Dear Parents/Carers,

**A Day for Daniel**

As we mentioned last week, our school will recognise a Day for Daniel this **Friday 13th November**. A separate note (on red paper) is being sent home today with more information.

**Remembrance Day**

We will hold a special but solemn ceremony at school tomorrow to honour the courageous men and women who have served their country and perhaps paid the ultimate sacrifice. School Leaders will accompany me to the Bathurst City service at the Carillon, where our own Callie has been asked to deliver a key speech. As a mark of respect, I hope you can also pause at 11.00am for one minutes silence wherever you are.

**Riddle of the week**

Last week's riddle: Two fathers and two sons go fishing and they all catch a fish - but only 3 fish are caught. How?  
A: It's a son, a father and a grandfather - the father is both son and father.  
This week's riddle is:  
Q: What do the numbers 11, 69 and 88 all have in common?  

**Appropriate dress**

It is not appropriate for primary aged children to attend school wearing obvious makeup and/or false (long) nails, and they are not part of our uniform. If your family chooses, these items are fine for outside school and we certainly do not wish to interfere with that. What we do ask for is your help to ensure that your children come to school appropriately dressed, ready for safe and happy learning. If you are unsure or need help with this issue, please contact the school.

**Myuna Bay**

Stage 3 students will next week head off to Myuna Bay. This is a fantastic opportunity for the kids and I am very jealous! To all children attending, make sure you have fun, get out of your comfort zone and represent yourself and your school with pride. I look forward to hearing all about it!

Darren Denmead, Relieving Principal
Due Now
- Permission to publish
- Year 6 Dinner Dance
- Stage 3 End of Year Celebration

Student Notes Sent Home This Week
- Day for Daniel

School Awards
Congratulations to -

Principal’s Awards
Congratulations to -

Badge Awards
Congratulations to -
Savannah, Trae, Carla

Canteen News
Roster
Mon 16/11 T.Roels
Tues 17/11 J.Baillie
Wed 18/11 J.Baillie, R.Coello
Thurs 19/11 J.Baillie, R.Small
Fri 20/11 T. Roels, C.Griffiths

END OF YEAR MEAL DEAL. Just to let you know that the last meal deal for 2015 will be held on WEDNESDAY 9.12.15. I will send out notes next week. Please put this date on the calendar as this will be our last meal deal for the year. Keep an eye out for the notes with details.

Great news about the Thermomix now sitting in pride of place in the canteen. We are all excited and are looking forward to using it to make great food for the children of Bathurst West School. Thanks to all those great families who support the canteen.

Denison College of Secondary Education
Bathurst High Campus
“Supporting achievement in a dynamic learning community”

YEAR 7 2016 ORIENTATION
EVENING, TUESDAY 24TH NOVEMBER 2015, 6.30 PM SCHOOL GYM, PIPER STREET ALL WELCOME
- Book packs for sale
- Camp deposits can be paid
- Uniform samples available to try on
- School tours for those who have not been before
- Information about the school and classes for 2016

Stephanie Scott, Deputy Principal, Middle School
Cassie Bur, Head Teacher, Junior Studies
Renee Strickland & Luke Gillmer—Student Advisers
Bathurst High Campus—6331 3755

https://www.facebook.com/BathurstWestPS/?ref=hl
Tips for tackling kids head lice

Use hair conditioner and a fine toothed lice comb. Apply conditioner to the hair and comb through with a wide-toothed comb to remove the tangles. Let the conditioner dry, then use a fine metal lice comb to remove the lice and pull the nits off the hair. The conditioner helps slow down the louse and makes it easier to comb out. Then rinse out the conditioner. This does work.

Make sure you re-treat your child’s head in seven days to catch any nymphs that may have hatched.

School Terms & Vacations 2015
Term 4 - Tues 6th October to Wed 16th Dec
Summer Vacation - Thurs 17th Dec to Tues 26th Jan 2016

School Terms & Vacations 2016
Term 1 - Wed 27th January to Fri 8th April
Autumn Vacation - Mon 11th Apr to Fri 22nd Apr

Term 2 - Tues 26th April to Fri 1st July
Winter Vacation - Mon 4th July to Fri 15th July

Term 3 - Mon 18th July to Fri 23rd Sept
Spring Vacation - Mon 26th Sept to Fri 7th Oct

Term 4 - Mon 10th Dec to Tues 20th Dec
Summer Vacation - Wed 21st Dec to Thurs 26th Jan 2017

GENERAL INFORMATION
Administration Office Hours - 8.45am - 3.45pm
School commences at 9.15am
School finishes at 3.15pm
Students are supervised from 8.45am
9.15-11.15 Class session 1
11.15-11.45 Play
11.45-1.45 Class session 2 which includes lunch
Inside at 11.45
1.45-2.15 Afternoon tea and play
2.15-3.15 Class session 3
The two 2hour sessions will be split by “fruit breaks”

