Principal’s Message

Positive Attributes to raise confident, resilient and well balanced young people-

Strong Family
- Role Models-Parents and others role model responsible, caring and pro social behaviours.
- Contribution-Children contribute by helping and being involved in family decisions.
- Communication- Members of the family are able to communicate openly with each other.
- Rituals and traditions-a strong sense of family identity is fostered through rituals, traditions and celebrations.

Anaphylaxis
We have children in our school who suffer from a severe allergy to nuts. We ask that you support us by not sending nut products for your child's lunch or recess snacks.

Harmony Day
I encourage you to support the organisation of this special day by sending in items from other countries for the display in the hall and allowing your child to dress in something that represents your family's story. If you do not have anything for your child to wear then they can wear orange that is the colour representing Harmony Day. Please feel free to visit the display on Thursday before school or in the middle session from 11.30-1pm. There will be no Thursday afternoon Assembly this week but there will be Harmony Day performances in Area D at 1.05pm.

Life Education
The children love to visit Healthy Harold each year and already some classes have visited the Life Education Van. If you would like to find out more about the program parents can visit the van on Wednesday after assembly. There are also items for sale. There is a poster on the office door if your child would like to make a purchase. If you have not returned your note and $5 please do so as soon as possible.

Coming Up-
Harmony Day -20th March
Young Leaders Day- 31st March
Year 1 to the Circus- 4th April
Stage 3 Excursion to Bathurst- 8th April
Easter Hat Parade K-2- 10th April
Mufti Day K-6 gold coin for Mother’s Day- 10th April
Last day of term- 11th April

Kerrie Hayman

<table>
<thead>
<tr>
<th>WEEK 8</th>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>St Patricks Day</td>
<td>Stage 1 Gymnastics</td>
<td>K-6 Assembly 8.55am</td>
<td>Harmony Day Performances Area D at 1.05pm No Assembly due to Harmony Day</td>
<td></td>
</tr>
<tr>
<td></td>
<td>25.3.2014</td>
<td>Stage 1 Gymnastics</td>
<td>K-6 Assembly 8.55am</td>
<td>Assembly Group B 2.10pm</td>
<td></td>
</tr>
</tbody>
</table>

**ELOUERA NEWS**

**NEW NAME**
The new name for our library is *Elouera* which means *Happy Place* and that is exactly what our library is! Thank you to all of the children, parents and teachers who offered their suggestions and congratulations to Danielle Cologan and Giselle Obeido who won two of the major naming prizes.

**KINDERGARTEN**
We have had quite a number of parents visit Elouera on Thursday mornings to borrow books before school at 8.30am. Why not grab a coffee from Joe at the Grab a Cino Van on Thursday mornings and come and spend some quality time with your child choosing some of our great books to read in Elouera?

*Elouera is a happy place at Recess*
Cyber Safety

What to do if somebody is being mean to you online:

The internet lets us watch videos, play all kinds of games and find out interesting stuff. But sometimes people can be mean on the internet, just like some people are mean in real life.

If someone is being mean to you while you are on the internet or on a mobile phone:

1. Tell one of these people: your mum or dad, your teacher, an aunty, an uncle, a grandparent, your brother, your sister or a friend. Keep telling them until they help.
2. Don’t answer any of their mean comments. Save them and show them to a parent or teacher.
3. Get a parent or teacher to help you block them so they can’t contact you any more.
4. Report them to the game/video host so they get blocked.
5. Remember it isn’t your fault if someone is mean online. Nobody should be bullied.

www.cybersmart.gov.au
FIVE MINUTES OF FAME

Maleena Singh is one of our many highly valued parents at Macquarie Fields PS. She has 2 sons, Jaylen and Fraser

Favourite leisure activity: Going to the movies – comedy and action are my favourites
Favourite Movie: Transformers
Favourite food: Curries – especially Fiji/Indian curries
Went to primary school in: Marayong Public School
Favourite place in the world: Sydney – because it’s home and beautiful
Interesting Fact: I always wanted to be a teacher

HELPFUL HINT
RETUNE YOUR TELEVISION

As the final step in Australia’s successful move to digital-only TV some free-to-air digital TV channels in Sydney and the greater surrounds including Macarthur and Hawkesbury regions will be changing frequencies on Tuesday 18 March. After the channels have moved, viewers will need to retune their digital TV, set-top box or digital TV recorder.

If people are having difficulty retuning their equipment, you can direct them to check their manufacturer’s handbook or manual for instructions on how to retune, ask a friend or family member to help, visit the retune website, or call the Digital Ready Information Line on 1800 20 10 13, 8am to 10pm (AEST), 7 days.
SCHOOL SORES

Impetigo or School Sore 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

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
Koch Centre for Youth
After School Programs

Join in the games, programs and fun starting soon!

➡ Every Tuesday from 4 March to 25 March:
Green Thumbs Gardening Program

➡ Every Wednesday from 5 March to 26 March:
Oztag Program

➡ Every Thursday from 6 March to 27 March:
Creative Design Academy

➡ Your Choice! Programs rotate every 4 weeks
➡ Dinner is provided during each program from 4:00pm to 6:00pm

➡ Details:
➡ Where: 86 Parliament Road, Macquarie Fields, NSW, 2564
➡ If you have any questions please call Sari, Joseph or Natasha on 02 8796 6700 or 0477 736 180

We look forward to seeing you at the centre!
SINGLE PARENTS FAMILY BBQ

Are you looking for activities to do with your children?

Do you want to make friends with other single parents who share similar experiences to you?

Then come along to the Single with Children family BBQ

Join us for a day of fun at Lake Parramatta Park and sausage sizzle. This is a beautiful location with walking trails alongside the lake, children's play equipment and enough open spaces to throw a ball. There is even a cafe on site for the adults who really need a coffee to get through the day.

- **WHERE:** Lake Parramatta Lackey St North Parramatta
- **WHEN:** Sunday 30th March
- **TIME:** From 10:30 am, sausage sizzle starts at 11:30pm
- **WHAT TO BRING:** Bring picnic rugs and/or folding chairs. BYO snacks/sides etc
- **COST:** NB: Non-members $2.50 for a sausage sandwich and drink, (free for members - 1 per person/child)
- **WHO’S INVITED:** All single parents and their children. Non members welcome and if you join on the day - receive **$5.00 off** membership.
- **RSVP:** By Friday 22nd of March Leanne Bennett 0410645490 Assistant children’s functions co-ordinator

For information call 1300 300 496 or go to [www.singlewithchildren.com.au](http://www.singlewithchildren.com.au)

Single with Children is a non-profit social organisation operated by the Single Parent Family association. We provide social activities every week for both custodial and access single parents as well as their children.