CROMER COURTESIES: - Say good morning to adults when you meet them each day in the classroom or playground.

NOTES HOME:

<table>
<thead>
<tr>
<th>W8</th>
<th>Mon 31st August</th>
<th>Tues 1st Sept</th>
<th>Wed 2nd Sept</th>
<th>Thurs 3rd Sept</th>
<th>Fri 4th Sept</th>
</tr>
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<tbody>
<tr>
<td></td>
<td>• Zone Athletics - Field events</td>
<td>• Zone Athletics - Track events</td>
<td>• PCS Science Fair</td>
<td>• K - 6 Book Parade - 9:30am</td>
<td>• Father’s Day Breakfast 7:30am</td>
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<td></td>
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<td>• &quot;Lunch with the Stars&quot; - Library Monitors</td>
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<td>• NO PSSA - GROUNDS CLOSED</td>
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<td></td>
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<td>• K - 2 Awards Assembly 2pm</td>
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<td>• P &amp; C COMEDY NIGHT</td>
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<tr>
<th>W9</th>
<th>Mon 7th Sept</th>
<th>Tues 8th Sept</th>
<th>Wed 9th Sept</th>
<th>Thurs 10th Sept</th>
<th>Fri 11th Sept</th>
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<tbody>
<tr>
<td></td>
<td>• 3 - 6 Awards Assembly 2pm</td>
<td>• Senior Choir Festival Rehearsal</td>
<td>• Senior Choir Festival Rehearsal</td>
<td>• NO PSSA - GROUNDS CLOSED</td>
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<td></td>
<td>• P &amp; C Meeting 7:30pm</td>
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<td>• Premier Spelling Bee Regional Finals - Curl Curl PS</td>
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<tr>
<th>W10</th>
<th>Mon 14th Sept</th>
<th>Tues 15th Sept</th>
<th>Wed 16th Sept</th>
<th>Thurs 17th Sept</th>
<th>Fri 18th Sept</th>
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<tr>
<td></td>
<td>• State Dance Festival Week</td>
<td>• K - 2 Assembly 2pm</td>
<td>• Kindergarten 2016 Parent Information Evening - Hall 7pm</td>
<td>• Summer PSSA Round 7</td>
<td>• LAST DAY TERM 3</td>
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<tr>
<td></td>
<td></td>
<td>• Year 6 Play - 6:30pm</td>
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SCHOOL BANKING - URGENT

Commonwealth Bank School Banking Update - Please Read
Concerns have been raised regarding the ‘Cosmic Light Beam Torch’ reward item due to the inclusion of four button batteries that can be accessed by unscrewing the back of the torch.

Whilst this reward has been independently tested and deemed to meet relevant product standards the Commonwealth Bank have made the decision to proactively withdraw this item from the School Banking Rewards Program. Parents/Guardians are requested to dispose of any ‘Cosmic Light Beam Torches’ their child may have already received as part of the Rewards Program. Students who have previously received a ‘Cosmic Light Beam Torch’ are welcome to redeem an alternative reward item.

Banking Ladies
PRINCIPAL’S REPORT

SITE SAFETY FOR ALL SCHOOL COMMUNITY MEMBERS

Last week I had a visit from a Departmental Workplace, Health and Safety consultant who is looking after our network of schools whilst we await the appointment of a new WH&S consultant for this area. Mrs Warne and I spent many hours with this consultant looking at what we have in place. I was asked to show various parts of the site where we have encountered problems. A great deal of discussion took place in relation to school’s responsibility to keep our site as safe as possible for students, staff, parents and visitors especially in the grounds.

Even though we have areas clearly labelled with signs such as Play Area Closed, Please close the gate on arrival and departure, Do Not Enter - Staff Parking etc we continually have adults and children who pay no heed to the signs. We were strongly advised to tighten our procedures in the interest of everyone’s safety.

This year we have had four broken arms, two bad breaks this term, on Fixed Playground Equipment after school when the area is clearly labelled PLAY AREA CLOSED. We do not have anyone on duty in the playground after school but have teachers undertaking bus duty, staff supervising assisted transport departures and administration staff on duty to contact parents when children have missed their bus or look after children if parents have been delayed or render First Aid when children have accidents after school.