Central West OOSH Services
Central West OOSH Services provide quality & caring out of school hours care (including vacation care, pupil free days) for children & families in the Central West NSW.
♦ Care provided for children aged 5-12
♦ Transport provided to & from schools in Bathurst and Kelso
♦ Breakfast is provided till 8am at before school care
♦ Government CCB & CCR is available to eligible families

Before School Care - 7am-9am
After School Care - 3pm-6pm
Vacation Care - 7am-6pm

For more information please contact Tanya on 0411 521 460

Selective High School Entry to Year 7 in 2017

Applications close on Monday 16th November 2015.
Applications can only be made online through the Selective High Schools website.

Thinking of applying for a government selective high school for Year 7 entry in 2017?

You must apply online at www.schools.nsw.edu.au/shsplacement

Selective High School Entry to Year 7 in 2017

Applications close on Monday 16th November 2015.
Applications can only be made online through the Selective High Schools website.
# Too sick for school?

Generally if your child feels unwell, keep them home from school and consult your doctor. This chart and the information it contains is not intended to take the place of a consultation with your doctor.

<table>
<thead>
<tr>
<th>Condition</th>
<th>Description</th>
<th>Duration/Action</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bronchitis</td>
<td>Symptoms are coughing, a runny nose, sore throat and mild fever. The cough is often dry at first, becoming moist after a couple of days. There may be a slight wheeze and shortness of breath. A higher fever (typically above 39°C) may indicate pneumonia.</td>
<td>... until they are feeling better. Antibiotics may be needed.</td>
</tr>
<tr>
<td>Chickenpox (Varicella)</td>
<td>Slight fever, runny nose, and a rash that begins as raised pink spots that blister and scab.</td>
<td>... for 5 days from the onset of the rash and the blisters have dried.</td>
</tr>
<tr>
<td>Conjunctivitis</td>
<td>The eye feels ‘scratchy’, is red and may water. Lids may stick together on waking.</td>
<td>... while there is discharge from the eye unless a doctor has diagnosed a non-infectious cause.</td>
</tr>
<tr>
<td>Diarrhoea (no organism identified)</td>
<td>Two or more consecutive bowel motions that are looser and more frequent than normal and possibly stomach cramps.</td>
<td>... for at least 24 hours after diarrhoea stops.</td>
</tr>
<tr>
<td>Fever</td>
<td>A temperature of 38.5°C or more in older infants and children.</td>
<td>... until temperature is normal.</td>
</tr>
<tr>
<td>Gastroenteritis</td>
<td>A combination of frequent loose or watery stools (diarrhoea), vomiting, fever, stomach cramps, headaches.</td>
<td>... for at least 24 hours after diarrhoea and/or vomiting stops.</td>
</tr>
<tr>
<td>German measles (Rubella)</td>
<td>Often mild or no symptoms: mild fever, runny nose, swollen nodes, pink blotchy rash that lasts a short time.</td>
<td>... for at least 4 days after the rash appears.</td>
</tr>
<tr>
<td>Glandular Fever (Mononucleosis, EBV infection)</td>
<td>Symptoms include fever, headache, sore throat, tiredness, swollen nodes.</td>
<td>... unless they’re feeling unwell.</td>
</tr>
<tr>
<td>Hand, Foot and Mouth Disease (HFMD)</td>
<td>Generally a mild illness caused by a virus, perhaps with a fever, blisters around the mouth, on the hands and feet, and perhaps the nappy area in babies.</td>
<td>... until all blisters have dried.</td>
</tr>
<tr>
<td>Hayfever</td>
<td>Allergic rhinitis caused by allergy to pollen (from grasses, flowers and trees), dust mites, animal fur or hair, mould spores, cigarette smoke.</td>
<td>... unless they feel unwell or are taking a medication which makes them sleepy.</td>
</tr>
<tr>
<td>Head lice or nits* (Pediculosis)</td>
<td>Itchy scalp, white specks stuck near the base of the hairs; lice may be found on the scalp.</td>
<td>... while continuing to treat head lice each night. Tell the school.</td>
</tr>
<tr>
<td>Condition</td>
<td>Description</td>
<td></td>
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<tr>
<td>-------------------</td>
<td>-----------------------------------------------------------------------------</td>
<td></td>
</tr>
<tr>
<td>Hepatitis A</td>
<td>Often none in young children; sudden onset of fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine, pale stools.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>📟... for 2 weeks after first symptoms (or 1 week after onset of jaundice). Contact your doctor before returning to school.</td>
<td></td>
</tr>
<tr>
<td>Hepatitis B</td>
