

NEWSLETTER

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ROZELLE RUSTLINGS

Rozelle Public School

Valuing children and their communities since 1878



DATES TO REMEMBER

Wed 20 Aug	Maths workshop & P&C
Thurs 21 Aug	Book Parade
Fri 22 Aug	Zone Athletics 2
Sun 31 Aug	Tournament of the Minds
Wed 10 Sept	K-2 Rock & Roll rehearsal
Wed 24 Sept	K-2 Rock n Roll performance

ALLERGIES

We have five students at our school this year who have severe allergies -

We do request that peanuts and foods containing any nuts or sesame seeds are not brought to school.



Assembly News

Thursday mornings 9.30am

All parents / carers welcome.

Week 5	Book Week
Week 6	Science Week
Week 7	Maths Assembly

Restorative Questions I

When things go wrong.

- What happened?
- What were you thinking of at the time?
- What have you thought about since?
- Who has been affected by what you have done? In what way?
- What do you think you need to do to make things right?

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REAL JUSTICE®

Restorative Questions II

When someone has been hurt.

- What did you think when you realised what had happened?
- What impact has this incident had on you and others?
- What has been the hardest thing for you?
- What do you think needs to happen to make things right?

SaferSanerSchools™

REAL JUSTICE®

FROM YOUR PRINCIPAL

Issue 3 Term 3 Wednesday 20th August 2008

BOOK WEEK

Prepare yourselves for another huge week of celebrations because "Fuel the Mind!" is the theme for Book Week and will be embraced in many ways during this week. Ms Francine May has coordinated a week of fabulous activities to celebrate the wonderful world of books and reading. We are looking forward to the parade down Darling Street on Thursday morning so book your seats in the coffee shops ready for the extravaganza at 9.30am. Don't forget the Bookfair starting at 10.30am.

DRAMA with ELAINE

The children and staff are getting so much from the Experts in Residence program this term with parent Elaine Smith providing a stimulating & engaging drama program for all children in the school. I've had such positive feedback from parents, children & staff alike. Thank you Elaine.

UNIVERSITY NSW WRITING COMPETITION

Well done to all those children who participated in the UNSW Writing Competition. Rozelle's results were wonderful and the following children well and truly deserve their acknowledgements. Congratulations Finlay on a High Distinction.

TAE KWON DO

Well done to 3 students who have made it through to the National Championships in Tae Kwon Do-Harriett & Toby Ayers and Alex Cameron who was the Under 6 State Champion.

SERVICE LEARNING INITIATIVE

What an initiative was shown by Darcy Anderson who held an auction at his home and raised over \$9 for charity. Well done Darcy in thinking of others!

STEPS & RAMPS FROM COUNCIL CAR PARK

We're still awaiting the completion of the steps down from the new Council car park. Until they're finished children will need to enter through the front door (Darling Street) or bottom Wellington St gate. Please avoid bringing children through the staff car park.

ATHLETICS CARNIVAL

Well done to all those children who attended session 1 of the Zone Athletics Carnival last Friday. Session 2 will be on Friday 22 August and congratulations to Carlie Tuite and the Rozelle Sports Team who organised the whole zone carnival. Thank you to all the parents/carers who assisted with volunteering and to those who ran the canteen to raise extra funds for the school, \$1600 was taken last Friday. It's been a great time to have our carnivals with the Olympic Games in full swing and it's so heartening to see the spirit in which Rozelle students compete. Well done children!

SCIENCE FESTIVAL

This week is National Science Week and I know the ABC is having a science Open Day on Saturday especially for children.

We'll celebrate our Science Festival next week so it doesn't clash with our Book Week activities. Thanks to Christine who has organised the festival again. We're thrilled with our new Science in a Box resource which allows all children to have the hands on experience of conducting their own experiments because the kit contains all the resources needed for a class to be totally engaged.

Next week's period of scientific enquiry will be capped off by a science assembly on Thursday 28 August showcasing some of the scientific models and hypotheses around the theme: "Earth, Planet of Change".

TOURNAMENT OF THE MINDS (Maths & English)

On Sunday 31 August two teams of Rozelle children will present their problems/solutions in the Tournament of the Minds Competition. We look forward to hearing the innovative ideas from our students.

Thanks to Mike Bancks for providing the opportunities for the children to meet and work on their projects.

