or 0457 334 791. Following an obligation free consultation with Peter, should you wish to participate in this incredible fundraiser please call Kate to officially register your interest.

The Ray White team have also generously donated a vintage bike which Peter will be auctioning at the Trivia Night. This would be a great opportunity to come and meet Peter.

The closing date of this incredible offer is Friday 19th December 2014 at 5pm. The person offering the highest donation will be committing to selling their property with Peter Capindale from Ray White Real Estate.

This opportunity is open to any potential sellers on the Northern Beaches, not just the Cromer Public School community.

Please spread the word Cromer -

It’s a terrific opportunity for our school!
Please note that the advertisements appearing in this newsletter do not necessarily carry the endorsement of Cromer Public School. The credentials of advertisers have NOT been checked by the school. For reasons of child protection, interested parents are strongly advised to closely check the credentials of any person or group advertising activities that would directly involve the participation of their children (e.g. camps, coaching, classes etc.)
1st Narrabeen Scouts

Christmas Tree Sale

The Scout Hall, end of Kent Street, COLLAROY
Saturday 13th Dec.
Sunday 14th Dec. (unless sold out)
8am—3:30pm

From $50
CASH ONLY

Contact: Neville 0427 229 692

Enliven in the evening
As the sun goes down, the fun starts up

FAMILY CHRISTMAS EVENT
Robertson Road, Newport
11 & 18 December - 5pm to 9pm

Come along and enjoy what Newport village has to offer...

- Late night Christmas shopping
- Beverages from the travelling pop-up bar
- Live music and Christmas carolers
- Tasty food from our local restaurants
- Kids face painting from the cheeky elf (6-8pm)
- Festive space created by the Enliven Pittwater team

Enliven
Pittwater

Robertson Road will be closed to traffic from 2pm to 10pm

 Completely Free!

Go4Fun
Healthy • Active • Happy • Kids

It's so wonderful to have my active, happy, motivated and confident 10 year old boy back.
Cate Latham, Go4Fun parent

A FREE 10 WEEK PROGRAM FOR KIDS AGED 7 TO 13 YEARS AND THEIR FAMILIES TO BECOME FITTER, EAT HEALTHIER AND IMPROVE THEIR SELF-ESTEEM.

WHEN
Tuesdays
4.00pm-6.00pm
Starts 27th January

WHERE
Pittwater Sports Centre
1525 Pittwater Rd
North Narrabeen

REGISTER NOW
FREECALL 1800 780 900 OR GO4FUN.COM.AU
HOT SHOTS
Christmas HOLIDAY TENNIS & SPORTS CAMP
BEVERLEY JOB PARK
MCINTOSH ROAD NARRAWEENA

Camp 1 - Mon 22nd Dec - Wed 24th Dec (3 day camp)
Camp 2 - Mon 5th Jan - Fri 19th Jan
Camp 3 - Mon 12th Jan - Fri 16th Jan
Camp 4 - Mon 19th Jan - Fri 23rd Jan

Time: 9.00 -12.30 pm OR 9.00 -3.00 pm
Cost: $150 for 5 full days  $110 – 5 half days
$120 for 3 full days  $80 – 3 half days
Casual rates - $45 per full day  $30 per half day
Discounts for family members

**All camps subject to numbers**

FOR ENQUIRIES OR BOOKINGS CALL
THERESA STAPP on 9981 2592 or (Mob) 0405 424 413
Email: tmstapp@optusnet.com.au

Junior Development Coach and Hot Shot Mentor for Tennis Australia, Finalist.. NEWCOMBE Medal 2010

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Summer Holiday Camps
15th, 24th Dec ‘14 and 12th, 30th Jan ’15

Join our Holiday Clinics and play tennis indoors on grass

CLINICS FILL FAST, SO BOOK NOW!

Here at the Football Factory we acknowledge the necessity to focus on the development of an individual’s skills. It is important that Children have fun with what they learn new skills and that’s why we’ve tailor made our school holiday camps to be both fun and engaging!