We have no objection to parents having a chat for a short period before and after the bell at the end of the school day. Unfortunately the accidents that have occurred after hours have been when children are supposed to be with their parents and under their supervision. Some have deliberately bypassed parents at meeting points and headed for equipment. The majority of parents after school near the equipment are so busy chatting to one another that they are not supervising what their child/children or toddler is getting up to in the grounds and on the Fixed Equipment – remember it is closed before and after school.

Children are running at full pelt through the Infants Play area, picking up sticks, chasing one another, climbing all over equipment, seats, poles and trees without regard for others. We also have children who are waiting for parents to arrive who see others on equipment and so think it is okay to join in. The potential for serious injury multiplies when there is no supervision taking place.

We need parent co-operation to ensure children are safe before, during and after school.

We were also advised to ensure parents reported to the Office to sign children in if late and out if leaving early for an appointment and this needs to be done via the Carcoola Road entry points. The vast majority of parents do this and we thank you for following this procedure. We also have some children who have been dropped off late, arrive at the Office for late notes and this is also acceptable. Early departure does need a parent to be in attendance. If using Carcoola entry/exit gates to access footpaths please close the gates as requested in the interest of student safety.

Other gates on Waroon, Dorothy and Meehan are opened for children to arrive to and depart from school. These gates will be locked at 9.30am and opened at 2.30pm each day as from Monday, 31st August.

STUDENT HEALTH

We have had a number of students really not well this term as we have had quite a range of weather conditions. Coughs, colds, viruses and flu abound. Some students have been away for over a week and have been really unwell with a number of visits to GPs. In the interest of children’s health please find information from North Sydney Public Health Unit about Influenza in this newsletter. If your child has the symptoms detailed please follow the Health Department’s recommendations.

BEST WISHES AND WELCOME

Mrs Sarah Riddington will commence leave tomorrow to await the birth of her first child. Mrs Riddington is a wonderful teacher who certainly makes every student feel valued and cared about as she supports student academic learning and social development. She extends plenty of support and encouragement to individuals, her class, groups and teams. Students want to please her and value her care and support.

I would like to take this opportunity and know you will join with me in wishing Sarah and her husband Phil a great deal of happiness and joy as they await the arrival of the smallest Riddington. Many best wishes to the Riddingtons on what will be such a special time in their lives.

I would also like to extend a warm welcome to Mrs Natalie Tasker who will be teaching 6R for the remainder of the 2015 school year. Mrs Tasker is an experienced teacher who has effectively taught senior students in different schools. I do not believe it will take very long for parents to get to know her. We are fortunate that Mrs Tasker has just completed a temporary contract and was available to teach 6R for the rest of the year.
FATHER’S DAY BREAKFAST RSVP’S DUE TOMORROW
Don’t forget we are looking forward to welcoming dads and father figures with children to Father’s Day Breakfast on Friday, 4th September from 7.30am – 8.50am. After breakfast dads/father figures are invited to visit their children’s classrooms and we encourage adults to listen to their child/children read. Children may also like to show their special visitors other parts of the school.

For catering purposes it is essential that RSVPs are returned tomorrow – Friday, 28th August. If you have not returned the blue note that was issued you will find a copy of the note included in this newsletter.

CONGRATULATIONS
It was very exciting this morning to receive a visit from NAFDA Distributor; Manly Freezers to advise the School and the Canteen that we had been successful in winning a grant of $1,000 for our Food for Kids grant application. Big congratulations to Jasmin, Samantha, Erin W, Erin S, Jake and Justin from 4L who put together the successful application. Cromer Public School is one of fifteen schools throughout Australia to receive this grant. Go Cromer!

Maureen Gray

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Father’s Day Breakfast Acceptance

For catering purposes, please RSVP by Friday, 28 August and return this form to your oldest child’s Class Teacher. Only one reply per family is required (please print).