NUDE FOOD- WASTE REDUCTION

Thank you parents for the huge effort in sending healthy food to school with your children. We've all noticed the decrease in packaged processed foods such as chips etc and there seems to be less rubbish around. We appreciate your support in sending healthy lunches in a lunch box so we can reduce plastics and encourage children to take home what they can't eat or place the scraps in the appropriate bin.

Tough teeth-Drink water

Protect your child's teeth by encouraging them to eat well:

Looking for a dental health clinic? The NSW Centre for Oral Health recommends calling (02) 8821 4300 during business hours and quoting your suburb. From there, parents will be given the contact details for their local oral health service.

LOST PROPERTY

Label everything!

Your child's belongings can get easily misplaced at school. Please label all of your child's belongings with their name.

Don't forget books, pencil cases, clothing and school bags.

WRITING SCHOOL NOTES

If your child is absent, a note needs to be sent within seven days:

It should explain why your child missed school and include how many days your child was away. Remember to include the date or dates and remind your child to give the note to the teacher.

If your child is going to be away for more than two days please call the school to let the teacher know. You will still need to write a note when your child returns to school.

If you know your child will be away but not sick for more than 15 days an application for exemption must be completed as our Regional director needs to approve these absences.

OFF TO GREECE FOR WIRADHURI

Having been to Japan with their passports the children will be off to Greece in Week 8. They will visit Mt Olympus, plant olive trees, sample the native produce and catch the ferry to the Greek Isles in search of octopus, which they will taste. They will do Greek writing and dancing as well with parental input. What fun they will have. I want to go with them!

MOSAIC WORKSHOP

Yesterday staff and parents went along to the Artereal Gallery for a Mosaic workshop. Nola our local artist has devised special workshops so we can learn how to teach mosaic work to our children. Thanks to the class parents who also took part. I was unwell but look forward to doing the 2nd workshop in September.

As part of CAPA (creative and practical arts) KLA and Aboriginal grant we are combining the two and creating school mosaics (created by each class Preschool to Stage 3) depicting the story of how the platypus came to be our school's story and totem.

MATHS INCURSION

Next week as part of the build up to Maths Week, the children will also benefit from a Maths Incursion with each stage taking part in hands on activities to develop their mathematical reasoning and problem solving skills. Thanks to Heather for coordinating.

PREMIER'S READING CHALLENGE

Individual children are entering the PRC this year and in order to enter the books they have read, they will need to enter their school (email) user name and password.

TEAMS (Sport)

We have many parent helpers at Rozelle who are on the Musical teams, debating etc but no-one is on the sports team. We do need parental input for our own sports events. Contact Carlie Tuite if you are interested.

LATENESS

Please try to have your children at school on time and see that they are signed in by an adult otherwise those late days are recorded as absences on the children's reports. The morning circle provides such a welcoming start to the day for children and it's such a shame if they miss it.

BIG GIG

Well done to all the children who performed so admirably on Sunday 10th August. It was a real showcase of musical talent not to mention the wonderful parent a Capella "swing out mamas" also were amazing. Thank you to all the parents on the Music Committee and all those who assisted selling food to raise money. Thank you to Helen Crimmins and the Music Committee for their dedication and hard work.

Making of DVD

Last week I put out an SOS for parents who had expertise in this field to assist in the making of a DVD to capture the Rozelle journey or pathway to success and culture change and am so appreciative of the generous response from those of you who work in the industry. Thank you again as this response is an indicator of such a connected and involved community.

Have a super week everyone and enjoy the Olympics!

Kind regards

Lyn Doppler

WHOOPIING COUGH

One of the staff at ROOSH has been diagnosed with whooping cough. Remember to follow the precautions below and keep your children at home if they are sick.

What is pertussis?

Pertussis (or whooping cough) is a disease caused by infection of the throat with the bacteria *Bordetella pertussis*.

What are the symptoms?

- Pertussis usually begins just like a cold, with a runny nose, tiredness and sometimes a mild fever.
- Coughing then develops, usually in bouts, followed by a deep gasp (or "whoop"). Sometimes people vomit after coughing.
- Pertussis can be very serious in small children. They might go blue or stop breathing during coughing attacks and may need to go to the hospital.
- Older children and adults may have a less serious illness, with bouts of coughing that continue for many weeks regardless of treatment.

How is it spread?