• Professionally qualified & engaging FA 4 & 6 coaches
• Learn new tricks, skills and techniques to improve your overall ball mastery and game play. We will teach you how to execute a “Mendes della Style”, “Cruff Cut”, “Arnoldi Stepmover”, or learn how to do an “Outlaw”
• Play football, no matter what the weather, is your boast!
• Small sided games
• Finish the day with Laser football

Half Days 9.30am-12.30pm | Full Days 9.00am-3.00pm | Extended days 9.00am-5.00pm
For 5-13 year olds

Sydney’s Best 5 A-Side Competition. Don’t miss out!!
Play indoors in your boots on grass
Never rain out!
Kicks off end of January 2015
Finishes just before outdoor starts

Visit our website to register & for more info

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SCHOOL SHOES IN STOCK ALL YEAR
GET SHOES THAT FIT AND LAST
20 YEARS EXPERIENCE
FRIENDLY STAFF
TRUCKLOADS OF STOCK

Like us on Facebook to keep up to date with special offers

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3 STORES OPEN 7 DAYS A WEEK
19 Howard Avenue, DEE WHY
29 The Centre, FORESTVILLE
1 Bungan Luna, MONA VALE

Like us on Facebook to keep up to date with special offers

---

340x400 "HOT SHOTS"
Christmas HOLIDAY TENNIS & SPORTS CAMP
BEVERLEY JOB PARK
MCINTOSH ROAD NARRAWEENA

Camp 1 - Mon 22nd Dec - Wed 24th Dec (3 day camp)
Camp 2 - Mon 5th Jan - Fri 19th Jan
Camp 3 - Mon 12th Jan - Fri 16th Jan
Camp 4 - Mon 19th Jan - Fri 23rd Jan

Time: 9.00 -12.30 pm OR 9.00 -3.00 pm
Cost: $150 for 5 full days  $110 – 5 half days
$120 for 3 full days  $80 – 3 half days
Casual rates - $45 per full day  $30 per half day
Discounts for family members

**All camps subject to numbers**

FOR ENQUIRIES OR BOOKINGS CALL
THERESA STAPP on 9981 2592 or (Mob) 0405 424 413
Email: tmstapp@optusnet.com.au

Junior Development Coach and Hot Shot Mentor for Tennis Australia, Finalist.. NEWCOMBE Medal 2010
INFORMATION FOR TEACHERS AND PARENTS ABOUT CHILDREN LIVING WITH CANCER

The following information is for teachers and parents of children living with cancer. It is not intended to provide detailed information on specific types of cancer. This can be obtained separately on request from one of the paediatric oncology units in Sydney or the - CANCER Helpline 13 11 20

CANCER IN CHILDHOOD

About 150 - 200 children under the age of 15 years are diagnosed with cancer each year in New South Wales. Cancer occurs at all ages and many children will have been diagnosed before they commence school and can be on treatment, or even have completed treatment when they start school. The types of cancer seen in childhood are different from those in adults although some kinds of 'adult' cancer occur in older children.

Leukaemia is the most common form of childhood cancer, followed by brain tumours, melanoma and cancers of the lymph nodes, kidney, adrenals, muscle and bone. Some of these cancers may begin to develop before birth and are very rare in adults. Conversely, most adult cancers such as cancer of the lung or bowel are extremely uncommon in children.

MANY YOUNG PEOPLE SURVIVE CANCER

Australia has one of the highest cancer survival rates in the world and there has been a significant improvement in this rate over the past two decades. Thanks to advancements in treatments and follow-up care, more than seventy nine percent (79%) of children with leukaemia are cured and up to ninety five per cent (95%) of children with some solid tumours.

CAUSES

There are few known causes of childhood cancer. Although most childhood leukaemia is thought to result from exposure to either natural or man-made environment agents, these agents have yet to be identified. A possible link between magnetic fields and some types of childhood cancer remains controversial. There is at present no convincing evidence that magnetic fields from power lines or other sources cause cancer. There is no doubt that sun exposure can cause melanoma and this is one of the few avoidable causes of childhood cancer. The use of proper precautions against sun exposure is important from infancy onwards and children who have a family history may be particularly at risk as are those who have received chemotherapy for cancer.

Very few childhood cancers are inherited although some inherited conditions, such as chromosomal abnormalities, carry an increased risk of cancer. Most of these conditions are themselves quite rare. Retinoblastoma, a type of eye tumour which occurs in early childhood, is inherited and patients and their families should receive genetic advice. CANCER IS NEVER INFECTIOUS. Children with cancer cannot spread the disease to others, even when there may be close contact.