I, ____________________________ will be attending the Father’s Day Breakfast with:

Child/ Children _______________________ Class __________

___________________________ Class __________

___________________________ Class __________

Signed ____________________________
DEPUTY PRINCIPAL’S REPORT

STUDENT and STAFF SUCCESS

Education plays a significant role in constructing the future. Teachers play an important part in shaping our students into becoming moral literate – preparing them to be good citizens and future workers.

On this note, we’d like to thank all the staff at Cromer for their professionalism and hard work this term and congratulate them not only on their exemplary teaching practices, but also for being able to impart knowledge not only into their students’ heads, but into their hearts!

The school’s Year 3 & Year 5 NAPLAN indicate a solid improvement across the areas of Literacy and Numeracy, which is a credit to all our staff who are continually looking at improving student outcomes. Credit must also go to the parents who assist many students across the school with their Literacy & Numeracy programs. Your assistance is also a valuable resource in improving student outcomes.

NAPLAN RESULTS

Individual NAPLAN results have now arrived at school. Families in Year 3 and 5 were given a note last week for their child’s assessment to be picked up by a parent or sent home with the children.

Please send back your permission note ASAP, if you have not already done so, so that these results can be distributed immediately. Parents can also pick up the results directly from the School Administration Office.

YEAR 5 CAMP

An early start on Tuesday morning this week, saw many year 5 students, (and staff), bleary eyed for an adventurous trip gold panning to Bathurst. The students and staff have had a wonderful time on camp and we’re sure there will be many stories to share when they return this evening. Thank you to the year 5 staff, Mrs Nancy Chaffer, Mrs Karen Mitchell, Mrs Judy Farr, Miss Alison Quinn, Miss Kate Murphy, and Mr Tim Shepherd for giving up their valuable family time over the three days to allow for the students to have such a meaningful experience related to their unit of work – “In the Goldfields”.

2016 KINDERGARTEN TRANSITION PROGRAM AND ENROLMENT

It’s that time of the year again when we begin our Kindergarten Transition to School program for next year’s kindergarten students and their families! If you have a kindergarten child attending school next year, now is the time to enrol them as our Transition program will be starting in 3 weeks!

Our 2016 Kindergarten Information Evening for parents will be held in the school hall on Thursday 17th September from 7pm – 8pm. All new families are welcome! Information letters will be posted home next week.

P&C FATHER’S / GRANDFATHER’S / CARER’S DAY STALL

This Friday, the P&C will be organising our annual Father’s Day Stall from 9am. The K-6 students will be able to purchase small gifts for their father/carer/grandfather with their class groups. Gifts are $5 each. A huge thanks to Michelle Hofmann for organising this event, Jay Rogers for assisting and the wonderful parent helpers who are assisting on the day.

BOOK CHARACTER PARADE

We would like to invite all parents to come and join us for our annual Book Character Parade on Thursday 3rd September from 9:30am – 10:30am. All students are to dress up as a character from their favourite book. Please re-
mind your child to wear appropriate footwear on the day and to bring a jacket and hat to wear during their play time.

**FATHER’S / GRANDFATHER’S DAY BREKKY**

We would like to invite all Dads and Father figures to come and join us for a special breakfast at the school on Friday 4th September from 7:30am – 8:30am, near the Canteen facility.

**2016 PLANNING**

As mentioned in previous Newsletters, if you know your child/children are not returning to Cromer Public School in 2016 please let the school know in writing as soon as possible. This will allow us to send the correct number of students per grade into the Department of Education for staffing and class numbers.

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**DATES FOR YOUR DIARY**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>28th August</td>
<td>Father’s Day Stall</td>
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<tr>
<td>1st September</td>
<td>K-2 Awards Assembly – 2pm</td>
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<tr>
<td>2nd September</td>
<td>PCS Science Fair</td>
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<tr>
<td>3rd September</td>
<td>K-6 Book Character Parade – 9:30am</td>
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<tr>
<td>4th September</td>
<td>Father’s Day Breakfast 7:30am on the school oval</td>
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<tr>
<td>4th September</td>
<td>Comedy Night – Fundraiser – Master Builder’s Club Dee Why</td>
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<tr>
<td>8th September</td>
<td>3-6 Awards Assembly – 2pm</td>
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<tr>
<td>15th September</td>
<td>Year 6 Play – 6pm in the school hall</td>
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<tr>
<td>17th September</td>
<td>2016 Kindergarten Parent Information Evening 7pm – 8pm</td>
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</tbody>
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We hope you have a terrific weekend with your family.

