Albert Park Public School

Excellence, Innovation, Opportunity and Success

www.alberpk-p.schools.nsw.edu.au

Term 2 - Week 7 12/06/2024

"We would like to respectfully acknowledge the Bundjalung people who are the Traditional Custodians and First Peoples of the Land on which our school stands."

We have been super busy in Kindergarten this term. We have quickly learnt how to write what we are feeling and what we notice in Literacy sessions and are now adding numbers together with speed! Fine motor sessions have been our favourite of late as we have strengthened our muscles to do so many interesting activities. Growing our confidence with public speaking is a new focus with so many Kindy members now bravely speaking in front of the class.

We are growing so quickly!

K YELLOW

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Touch Football

Last Thursday the touch football team played Kyogle Public School. It was a closely contested game, with Kyogle winning. We scored, then Kyogle would score. Jamahl surprised Kyogle with an intercept and sprinting down to their try line only to be tagged within metres of scoring a try! Thanks to Mrs Sipple and Leon for training us and driving us to Kyogle.

Messages from Mrs Smedley

Week 7

I hope everyone had a lovely long weekend. We have a busy few weeks ahead so please make sure you read the newsletter and watch the Sentral Portal and Facebook page. This week we have a Department Auditor in the school, working with the office staff to ensure we are following policy and everything is in order. This happens about every 5 years. Office staff are extremely busy currently, so please be patient if you are ringing or need office staff assistance.

School Photos

School Photos will be held next Wednesday, 19 June. The photographer will begin with the staff photo and then from 9:10am work through the classes. Envelopes need to be returned to the office before Wednesday with payment, or payment can be made to the photographer online. **Please note – Photos will not be retaken if your child arrives late to school.**

Boys Basketball Gala Day

The boys' basketball team will travel to GSAC next Thursday 20 June to compete in the knockout. The boys will be supervised by Mrs Sipple and Mr Davies and transport will be by private car. Keep an eye on the portal for information. Cost will be $7.00.

Interviews

Teachers are working on your children's reports and they will be submitted to me to this week. These reports provide important information to parents and carers regarding your students' growth and progress against curriculum outcomes. They also provide information about social development and work habits. These reports will be given out to you at the parent/carer teacher interviews. Interviews will be held across Week 9. The online interview booking system will be open on Monday for you to go in and book. If you have any difficulties with this, please contact the office. Times can still be made over the phone from next week.

Lantern Parade

We were too late in obtaining a lantern making workshop however, if anyone is interested in making a lantern there will be free workshops at Lismore Square on Saturday, 15 June, Wednesday afternoon, 19 June and Thursday afternoon, 20 June. You will need to register for the workshop via their website. Alternatively, you can march with the school using an old lantern and pay $3.50 for a new candle.

Mr Bignell, Mr Darby and Mrs Meaney will be attending the parade. Please note that teachers are not on duty and children are the responsibility of their parents. No child is to attend without a parent or carer.

PARENT INFORMATION EVENING KINDERGARTEN 2025

Our Parent Information Evening for our 2025 Kindergarten students will take place on Tuesday, 18 June at 5:30pm in the school library. If you have a child starting school next year you should have received an invitation to this evening. If you know of anyone wanting to enrol please ask them to contact the office for details.

Partial Absences

What has come from the audit, is that our student LATENESS to SCHOOL is way too high and there is rarely a justified explanation for this. If your child is late to school, YOU MUST accompany them to the office or call the office to give an explanation. This is for the safety of your child and to ensure nothing is happening that shouldn't be. Please help us with this. Remember that sleeping in or having to go to the shops is not a reason to be late. Please support your child's learning and social development by being on time to school, ready to learn and that they stay to the end of the day.

PBL FOR WEEK 7

MOVE SAFELY AROUND THE SCHOOL AT ALL TIMES.

Date	Item	Venue	Cost	Time
18 June	Whole School Assembly	APPS	-	2.00pm
18 June	Kindergarten Information Evening	APPS	-	5.30pm
19 June	School Photos	APPS	-	-
20 June	Boy's Basketball Gala Day	GSAC	$7.00	9am-2.50pm

LOST PROPERTY

These items have been sitting here for quite a while and will be thrown away by the end of this week if not claimed.

Mycoplasma Pneumonia

Please be aware that Mycoplasma Pneumonia (also known as walking pneumonia) is in the area. This is a bacterial pneumonia which means it is contagious. There have been a few members of our school with the strain and many within the community. We urge you to be vigilant with hygiene, monitor for symptoms and stay at home if you suspect you or your child may be infected.

A fact sheet regarding this illness is attached.

Thankyou

A few weeks ago one of our students, Javan met Costa from gardening Australia at the Lismore botanical gardens open day and he got some photos with Costa who donated two bush tucker plants to the school. One is a native ginger. Costa said if some kids want to plant them at the school and get a photo and send it to him at Gardening Australia he would love that and next time he's in Lismore he'll come and visit the school and see how the plants are growing. A big thankyou from all of us!