TREATMENT

Treatment for children with leukaemia consists mainly of drugs (chemotherapy) although X-ray treatment (radiotherapy) is also used in some cases. Children with solid tumours may require surgery and most will also have
chemotherapy and/or radiotherapy. Chemotherapy often extends over many months but radiotherapy is usually completed within 2 to 6 weeks. When the cancer is no longer detectable, the child is said to be in remission.

However, this does not necessarily mean the child is cured since it can reappear, sometimes after a period of several years. This had occurred because of the continuing presence of microscopic, undetectable deposits of cancer.

The purpose of chemotherapy is to eradicate these microscopic amounts of cancer but it may not succeed because the cells have become resistant to the drugs or because the drugs are unable to reach the cancer cells. Children who are receiving treatment for their cancer may appear quite well and are often able to take part in most normal activities. Some children may feel unusually tired and lack energy while they are on treatment.

**SIDE EFFECTS OF THERAPY**

Side effects may be immediate or delayed. They fall into a number of categories:

Nausea, vomiting and loss of appetite are common in the treatment of solid tumours and occur within hours of receiving the treatment. The nausea and vomiting can often be controlled with the use of drugs. Some children may have difficulty in eating because of mouth ulcers.

Hair loss is an obvious side-effect of chemotherapy, usually developing within 2-3 weeks of starting treatment. It is however usually temporary and regrowth of hair may occur while the child is still on treatment. Radiotherapy to the head also causes hair loss and in some cases there can be some permanent thinning of the hair.

Immunity is affected by chemotherapy and this makes the child more susceptible to some infections. Chickenpox and measles are particularly dangerous for a child on chemotherapy. Other viral infections such as ordinary colds, (German measles) and mumps are not normally a major concern. Advice should be provided to the school where a child on chemotherapy is attending. Unexplained fever in a child on chemotherapy should be investigated promptly.

Pallor and bruising may result from a fall in the red cell count or platelet count respectively while children are on chemotherapy. In some cases, this will require correction with a transfusion.

**THE CHILD**

At the hospital, encouragement is given to parents to explain to their child, at an appropriate level of understanding the name of the disease, the need for treatment and the effects of therapy.

It is sensible for the parents to explain to the child the serious and potentially life threatening nature of their condition and to encourage open discussion between them.

Even when not told, most children are aware that they have something seriously wrong, as they often hear family talking or hear something said at school. Withholding information, even from young children, may well create problems as children often have creative imaginations. This may in fact be worse than reality. The immediate reaction of most adults and other children to hearing that a child has leukaemia is to think the disease is fatal and that the child will soon die. This was true over 20 years ago but despite improvements in therapy and curability, community attitude has not caught up.

Other cancers are not as well known and therefore misconceptions are not as common. Reactions to any type of cancer diagnosis are similar and it is not uncommon for the child with a form of cancer to hear another child say that he/she will die.

Another view is that the child may suddenly become dangerously ill, collapse and need to be rushed to hospital. Children with cancer in general lead very normal lives, look normal and are able to do anything other children can do.

Where problems caused by low blood count are concerned, eg. temperature and bleeding, the parents should be contacted. Close liaison between the child's family and the school will reduce the anxiety this creates.
EFFECTS ON THE PARENTS

The diagnosis of cancer with its potential threat to a child’s life is catastrophic. Parents expect happy, healthy and physically normal children who will grow up, fulfil parental expectations and outlive them. The diagnosis of cancer leads to grieving for many things - for a child whose life is threatened, for the loss of a normal healthy child, for changed expectations regarding the child’s future, changed capabilities and achievements. Parents will have to take time off work and family income may be disrupted as the household routine starts revolving around the doctor, hospital visits, drugs and injections.

With all of this disruption, extra tensions often build between parents and members of the extended family. The family will feel protective and may be uneasy about the child’s return to public areas such as school, due to the risk of infections, particularly in children with leukaemia.

EFFECT ON BROTHERS AND SISTERS

Siblings are affected in a multitude of ways. Parental attention will be focused primarily on the sick child so that the others receive less time.

The disease may not have been properly explained to them at a suitable level, thereby creating confusion and insecurity.