*Nicole Herrmann and Julie Johnson*

Deputy Principals

**UNSW ICAS SPELLING SKILLS RESULTS**

Cromer students have achieved outstanding results in ICAS spelling test. Those students whose achievements were outstanding were rewarded with Certificates of Merit, Credit, Distinction and High Distinction. A special congratulations goes to all of the students who have received special recognition for their efforts.

**Merits** were awarded to:
Year 3: Evelyn H
Year 4: William Z

**Credits** were awarded to:
Year 3: Toby B, Samara C, Benjamin C, Zoe F, Sienna M, Hadi W
Year 4: Zoe E, Jake H, Kale P, Alexander S, Emmet W
Year 5: Leanne C, Lauren T
Year 6: Anna B, Amelie W

**Distinctions** were awarded to:
Year 3: Felix B, Tessa H, Alec H, David L, Anna X
Year 5: Maya M, Amy M, Emily O, Tai W
Year 6: Alex B, Keeghan M-W

**High Distinction** was awarded to:
Year 4: Chloe L

*Mrs Mitchell*
Assistant Principal
LIBRARY NEWS

The annual book parade will take place on Thursday September 3rd at 9:30am. Get those costumes of your favourite book characters ready!

The book fair will **not** take place during book week this year. We will be having our book fair from Tuesday October 27th as part of our celebration of grandparents’ week. The Premier’s Reading Challenge will conclude at the end of August. 55 students from our school have participated in the MS Readathon and, to date, have raised $3,111 for this worthy cause.

**Debbie Haddrick**
Teacher Librarian

CHESS COMPETITION RESULTS

Cromer Primary held a chess competition on Thursday, 20th August in the school hall for interested students. The winners for each year are:

- **Year 2** - Steven F
- **Year 3** - Samantha W and Zoe F
- **Year 4** - Tessa D
- **Year 5** - Kalen K
- **Year 6** - Alex B and Tyler N

Overall champion - Madeleine W

**Roland Winter**
Chess Coordinator
CANTEEN NEWS

<table>
<thead>
<tr>
<th>Week</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
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<tr>
<td>8</td>
<td>31 August</td>
<td>1 September</td>
<td>2 September</td>
<td>3 September</td>
<td>4 September</td>
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<tr>
<td></td>
<td>Tara T. 11-1</td>
<td>Julie McM. 9-1</td>
<td>HELP NEEDED</td>
<td>Kate S. 9-11</td>
<td>Michelle K. 9-11</td>
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<tr>
<td>9</td>
<td>7 September</td>
<td>8 September</td>
<td>9 September</td>
<td>10 September</td>
<td>11 September</td>
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<td></td>
<td>Emily S. 9-11</td>
<td>Louise S. 9-1</td>
<td>Katherine C. 9-1</td>
<td>Zara B. 11-1</td>
<td>Brenda H. 9-1</td>
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</tbody>
</table>

Can’t make your rostered day? That’s fine, please let us know ASAP so we can pop someone in that spot. We can always reschedule you to a day that suits.

Fruit and Vegetable Month
Fruit and vegetable month has started with a BANG!!!! We have been run off our feet with requests for slinky apples, fruit salad and our yummy homemade Hummus with veggie sticks. It’s wonderful.

Every salad or fruit item either purchased over the counter, ordered through FlexiSchools or bought from home receives a sticker for the kids to stick on the chart in their classroom. This includes Crunch and Sip items. The way we are going the charts will be filled before the end of fruit and veggie month. Well done kids.

The reward at the end of the month, for the class with the most stickers in each grade will be a lovely platter of fresh fruit, vegetables, cheese, dips and crackers. Mmm Mmm Yum, I’d like to win that!! Keep Crunching kids.

