Dear Parents, Carers and Students,

This week marks the middle of Term 1, which is an 11 week Term. Once again, we have a number of important events happening at Barrack Heights Public School.

**ANAPHYLAXIS**
This week, all Barrack Heights staff will complete compulsory anaphylaxis training. Anaphylaxis is the most severe form of allergic reaction and is potentially life threatening. It must be treated as a medical emergency, requiring immediate treatment and urgent medical attention.
Anaphylaxis is a generalised allergic reaction, which often involves more than one body system (e.g. skin, respiratory, gastro-intestinal and cardiovascular). A severe allergic reaction or anaphylaxis usually occurs within 20 minutes to 2 hours of exposure to the trigger and can rapidly become life threatening.
Common triggers of severe allergies or anaphylaxis include:

**Food**
Milk, eggs, peanuts, tree nuts, sesame, fish, shellfish, wheat and soy are the most common food triggers, which cause 90 percent of allergic reactions; however, any food can trigger anaphylaxis. It is important to understand that in some people even very small amounts of food can cause a life-threatening reaction. Some extremely sensitive individuals can react to just the smell of particular foods being cooked (e.g. fish) or even kissing someone who has eaten the food they’re allergic to.

**Bites and Stings**
Bee, wasp and jack jumper ant stings are the most common triggers of anaphylaxis to insect stings. Ticks, green ants and fire ants can also trigger anaphylaxis in susceptible individuals.

**Medication**
Medications, both over the counter and prescribed, can cause life-threatening allergic reactions. Individuals can also have anaphylactic reactions to herbal or ‘alternative’ medicines.

**Other**
Other triggers such as latex or exercise induced anaphylaxis are less common. Occasionally the trigger cannot be identified, despite extensive investigation.

It is imperative that if your child has been diagnosed with a food intolerance, allergy or anaphylaxis, you inform the school. It is the responsibility of parents and carers to ensure that the school has a current Action Plan, signed off by your doctor.

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**BUNNINGS SAUSAGE SIZZLE**

**When:** (this) Saturday 9th March, 2013 9.00am – 4.00pm

**Who:** Barrack Heights Public School P&C

**Contact:** Narelle Butler

**What:** Sausage sandwiches, drinks

**Why:** Fundraising for our school

**COME AND SUPPORT YOUR SCHOOL!!!!! SEE YOU THERE!!!!**

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**Parent Workshop – Comprehension**
A focus in our school this year is to improve students’ comprehension when reading. Miss Marianne Bunt will be running a short workshop for parents and carers of students in any grade. She will describe the whole school approach being used and give simple, practical ideas on how you can support your child/ren at home with reading comprehension.

**When:** This Friday, 8th March

**Time:** 9.15 – 10.15 am (straight after morning assembly)

**Place:** Community Room

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**Talented Students**
I would like to congratulate Rhiannon T on her selection in the Mid South Coast Regional Girls Cricket Team. Rhiannon is an extremely talented athlete, who always represents our school with pride and sportsmanship. Well done, Rhiannon!

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**Community Cuppa!**
*Community Cuppa* is a new, fortnightly get together for parents, carers and community members with our Community Liaison Officer – Veronica Archibald – and the Principal or Deputy Principal. Over a cuppa, hear about what’s happening at the school, ask questions and help with little jobs such as covering books.

Please feel free to drop in and have a cuppa with us!

**When:** Wednesday, 20th March

**Time:** 2.00 – 3.00 pm

**Place:** Community Room
International Women’s Day
This Friday, 8<sup>th</sup> March, is International Women’s Day. It is a global day celebrating the economic, political and social achievements of women past, present and future. In some places like China, Russia, Vietnam and Bulgaria, International Women's Day is a national holiday. Suffragettes campaigned for women’s right to vote. The word ‘Suffragette’ is derived from the word “suffrage” meaning the right to vote. International Women's Day honours the work of the Suffragettes, celebrates women's success, and reminds us of inequities still to be redressed. Barrack Heights Public School has invited the recently retired, Maria Fornacani, to come and speak with students and parents about the importance of equal rights in society. This will be followed by an afternoon tea.