They may feel jealous of their sick brother or sister who is getting all the attention and presents, yet guilty for feeling that way. The emotional upset of their parents adds further to their anxieties. They feel left out, alone, wondering if there was something they may have done to contribute to the upset of the family.

Some children even feel that they are somehow responsible for their siblings’ ill health. They often wish that they could help but do not know how. At this time of great insecurity, an understanding teacher is of immeasurable value.

LIAISON WITH SCHOOL

Soon after diagnosis the child’s school should be informed so that teachers are able to provide some explanation to the Child’s classmates who may be concerned by his/her absence.

This explanation should be in keeping with the parents wish for privacy and in line with the information already given to the child himself.

While the child is away from school, some work could be provided as an added interest and keep them up to date in their schooling. While in hospital for prolonged periods the teachers from the hospital school may have been visiting and they are happy to assist with work provided by the normal school.

Returning to school is also made much easier if the child has been able to keep in touch with school friends. Some teachers make an effort to regularly send letters, pictures, cards and tapes to hospital as a way of maintaining that important contact.

RETURNING TO SCHOOL

Returning to school is a potentially difficult time for the child and parents but this is encouraged as soon as the child is physically able. It is possible even when the child’s blood count is low. If there are potential problems, such as fever, infection or bleeding, these should be explained to the teacher so that he/she knows what to expect.
Initially there is often a very brief period where school can only be managed on a part-time basis. Thankfully, children usually recover physically very quickly and are soon able to attend normal school hours. Sometimes however, there is a delay.

When the child has recovered from the initial therapy and the disease is under control, treatment continues for an extended period. This involves a period off school for attendance at a hospital clinic periodically.

The child may initially return to school on a part-time basis. They may be self conscious of physical changes to his/her body. Hair loss might have occurred, weight loss or gain, paleness or bruising. The problem of hair loss often occurs and this makes some children, particularly adolescents quite anxious. Many children prefer to wear a wig, hat, cap or bandana.

Children may feel anxious about being able to keep up with their work, about their fear of teasing, about rejection, side effects from their illness, tiredness and about their physical changes including altered appearance.

Teachers need to have realistic expectations of the child and be kept informed of their medical needs and effects of treatment. Teachers should inform parents of any changes in behaviour or abilities.

Some parents like to take the opportunity to explain what has been wrong with their child before he/she returns to school or soon afterwards. Others are unable to do this and would prefer the teacher to give an explanation to the class.

Members of the Oncology Units of the Sydney Children's Hospital, Randwick and the Children’s Hospital, Westmead are available to attend schools in metropolitan areas and give information to the teaching staff and if needed, to the school or class. It is stressed that the information given to pupils must be in keeping with the information given to the ill child and the parents wishes for privacy and confidentiality.

Another concern for school staff is the child’s susceptibility to infection.

There are two situations where infections are a potential problem at school. Children on treatment are at risk of particular infections associated with low white cell count or low immunity.

A low white cell count is associated with an increased risk of bacterial infection. If a child on treatment starts running a temperature at school, then parents should be notified. In general children with low blood counts are allowed to go to school. Parents will have been told if the count is low and what precautions are to be taken. If there is a tendency to bruising, then the child would not be permitted to play physical games. Bleeding is seldom a problem and if it occurs is rarely life threatening.

Children on treatment for cancer have a lowered immunity as a result of their therapy. Immunity controls viral infections, most of which are not dangerous to these children. However, measles and chickenpox are serious.

All parents of school children should know of their responsibility to inform the school immediately they are aware of either condition. The child’s physician can then be alerted so that he can take the necessary steps to protect his patient.

The prime contagious period for these infections is two days prior to the rash appearing and once the rash has appeared.

CONCLUSION

School is such an important part of any child’s development and children with cancer are no different in this respect. The support of teaching staff and their assistance in helping the child’s peers to understand and accept their friend, is vitally important. This document is aimed at dispelling fears, creating understanding and assisting you to give support that is needed.
We acknowledge with thanks the assistance of the staff of the Oncology Units of the Sydney Children's Hospital Randwick and the Children's Hospital Westmead and the New South Wales Cancer Council in the preparation of this document.

This document is distributed by the Camp Quality Puppets in New South Wales. Please feel free to copy and distribute as long as the entire document is copied.