If you have any questions or ideas about fruit and veggie month, let us know. If you have any spare time we always welcome an extra set of hands!

Crunch@Cromer

KIDS CLUB NEWS
Website: www.ooshnb.com.au  
Centre No: 9971 2332 or Office: 9984 8089  Email: manager@ooshnb.com.au

This week at Kids Club our theme has been “All about Books” for National Book Week around Australia. In the kitchen we made “Kryptonite” lamingtons, pirate choc treasure pots, strange magic cookie bars and “Frozen” cupcakes.

Last Thursday Dana attended a training session on “QikKids” which is our childcare management system and software provider that we use for all our family information including enrolments, fees, child information and daily sign in/out rolls. It was a full day course to cover all the necessary information we need to know about the software. On Tuesday, Dana also attended a training session on “Sustainability in care”. This was a very detailed session on ways to incorporate sustainability into the centre. Next week it will be all about our Dad’s for Father’s Day.

Vacation Care:
It’s time to book into our fantastic Vacation Care! These holidays we are off to Mt Annan for a gala day of zorb balls, bubble soccer and more; Kingpin bowling & laser tag at Darling Harbour; Bronte to Bondi walk and The Seymour Centre to see Roald Dahl’s Revolting Rhymes. In the centre Skater HQ is visiting us again (children’s request); we are having a spring carnival day and our very own colour run at Beverly Job Park. The service will be situated at St John’s Kids Club Narrabeen behind the St John’s Catholic Church off Waratah Pde, Narrabeena.


Have a great weekend.
Kids Club Staff

UNIFORM SHOP NEWS

Please note that when you are placing a mail order (email or telephone), please ensure that it is placed no later than 11am on a Tuesday or Thursday morning. We will not be able to process the order on the day if it is placed after 11am and will be processed the next time the uniform shop is open.

A very big thank you to Virginia Simpson and Pat Femia for operating the Uniform Shop during my absence. This allowed trading to still take place and was very much appreciated!

$5.00 Second hand goods SALE is still on!! Come and grab a bargain!
Leigh McPherson  
Uniform Shop
P&C FUNDRAISER

Comedy for A Cause – Friday 4th September, 7pm
Don’t leave it until the last minute – Book your tickets NOW! Invite your neighbours, family and friends!

This is our BIG fundraiser for the year.
$20 from every ticket goes towards our COLA (Covered Outdoor Learning Area) – Please support your P & C!! It is for the benefit of all of our kids!

BUY TICKETS:  www.trybooking.com/INBN
AND/OR
Donate $$ :  http://www.trybooking.com/ISOF

Don’t forget to hand in your class Hamper items!

Dave Williams
- Edinburgh, Melbourne and Sydney Comedy Festivals.
- Rove, Headliners, David Williams Live
- 4.5 stars - Adelaide Advertiser
"brings the house down" - USA Today
"Williams is the Best Live Stand up Working… Accept No Substitutes" - Rip It Up

Luke Heggie
- Director’s Choice Award - Sydney Comedy Festival 2015
- 4 1/2 Stars - Sydney Morning Herald 2015
- Timeout Comedian of the year 2012
- Raw Comedy National Champion 2010
- New York Comedy Festival, Melbourne Comedy Festival
"… unique, powerful, and insightful…” - Sydney Morning Herald

Mat Wakefield
- Sydney Comedy Festival - Sold Out
- Sydney Fringe Festival - Sold Out
"one of the rising stars of Australian Comedy" - The Laugh Garage
"a genuine alternative way of thinking, reminiscent of comedy legend Doug Stanhope… " (Weekend Notes)

Joe Comino
- Comedy Court Grand Champion
- Australian Comedy Festival
- House’s & Fat Pizza Live National Tours
"Makes you laugh till you cry" - The Jokes On Me

+Special Guests

7:00pm - Sept 4
Master Builders Club, Dee Why, 18-20 Fisher Rd, Dee Why
Ticket Price: $30 at www.trybooking.com/INBN
OPEN MORNING
Thursday, 10 September 2015
9.30am – 11.30am
Address by Principal and performances by students 9.30 – 10.30am
Tours of the school 10.30 – 11.30am