Pertussis is spread to other people by droplets from coughing or sneezing. Untreated, a person with pertussis can spread it to other people for up to three weeks after onset of cough.

The time between exposure and getting sick is usually seven to ten days, but can be up to three weeks.

Who is at risk?

- Anyone can get pertussis.
- People living in the same household as someone with pertussis are more likely to catch it.
- Immunisation greatly reduces your risk of infection, but reinfection can occur.

How is it prevented?

Immunise your child on time

- The vaccine does not give lifelong protection against pertussis, and protection is sometimes incomplete.
- Children need to be immunised at two, four and six months.
- Boosters are needed at four years of age and again at 15 years of age.
- Immunisation is available through general practitioners and some local councils.

Keep your baby away from people who cough

- Babies need two or three vaccinations before they are protected. For this reason, it is very important to keep people with coughing illnesses away from your baby so they don't pass on pertussis or other germs.

Get immunised if you are an adult in close contact with small children

A vaccine for adults is available. It is recommended:

- For both parents when planning a pregnancy, or as soon as the baby is born
- For adults working with young children, especially health care and child care workers.

If you are a close contact of someone with pertussis...

- ... watch out for the symptoms. If symptoms develop, see your doctor, take this factsheet with you and mention your contact with pertussis.
- Some close contacts at high risk (e.g., children under one year, children not fully vaccinated, and women at the end of their pregnancy) and others who live or work with high-risk people may need to take antibiotics to prevent infection.

If you have pertussis:

- Get treated early

While infectious, avoid other people and stay away from young children, e.g., at child care centres, pre-school and school

How is it diagnosed?

If a doctor thinks someone has pertussis, a swab from the back of the nose, or a blood test may be done to help confirm the diagnosis.

How is it treated?

A special antibiotic – usually either erythromycin or clarithromycin – taken for seven days is used to treat pertussis. These antibiotics can prevent the spread of the germ to other people.

Coughing often continues for many weeks despite treatment.

What is the public health response?

Doctors and laboratories must confidentially notify cases of pertussis to the local Public Health Unit. Public Health Unit staff can advise on the best way to stop further spread.

Infectious children are restricted from going to pre-school and school. Unimmunised contacts may be excluded from child care unless they take the special antibiotics.

SCHOOL NEWS

ROZELLE OOSH NEWS

The October school holiday program is out now. Please see Susan or Andrea to book or phone 9818 3472.

Senior First Aid Course for adults will be held in the Junior OOSH from Mon 15th to 16th September 7am –2pm. Cost is \$140 Please see Andrea if you are interested in the course.

WRITING COMPETITION CERTIFICATES— Congratulations to these talented writers:

Participation:

Charlie M	Ambra S
Jack T	Tom L
Georgina G	Stella T
Henry L	Emily D
Michael K	

Credit:

Eamon B	Tilly L
Will T	Keely M
Wilson D	

Distinction:

Riley P	Luci H
Anna S	Kazuo N
Katie T	Hal T

High Distinction:

Finlay M

SCIENCE FESTIVAL— Parents welcome

The Science festival will be held in the Hall in the middle session (11.30am—1pm) on the following days:

Stage 3	Monday 25th August
Stage 2	Tuesday 26th August
Stage 1	Wednesday 27th August

CONGRATULATIONS

Congratulations to Georgia Leppard who competed and won selection into the State Gymnastics Team this weekend. Her hard work has been rewarded by reaching 7th place overall in the competition and 1st place outright on the vault.

Well done Georgie!

SYDNEY YOUTH WRITING COMPETITION

Just a reminder that the Sydney Youth Writing Competition deadline is a few weeks away. The competition details are available at www.sydneyyouthwriting.com Signature words are asphalt and feathers. Entries only need to include one of those words and there will be a prize to the best use of words in an entry.

COMMUNITY NEWS



FACT Did you know that Australia is the largest per capita producer of greenhouse gas pollution in the world, with 20 per cent of that coming from our homes alone.

TIP Try this Washing your clothes in cold water will reduce your CO2 emissions by 90 per cent. Use the line to dry the clothes.

WHAT'S ON

UTS Public Lecture. Breaking the Ice: Will we be able to live on an ice-free Earth? On Thursday August 21 at 6pm two University of Technology, Sydney, scientists, Associate Professor Peter Ralph and Professor Greg Skilbeck, look at the role the North and South Poles play in keeping our world working. Held at the UTS Great Hall, Level 5, UTS Tower, 15 Broadway Ultimo.