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Website: www.campquality.org.au

READING REFERENCES

KIDS AND CANCER

A Handbook for all Teachers
This booklet is provided as a free service of the New South Wales Cancer Council.
It has been written to help teachers gain an understanding of childhood cancer, so they will be better able to deal with the academic, social, psychological and medical difficulties faced by a child living with cancer.

KRISTY'S STORY by K Robertson

The book is written and illustrated by Kristy and her mum. It explains from a parent/child perspective how they coped with the diagnosis and treatment of Kristy's leukaemia. Kristy has been off treatment since 1987.

Available from:
David Collins Leukaemia Foundation
14/169 Risdon Road
New Town Tas 7008

RIBBONS FOR HER HAIR by J Carroll & J Taylor

This is the story of Minkie, a ten-year-old girl who has leukaemia. Her story is told by her best friend Cathy, through Cathy's diary. She relates Minkie's progress and the effects her leukaemia has on family and friends.

Cathy feels shock, anger, loss, fear and envy; but she is also able to laugh and look to the future and have hope with her friend. It is a book which faces reality and emerges positive and hopeful.

Available from:
Childhood Leukaemia and Cancer Foundation
Apex Bldg
Sydney Children's Hospital
High Street
Randwick NSW 2031

FURTHER INFORMATION

CANCER IN THE SCHOOL COMMUNITY by the Cancer Council of Australia (Recommended)

Is a resource for public and private school staff members who would like to better support students, parents and colleagues who are living with cancer. Schools can obtain a copy from the Cancer Council on 131120 or via their website at www.cancercouncil.com.au

Cancer in the School Community evolved from interviews with experts in oncology – such as oncologists, nurses, social workers, psychologists and counsellors, school staff members, family members, CanTeen, Department of Education and Training, hospital school staff and students and Camp Quality.

The Cancer Council of New South Wales maintains a Lending Library of Video Tapes and Books with a large range to suit young children, older children and teenagers, parents, teachers and health professionals.
GLOSSARY OF TERMS

Benign  Not cancerous

Biopsy  A procedure in which a small piece of tissue is removed from the body by a needle or through an incision and examined under a microscope for purposes of diagnosis.

Blood count  the number of cells of different types contained in a sample of blood

Bone marrow  The spongy material which fills the inner cavities of the bones. It contains the factory for producing all types of blood cells.

Cancer  A general term for a large number of diseases characterised by uncontrolled or abnormal growth of cells.

Cell  The basic building block of living things

Chemotherapy  Treatment with anti-cancer drugs

Diagnosis  Identifying a disease

Intravenous  Injected into a vein

Leukaemia  Cancer of the blood that begins in the bone marrow where there is an excessive production of immature white blood cells that crowd out and inhibit the growth and development of red blood cells

Malignant  Cancerous; if a tumour is malignant it grows uncontrollably and can spread to other parts of the body.

Oncology  The study and treatment of cancer

Platelets  Small cells involved in blood clotting

Prognosis  The outlook or expected outcome of a disease

Radiotherapy  Treatment of cancer using X-Rays

Relapse  The reappearance of cancer symptoms and cells

Remission  The disappearance of cancer symptoms and cells
Side effects Problems caused when cancer treatment affects healthy cells in the body e.g. hair loss.

Tumour An abnormal lump of tissue formed by a collection of cells; It can be benign or malignant.

INFORMATION RESOURCES

An information library is available in the oncology ward of the Sydney Children's Hospital Randwick. Parents and children are free to borrow any of the material available.

The following selection of books might prove to be helpful reading:

**For Children**

What's up mate? Helen Bales
My Treatment J Bannah
Busy Days K Hart (for siblings)
My Book for Kids with Cancer Jason Gaes

**For Teenagers**

Help Yourself Tips for Teenagers National Cancer Institute
On With My Life P Trull

**For Teachers**

Children with Special Needs Dept of Ed Queensland
Students with Cancer US Dept of Health and Human Services

**General Information**

Coping with Childhood Cancer Adams/Deveaux
You and Leukaemia-A Day at a Time L Baker
Children with Cancer
A Comprehensive Guide for Parents J Munn-Bracken

**Other Information:**

Childhood Cancer Support www.clcs.org.au
Cancer Council of New South Wales www.nswcc.org.au
Helpline (Toll Free) 13 11 20
Leukaemia Foundation www.leukaemia.com