Leading Girls’ Education in NSW
• Outstanding academic achievement
• Broad development of each child
• Resilient
• Connected
• Innovative

Please note – there is no parking in the school grounds.
Enquiries: Mrs Jo Kay, Telephone 9922 6666 ext 104

PCS INFORMATION

SUNDAY 13TH SEPTEMBER – 9AM TO 3PM
Old Barrenjoey Road, Avalon
A PLASTIC BAG FREE EVENT
https://www.facebook.com/avalonschoolfete

Rides | Games Alley | Raffles | Haunted House | Talent Quest
Plate Smashing | Face Painting | Silent Auction | Gourmet Food
BBQ | Spit Roast | Toffee Apples | Fresh Juices

Just some of the things you can expect at this year’s Avalon Public School Fete!
Communicable Diseases Factsheet

Influenza

Influenza (flu) is a contagious respiratory illness caused by influenza viruses. Most people recover after a few days but for some people it can be fatal. An influenza vaccination each year provides the best protection against influenza.

Last updated: 1 July 2012

What is influenza?

Influenza, or flu, is a highly contagious respiratory illness caused by influenza viruses. There are three main types of influenza virus that cause infection in humans – types A, B and C – and many sub-types or strains. Influenza can occur throughout the year but influenza activity usually peaks in winter.

Influenza is a vaccine-preventable illness but a new vaccine needs to be given each year because influenza viruses change (mutate) constantly. A new influenza vaccine is prepared each year to best match the strains predicted for the coming influenza season.

What are the symptoms?

People with influenza typically experience some or all of the following symptoms for at least a week:

- fever and chills
- cough, sore throat and runny or stuffy nose
- muscle aches, joint pains, headaches and fatigue (feeling very tired)
- nausea, vomiting and diarrhoea (more common in children than adults)

Seek immediate medical advice if the illness quickly becomes worse or if any of the following occurs:

- shortness of breath or rapid breathing
- chest pain
- confusion or sudden dizziness
- persistent vomiting

How is it spread?

- Influenza viruses are mainly spread by droplets made when an infected person coughs or sneezes
- Influenza can also spread after touching surfaces where infected droplets have landed
- Influenza can be spread to someone by an infected person even before their symptoms begin
- Adults with influenza are infectious from the day before their symptoms start until 5-7 days later
- Young children and people with weakened immune systems may be infectious for longer.

Who is at risk?

While anyone can get influenza, the following people are at higher risk of complications from influenza infection (and are eligible for free annual influenza vaccine):

- All individuals aged 65 years or older
- All Aboriginal and Torres Strait Islander peoples aged 15 years or older
- Pregnant women

Influenza
• Individuals aged 6 months and over with medical conditions predisposing to severe influenza, namely:
  o Cardiac disease, including cyanotic congenital heart disease, coronary artery disease and congestive heart failure
  o Chronic respiratory conditions, including suppurative lung disease, chronic obstructive pulmonary disease and severe asthma
  o Other chronic illnesses requiring regular medical follow up or hospitalisation in the previous year, including diabetes mellitus, chronic metabolic diseases, chronic renal failure, and haemoglobinopathies
  o Chronic neurological conditions that impact on respiratory function, including multiple sclerosis, spinal cord injuries, and seizure disorders
  o Impaired immunity, including HIV, malignancy and chronic steroid use
  o Children aged 6 months to 10 years on long term aspirin therapy.

How is it prevented?

Influenza vaccination each year before winter arrives is the best way to prevent influenza.

• Seasonal influenza vaccination is available for anyone aged 6 months and over to protect against influenza, provided they do not have a medical reason that precludes them from receiving influenza vaccines (such as a severe allergy to eggs)
• People at higher risk of influenza complications (see “Who is at risk”) are strongly recommended to have an annual influenza vaccination, and are eligible for free influenza vaccine under the National Influenza Vaccination Program. For more information see the NSW Health Immunisation website at: www.health.nsw.gov.au/immunisation/
• In addition to people eligible for free vaccine, influenza vaccination is also recommended for those who frequently come in to close contact with other people at higher risk of influenza complications (such as health care workers), to help protect vulnerable people from infection.