RSVP by Wednesday August 20 to Robert.button@uts.edu.au or (02) 9514 1734.

Climate Change Balmain-Rozelle is an a-political grass roots organisation serving the community to inform on issues of Climate Change:

For more see: www.climatechangebr.org

For a copy of the Newsletter or any comments contact us at: ccbrmail@aapt.net.au

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Food Additives Awareness - *What's really in the food you eat?*

This column will feature a different food or drink each newsletter. It will expose the hidden additives in the food and harmful effects they have. I hope to help you to make healthier food choices for you and your family.

This week we have a closer look at party food **Doritos Nachos Cheese corn chips**.

Corn chips and salsa are a handy party snack. However, Doritos Nachos Cheese corn chips (in the yellow pack) contain MSG as well as a collection of additives which are banned in other countries. The 'cheesy' yellow colour has very little to do with cheese, and is a palette of 4 different colours.

They contain:

- **129 or Allura Red AC** - is a suspected carcinogen linked to skin rashes and hypersensitivity. It is banned in Denmark, Belgium, France, Germany, Switzerland, Austria and Norway.
- **133 or Brilliant Blue** - a suspected carcinogen linked to hyperactivity and asthma. It is banned in Belgium, France, Germany, Switzerland, Sweden, Austria and Norway.
- **102 or Tartrazine (yellow)** - is linked to hyperactivity, skin rashes, migraines, behavioural problems, thyroid problems and chromosomal damage. It is banned in Norway and Austria.
- **110 or Sunset Yellow FCF** - is a suspected carcinogen causing allergies, hyperactivity, upset stomach, skin rashes, kidney tumors and chromosomal damage. It is banned in Norway.
- **621 – MSG Monosodium L-glutamate** – is known to cause asthma, hyperactivity, depression, mood changes, sleeplessness, nausea, headache, irritability, migraine, linked to infertility, convulsions and abdominal discomfort, allergic reactions in aspirin-sensitive people and allergic reactions in sensitive people.

Corn chips and salsa can be a good option for party snacks. Why not choose the Doritos Plain corn chips (in the green pack) which just contain corn, vegetable oil and salt. For salsa (to dip your corn chips into!) the Doritos Salsa and Old El Paso Chunky Tomato Salsa are both healthy and delicious options.

Thanks! Kellie Lintott

Source: For more info visit www.additivealert.com.au

Rozelle email Mel: rozelle-p.school@det.nsw.edu.au

NUT FREE ZONE

Please remember that we appreciate no nuts at our school. We have children who have severe allergies to all nuts and sesame seeds/products. All staff have been trained in the administering of an epipen should an anaphylactic attack occur. We do appreciate the whole community being vigilant in this regard. Peanut Butter sandwiches must not be brought to school.



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BOOK WEEK 2008

FUEL YOUR MIND



All children are invited to participate:

COMPETITIONS: In by Friday, 29th August.

1. Collage poster: "Fuel your mind." ~ Write these words on it.
2. Door hanger: "Fuel your mind." ~ Template available.
3. Snakes/animals and ladders game ~ "Australia's deadly and dangerous animals." Up to 45 cm².
4. How to train a mouse/cat/dog in 10 (or less) easy steps. "Shhh! little mouse"; "cat"; "The trouble with dogs."
5. Story and illustration: Fleeing on a boat Why? who? how? when? where? etc. "Liba came on a boat." Up to 2 pages.
6. Poem, any form about a mouse/cat/dog.
7. Cut and collage: Kinder only. Mouse/cat/dog.

Use any media ~ paint, beads, wool, fabric, glitter, etc.
WRITE YOUR NAME AND CLASS ON THE FRONT!

BOOK CHARACTER PARADE: On Thursday, 21st August, 9.30.

Any book character, Fiction/Non-fiction, individual or groups.

BOOK FAIR: On Thursday, 21st August, 10.30, Library.

Buy a book to take home.

SPEAKER: On Monday 1st September, Richard Julloch.

TRIP: "Bookfeast" on Thursday, 4th September, booked.

Be a winner ~ join in!

Everyone welcome to the Parade along Darling St.

Francine May, Teacher Librarian.