<td>Often no symptoms in young children. When they do occur, they can include fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>📟... if they have symptoms. Contact your doctor before returning to school.</td>
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<tr>
<td></td>
<td>📟... if they have a chronic infection (not the first outbreak) and no symptoms.</td>
<td></td>
</tr>
<tr>
<td>Impetigo</td>
<td>Small red spots change into blisters that fill up with pus and become crusted; usually on the face, hands or scalp.</td>
<td></td>
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<tr>
<td></td>
<td>📟... until antibiotic treatment starts. Sores should be covered with watertight dressings.</td>
<td></td>
</tr>
<tr>
<td>Influenza</td>
<td>Sudden onset fever, runny nose, sore throat, cough, muscle aches and headaches.</td>
<td></td>
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<td></td>
<td>📟... until well.</td>
<td></td>
</tr>
<tr>
<td>Measles</td>
<td>Fever, tiredness, runny nose, cough and sore red eyes for a few days followed by a red blotchy rash that starts on the face and spreads down the body and lasts 4 to 7 days.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>📟... for at least 4 days after the rash appears.</td>
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</tr>
<tr>
<td>Meningococcal Disease</td>
<td>Sudden onset of fever and a combination of headache, neck stiffness, nausea, vomiting, drowsiness or rash.</td>
<td></td>
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<tr>
<td></td>
<td>📟Seek medical attention immediately. Patient will need hospital treatment. Close contacts receive antibiotics.</td>
<td></td>
</tr>
<tr>
<td>Molluscum Contagiosum</td>
<td>Multiple small lumps (2-5mm) on the skin that are smooth, firm and round, with dimples in the middle. In children, occur mostly on the face, trunk, upper arms and legs. Symptoms can last 6 months to 2 years.</td>
<td></td>
</tr>
<tr>
<td>Mumps</td>
<td>Fever, swollen and tender glands around the jaw.</td>
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<tr>
<td></td>
<td>📟... for 9 days after onset of swelling.</td>
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</tr>
<tr>
<td>Ringworm*</td>
<td>Small scaly patch on the skin surrounded by a pink ring.</td>
<td></td>
</tr>
<tr>
<td>[Tinea Corporis]</td>
<td>📟... for 24 hours after fungal treatment has begun.</td>
<td></td>
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<tr>
<td>Runny nose or common cold</td>
<td>Itchy skin, worse at night. Worse around wrists, armpits, buttocks, groin and between fingers and toes.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>📟... until 24 hours after treatment has begun.</td>
<td></td>
</tr>
<tr>
<td>Scabies*</td>
<td>Diarrhoea (which may contain blood, mucus and pus), fever, stomach cramps, nausea and vomiting.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>📟... until there has not been a loose bowel motion for 24 hours. Antibiotics may be needed.</td>
<td></td>
</tr>
<tr>
<td>Shigella</td>
<td>Mild fever, red cheeks, itchy face-like rash, and possibly cough, sore throat or runny nose.</td>
<td></td>
</tr>
<tr>
<td></td>
<td>📟... as it is most infectious before the rash appears.</td>
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</tr>
<tr>
<td>Slapped Cheek Syndrome</td>
<td>Starts with a running nose, followed by persistent cough that comes in bouts. Bouts maybe followed by vomiting and a whooping sound as the child gasps for air.</td>
<td></td>
</tr>
<tr>
<td>[Parvovirus B19 infection, fifth disease, erythema infectiosum]</td>
<td>📟... until the first 5 days of an antibiotic course has been completed. Unimmunised siblings may need to stay home too until treated with an antibiotic.</td>
<td></td>
</tr>
<tr>
<td>Whooping Cough</td>
<td>The main sign of whooping cough is an itchy bottom. Sometimes children feel 'out of sorts' and do not want to eat much. They may also have trouble sleeping, due to itching at night.</td>
<td></td>
</tr>
<tr>
<td>[Pertussis]</td>
<td>📟... and tell the school as other parents will need to know to check their kids.</td>
<td></td>
</tr>
</tbody>
</table>

*It is important that the rest of the family is checked for head lice, scabies and ringworm.*
The P&C needs helpers for the next Bunnings barbecue on Saturday 21/11.

At the last Bunnings barbecue there was music, laughter, students doing a ‘real’ job, adults getting to know each other, customers enjoying the service. And we raised money to go towards a thermomix for the school canteen. If you would like to be a part of the next experience contact James Meares via email: jmeares@ozemail.com.au

or fill in below and return

Name of helper(s) ____________________________
On 21/11 I can help 8:30-11:30 11:30-1:30 1:30-close

School Office
by Mon 16/11