Take action to stop the spread of influenza by remembering to:

• Cover your face when you cough or sneeze and throw used tissues in a rubbish bin
• Wash your hands thoroughly and often. Wash hands for at least 10 seconds, especially after coughing, sneezing or blowing your nose, or use an alcohol-based hand rub
• Stay at home until you’re well. Wait at least 24 hours after your fever resolves so you that you aren’t likely to infect other people. Keep sick children away from school and other activities
• Call ahead to see a doctor. If you think you may have influenza and you need to see a doctor, remember to call first so the clinic can take precautions to reduce the risk to other people.

How is it diagnosed?

Doctors usually diagnose influenza based on symptoms. The diagnosis can be confirmed by testing a sample of fluid taken from the back of the nose and throat or a blood sample. These tests are usually only needed if the illness is severe or if there is an increased risk of complications.

How is it treated?

• The symptoms of influenza are usually managed by bed rest, drinking plenty of fluids, and taking simple analgesics for muscle aches and pains
• Children under 16 years of age must not be given aspirin-containing medications while ill with influenza. This is due to the increased risk of children developing Reye syndrome, a form of encephalitis and liver degeneration
• Specific anti-influenza medications can reduce the severity and the duration of influenza but only if taken within 48 hours of the first symptoms. These medicines need to be prescribed by a doctor.

What is the public health response?

• Laboratories must notify cases of influenza to their local Public Health Unit. Individual cases are managed by their health care provider
• Public health action focuses on outbreaks in high-risk settings such as health care facilities, special schools, residential care facilities, and Aboriginal communities.

For further information please call your local Public Health Unit on 1300 066 055 or visit the New South Wales Health website www.health.nsw.gov.au
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.)

WARRINGAH COUNCIL HOLIDAY PROGRAM

School holidays are fast approaching and Warringah Council will be opening five Vacation Care centres for children in Kindergarten to Year 6.

Some of the activities these holidays are: Sydney Trapeze School, Quarantine Station, Flip Out, Featherdale Wildlife Park, Circus Factory, and a BBQ at the Basin.

Brochures are available in the office or from libraries and the council offices.

At Northern Beaches Dance Co. Kids Shine!

Dance your way to an exciting life with smiles, creativity and confidence.
FREE TRIAL!

www.nbdanceco.com
Cromer Public School and 24 Middleton Rd Cromer
Phone: 0419496342

CAPA Creative and Performing Arts Academy

Presents
Creative and Performing Arts September / October School holidays

A four day intensive program covering Dance, Drama, Visual Arts, Music, Vocal, Acrobatics / Tumbling and PERFORMANCE.

9am - 3pm Daily
Friday includes rehearsals and dinner for the students with a performance for family and friends Friday evening 6-7pm.

Age groups
- Junior 6-8 years
- Pre teen 9-11 years
- Teen 12-14 years

Students can enrol in individual days or full program

Presented by entertainment industry professionals and educators.

Before and after workshop care provided at extra cost.
For Information and bookings.
Call: 0402 726 676 or Email: office@capa-academy.com.au
www.capac-academy.com.au

WARRIEWOOD
Tuesday Sept 29th - Friday Oct 2nd 2015
CAPA ACADEMY
Unit 24/14 Jubilee Road Warriewood 2102

BOOK EARLY
LIMITED SPACES
$240.00
Early Bird Registration
Until Sunday Sept 20th

Cost: $290 after Tuesday Sept 15th 2015
YOUR CREATIVE EDGE
Are you renovating?

Do you need a:
- Construction Certificate
- Complying Development Certificate
- Development Application
- Occupation Certificate
- Fire Upgrade Survey
- BCA Report?

- We take the confusion out of the certification process
- Solutions focused – we will work with you to resolve any issues
- Well established, local building surveyors – 1A Unrestricted accredited Residential & Commercial.