NSW Health

Mycoplasma pneumoniae infection

NSW GOVERNMENT

Fact sheet

Mycoplasma pneumoniae infection can cause pneumonia (lung infection). Anyone can get infected, but it is most common in school-aged children and young adults. Infections are usually mild, and most people recover without medicine. However, some people can get sick enough to need antibiotics and to go to hospital. There is no vaccine for *Mycoplasma pneumoniae*.

What is Mycoplasma pneumoniae?

Mycoplasma pneumoniae (mycoplasma) is a bacterium. It can cause respiratory (chest) infections. In some cases it can lead to severe pneumonia (lung infection) needing admission to hospital.

Mycoplasma infection is most common in school-aged children and young adults but can occur in people of any age.

Mycoplasma infection occurs throughout the year. However, every 3 to 7 years there are increases in the number of people infected.

What are the symptoms of Mycoplasma pneumoniae infection?

Mycoplasma affects the respiratory tract (throat, windpipe, and lungs). Infections are generally mild, and it is sometimes called "walking pneumonia". However, occasionally infections can be severe and need antibiotics.

Symptoms usually appear from 1 to 4 weeks after the person is infected with the bacteria. Symptoms may last for several weeks. Mild infections can be managed safely at home without medicine.

Symptoms of infection may include:

- sore throat
- dry cough (that may last for weeks or months)
- headache
- fever
- feeling tired
- shortness of breath.

Children younger than 5 years of age may have different symptoms to older children and adults. These symptoms may include:

- sneezing
- a stuffy or runny rose

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- watery eyes
- wheezing
- vomiting
- diarrhoea.

How is Mycoplasma pneumoniae spread?

Mycoplasma is spread by droplets when infected people cough or sneeze. Other people can become infected if they breathe in these droplets. It can also be spread by touching a surface or object that the droplets have landed on.

Most people who spend a short amount of time with someone who is sick from mycoplasma do not get infected.

Someone can be infected with mycoplasma and show no symptoms, but still be able to spread it to others. People with mycoplasma can be infectious for about 20 days.

How is Mycoplasma pneumoniae infection diagnosed?

Mycoplasma infection is diagnosed by a nose and throat swab. Sometimes a doctor may also do a blood test or a chest x-ray to check for lung infection (pneumonia).

Who is at higher risk of Mycoplasma pneumoniae infection?

Mycoplasma can affect anyone. However, infections are most common in school-aged children and young adults. If you live in the same house as someone with mycoplasma infection you are at higher risk of getting infected.

Infection with mycoplasma is usually mild but can be serious for people who:

- are recovering from another respiratory viral illness
- already have lung disease
- have a weakened immune system.

Living and working in a crowded setting can increase the risk of getting mycoplasma infection. Crowded settings include schools, colleges, and dormitory facilities.

How do I protect myself and others?

There is no vaccine for mycoplasma. People can be infected more than once.

The best way to protect yourself from infection is to practice good hand hygiene with regular handwashing, and to gather outdoors or in well-ventilated indoor spaces.

If you have any symptoms, you should:

- stay at home. If you do need to leave home when you are sick, wear a mask
- cover your coughs and sneezes and practice good hygiene, including regular handwashing.
- not visit high risk settings (such as hospitals or aged care facilities) or visit people at higher risk of severe illness. This includes babies, infants, older people and people who have a weakened immune system.

How can I manage Mycoplasma pneumoniae infection safely?

Stay at home

You can manage your symptoms safely at home without any treatment if you have a mild infection. Your doctor or pharmacist can recommend over-the-counter medicines to help you recover. Sometimes your doctor may recommend antibiotics.

Monitor symptoms and get help immediately as needed

If you are worried that you or your child's symptoms are getting worse, call:

- your doctor or
- healthdirect on 1800 022 222 (a free 24-hour service to talk to a registered nurse) or
- Triple Zero (000) or go to an emergency department if it is life-threatening. Life-threatening examples include chest pressure or pain lasting more than 10 minutes, difficulty breathing or sudden collapse.

Far North Coast Hockey Inc.

Bring-a-Friend!

& 'Come & Try'

HOCKEY DAY

ALL KIDS WELCOME!

Share the Fun with your BFF

Minkey's & Under 10's

Goonellabah Hockey Turf Oliver Ave.

Help a friend learn Hockey, and play in YOUR TEAM!
Or come along & FIND a friend to learn Hockey and play with!

Satuday 22nd June, 8.30 - 11.00am

INVITE PARENTS & GRANDPARENTS
to share morning tea and watch you play!!

Bring

For ALL Under 10's

All equipment supplied!

For more info contact
Sharon: 0411 144 799

https://www.revolutionise.com.au/fnchi/home/

summerlandershockeyclub@gmail.com