Principal Professional Learning
This week, I will be attending the 10th Annual Illawarra and South East Region Principals’ Conference: Leadership - Innovation, Improvement and Change. Education in NSW is under immense change this year, and during the next few years. It is increasingly important to maintain a focus on continual school improvement, leading change and the changing roles of principals and school leaders as we move into a future where principals have greater authority and decision making at the local level. I look forward to listening and reporting to you the comments of Maria Gray-Spence, Regional Director, Illawarra and South East Region, Greg Prior, Deputy Director-General, NSW Department of Education and Communities and Dr Michele Bruniges, Director-General, NSW Department of Education and Communities.

SCHOOLKIDS BONUS
Have you received the Schoolkids Bonus? If you receive a family or income support payment, including Family Tax Benefit Part A, you could be eligible to receive $410 a year for each primary student and $820 a year for each secondary student, with half paid in January and half paid in July. This money can be used to support your child’s education – whether it be school books, stationery, uniforms, school fees or excursions.

Sarah Rudling
Principal

Did you know?
Barrack Heights PS has a new school website. If you would like to find out what is happening at our school simply type in ‘Barrack Heights PS’ into Google or type in the website address http://www.barrackht-p.schools.nsw.edu.au/home

Our school website has all of the latest newsletters, a calendar with all our significant events, information about our brilliant school and a photo gallery that will be filled up slowly. Make sure you take some time to visit our website and catch up with the latest news at BHPS.

Thanking you,
Mr Kusa

HAND FOOT AND MOUTH DISEASE OR FIFTHS DISEASE
There has recently been a case of Hand, Foot and Mouth Disease identified with one of our students. This disease is a viral infection caused by the Coxsackie A virus. Symptoms include a slight fever, tiredness, loss of appetite, blisters in the mouth and on the hands and feet and a sore mouth for a few days before the ulcers or blisters appear. If you suspect your child may have this illness you must see a doctor. Spreading takes place through contact with the fluid in the blisters. This is most likely to occur when the virus becomes airborne during coughing and talking. Contact with faeces can also spread the infection. The incubation period is 3-5 days and the infectious period is as long as there is fluid in the blisters. Children should be excluded from school.
OAK FLATS HIGH SCHOOL YEAR 6 EXPO NIGHT
Oak Flats High School would like to invite Year 6 students, parents and carers to an afternoon “Expo” that will give you the opportunity to visit our school and find out about the programs we offer. We feel that Oak Flats High School is a first rate choice as the local school for your child’s secondary education. You will meet the Principal Keiran Spillane and the 2014 Year Advisor Jodi Davenport, inspect the facilities and watch demonstrations and displays. There will be a complimentary BBQ and the SRC will be selling ice-cream for their first fundraiser. Please meet in the school hall at 4.00pm where students will be given Oak Flats High School bags including information on the 2014 enrolment process. For all other information please call the school on 4256 1888

P&C NEWS
The P&C are holding a fundraiser sausage sizzle at Shellharbour Bunnings on 9th March 2013. If you would like to volunteer to help on the day OR are willing to be on stand-by in case a volunteer is unable to make it on the day please email Narelle Butler on nbutler@coolawin.com.au
If you have an esky that you are willing to lend us please drop it off at Bunnings at 8.30am preferably with a bag of ice. If you are able to help cook please bring your own apron. Sausage sandwiches will be sold for $2.50 and drinks for $1.50. Please come along to buy your lunch or help support us.

COMMUNITY NEWS
FREE FUN Afternoon Activities & Homework help.
WHO: for 5 - 12 year olds living in the 2528 postcode.
WHEN: Tuesday afternoons during School Terms at Barrack Heights Public School
TIME: between 3.00pm and 4.30pm
Bring mum or dad, your friends and your homework. Afternoon tea is provided. This is a fully supervised activity. Call Access Community Group on 4286 5600 for more information and to register.

CHARLOTTE’S WEB CHILD CARE CENTRES
11 Veronica Street, Warilla PH: 4297 8656
27 Garrard Avenue, Mt Warrigal PH: 4295 7010
Vacancies available for 2 to 6 year olds
Child care benefits and tax rebate available
Qualifies and experienced staff
School readiness program
Poka Dot Kids is a new Pre-School at 1 Ferntree Place Barrack Heights. As you turn into Woodlands Drive off Shellharbour Road you will start to see the Bright Purple Roof and Poka Dots stand out in the clouds. We cater for 2yr to 5yr, Hours 7.30am to 5.30pm, provide all meals. Small family friendly centre. Contact Trudy 0407 919 530 or pop in and check us out. We learn while playing and having fun.