Contact us now to discuss how we can manage the red tape, letting you get on with the building works.

Ph: 02 9907 6300
Suite 6, 226 Condamine St
Manly Vale NSW 2093
www.pcaservices.com.au

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French for Kids

The FUN way to become bilingual
Cromer Public School

FREE TRIAL LESSON • ENROLLING NOW!
Monday afternoons 3.05 - 4.05 pm
Lots of fun activities, drama, music & games
Qualified, experienced and enthusiastic teachers
Students will also have access to an online Interactive website to reinforce learning
Classes are open to K-6

For further information or to Book your child
Phone: 0427 038 050
teresa.ferrer@lcfclubs.com.au
www.lcfclubs.com.au

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At Long Reef Golf Club

A jam packed fun filled way of learning golf
My golf is Australia’s national junior golf program for kids between the ages of 3 and 12. A fun, healthy and safe way to start learning the basics of the game. This is an 8 week program with 3 levels depending on age and skill level.

Term 4 2015 for 5 - 12 year olds
Starts Saturday 24th October to 12th December 2015
1pm - 2pm
8 sessions for $145
Run by PGA professionals Danny Vera and Sam Newbrun
All equipment provided if needed, fun games and lots of prizes!

To register go to
www.mygolf.org.au/mygolf-participant-s1-home
Enquiries to Long Reef Golf Club Pro Shop on 9982 2943 or preshop@lrgc.com.au

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BUSKERS WANTED

SEEKING MUSICIANS / SINGERS TO ENTERTAIN AT MONA VALE MARKET DAY

SUNDAY 1 NOVEMBER, 10AM TO 4PM

- Can you play for a one or two hour timeslot?
- Can you provide your own equipment (no power)
- Do you want to earn some cash?

INTERESTED? REGISTER NOW!

ONLINE: Complete an application at www.pittwater.nsw.gov.au/markets
PHONE: Call Nikki Griffith - 9970 1165

WWW.PITTWATER.NSW.GOV.AU
“HOT SHOTS”
April HOLIDAY tENNIS & SPORTS CAMP
BEVERLEY JOB PARK
MCINTOSH ROAD NARRAWEENA

Camp 1: Monday 21st Sept - Wednesday 23rd Sept ****
Camp 2: Monday 28th Sept - Friday 2nd Oct

Time: 9.00 -12.30 pm OR 9.00 - 3.00 pm
Cost: $150 for 5 full days $110 - 5 half days
      $110 for 3 full days $80 - 3 half days
Casual rates - $40 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

COMMUNICATING WITH KIDS
WORKSHOP FOR PARENTS

- Learn communication skills for building positive relationships
- Problem ownership
- Listening and assertiveness skills
- Problem solving skills

VENUE: Community Health Centre, 57 Hercules St,
Chatswood
DATE: Monday 31st August 2015
TIME: 7.00pm - 9.30pm
COST: $50

For all enquiries and bookings, please phone: 9887 5830
All our course leaders are parents and trained educators.

HOME NORTHERN SYDNEY LOCAL HEALTH DISTRICT

Kids’ fishing workshop

Kids 8–14 years old are invited to come and learn to fish safely and responsibly. Instructors are experienced volunteers and staff from the Department of Primary Industries.

The day runs from 10 am to 2 pm and involves fishing techniques, bag and reel limits, and fish handling for hand release techniques.

COST is $40 PER CHILD, and includes:
- rod and reel combination
- shirt, sun hat or tackle box
- show bag—all to take home!

BOOKINGS ARE ESSENTIAL. Maximum 25 participants.

Locations and Dates

Cronulla (Gumnabatta Park)  Wednesday 23rd September 2016
Penrith (Sydney International Regatta Centre)  Tuesday 29th September 2016
Narrabeen (Coastal Environment Centre)  Thursday 1st October 2016

To book: e-mail carl.bevilacqua@dpl.nsw.gov.au or ring Carl Bevilacqua, 02 9741 4846 or 0446 837 677

NSW DPI fishing workshops are run with the assistance of the Fishcare Volunteers and are supported by funds from the Recreational Fishing Trusts