



HNPS Newsletter

18 September, 2019

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From the Principal...

Congratulations to the Zone Athletics Team who competed at the Sydney Academy of Sport & Recreation last Friday. There were some sterling performances by our athletes and we finished in 4th Place, behind Wahroonga, Turramurra and Warrawee. The difference between 3rd and 4th Place was 7 points. Most importantly, Mrs Reeves reports that all members of the team displayed impeccable manners and behaviour and did their very best when competing. Fourth Place is fantastic!

Thank you parents, students and teachers and in particular a mighty thank you to Mr Lawrence who organized the Carnival and dealt with all the critics who are so visible and sometimes invisible at inter-school events. It was a well run highly organized day, and most importantly, it focused on student participation and achievement. Following is a report from Mr Lawrence:-

"Congratulations to our wonderful Hornsby North P.S. athletes who competed at the Hornsby Zone Athletics Carnival last Friday, at the Sydney Academy of Sport, Narrabeen. This event was an outstanding success thanks to the incredible commitment from staff, students and our local parent community. I would like to congratulate all of our students for their wonderful attitude, effort and performance across both track and field competition.

Special congratulations to Lars, Tahlia, Sophie and Sasha for qualifying for the Sydney North Area Carnival, scheduled to be held at Sydney Olympic Park, Homebush, on Wednesday, 16 October (Week 1 next term). I know they will represent Hornsby Zone with amazing energy and pride! Lars and Tahlia have also been awarded Age Champion winners pennants for 2019! Our students are simply outstanding!"



BAND SUCCESS -

Last Sunday, the Stage Band performed in the Australian School Band and Orchestra Festival. There were two schools in this section as the criteria asked for advanced skills in many area. Congratulations Stage Band. Along with Wahroonga, the result was a Silver Award for both schools.

Keep practising bands, as we have the Hornsby North Band Festival coming up early next term.

ENROLMENTS FOR 2020...and Beyond -

Kindergarten enrolments for 2020 are in the final stages. Parents are advised to bring any outstanding forms to the Office **as soon as possible**, so that planning for 2020 can take place. The DoE's Policy for enrolment was revised in Term 3, 2019 and clarifies that non-local enrolments will not be accepted in any schools unless there are compelling circumstances and schools who have reached their "ceiling" must not take out of area enrolments. A ceiling is reached if the school has demountable buildings. Most schools in this area have demountable buildings. Forward planning also states that siblings of students enrolled in schools will not be accepted if they are out of area.

HORNSBY NORTH BAND FESTIVAL -

The Hornsby North Band Festival is fast approaching. 15 schools visit us on this Festival Day and the school is showcased with the people, the facilities and the musical opportunities available. The Band Committee is working extremely hard with the organisation of the event, but they do need assistance and support from the School Community as a whole. A letter will go home from the Band Festival organisers next week.

On the day, Sunday, 3 November, there will be a Cake Stall and other Market Stalls. If parents are able to bake for the Cake Stall, it would be greatly appreciated. Come along and view the Market Stalls, even if your child is not involved with Band. It is usually a great day and an exciting community event. Please support our school through this community activity.

HEALTH ISSUES -

Hand, Foot & Mouth Disease has been diagnosed in a student at Hornsby North. This is not a notifiable disease, but I have included a fact sheet for parent information.

YEAR 1 PIRATE DAY -

It is a wet Pirate Day, but the pirates are smiling and are very active. Nothing will dampen the enthusiasm of our students.

**TENNIS AT HORNSBY NORTH -**

One of the many sports available at Hornsby North is tennis. Mr Mark Gallacher, an esteemed local coach, takes a Junior and Senior group every term for a period of 5 weeks. Last week, I had the pleasure of watching the finals of Term 3 and note that we have some "up and coming" talent in our midst. Below is a photo of the squads who competed last term.



Maree Sumpton
Principal

Coming Events.....

Friday 20 September:	Summer PSSA begins / Honour Assembly.
Tuesday 24 September:	Year 5 Rouse Hill Excursion.
Wednes. 25 September:	Year 5 Interrelate.
Friday 27 September:	Last Day of Term 3.
Monday 14 October:	First Day Term 4—All Students.

From The Classroom -**SCHOOL ACHIEVEMENT AWARDS -****Week 8, Term 3:**

Anamalia, Leon, Adeline, Catherine, Alpha, Cici, Carmelle, Anabelle, April, Daniel, Jae, Ashia, Amy, Maggie, Amanda, Marcelo, Bruce, Alexandra, Michaela, Marissa, Ahana, Toby, Rebekah, Rajil, Evie, Melissa, Krushika, Richard x 2, Nicholas, Gretel, Khadija, Kingsley, Ryan, Cecilia, Angelina, Kati, Ruby, Thiasha x 2, Steve, Ayden & Grace.

KINDERGARTEN NEWS TOPIC:-

Week 10: Talk about something that you would find on a farm that is not an animal. Thank you, Kindy Teachers.

YEAR 4 CAMP -

Last Wednesday and Thursday Year 4 students and teachers went to Broken Bay Sport and Recreation Camp. Both students and teachers had a wonderful time at camp and the students (and teachers) showed resilience and independence, spending a night away from their families. It was great to see all students participate in all activities and even at times when they found things challenging, they didn't give up. Some even facing their fears of heights on the flying fox. Thank you parents for giving your children the opportunity to attend this camp. Kylie Cale.

**PSSA CRICKET -**

The PSSA Cricket competition resumes this Friday with matches against Turramurra P.S. at Montview Oval. We will meet outside the school library at 12:15pm and the drivers are: Westwood, Hunter, Thurbon, Salvi, McDougall and Buttenshaw. Remember to bring your white cricket shirt to school in a plastic bag, to get changed into for the match. Thanks, Michael Howard.

P & C News -

Please join us on Facebook to keep up-to-date on all matters P&C. Simply search for Hornsby North Public School P&C Association on Facebook and **Like** us to join.

CANTEEN NEWS -

DIP OF THE WEEK: Avocado.

Helpers:

Thursday 19 September: Toby Shan Vivian Wong.

Friday 20 September: Clare Rienits, Julie Hughes, Jean Ryan.

Monday 23 September: Stephanie Philpot

Tuesday 24 September: Stephanie Philpot, Alokita Kapur, Savanna Li.

Wednesday 25 September: Clare Rienits.

Vicki Stubbings, Canteen Manager.

BAND NEWS -

Our Recruitment Day for 2020 was held last week with many prospective musicians trying out the various instruments. A Band Handbook was sent home with each child who tried out. For anyone wishing to join Band next year, the yellow Band Application Form needs to be completed and returned to the Band Box at the Front Office no later than Friday, 27 September (last day of Term 3). No late applications will be accepted. To all our current members, band rehearsals are still on until the end of term. It is so important for all students to arrive on time especially the morning rehearsals.

Please pay outstanding Band fees as soon as possible. Thank you, Gavin Hunter.

SCHOOL BANKING -

Rewards are still slightly delayed. They will be handed out

as soon as they are received.

School Banking is looking for a new Banking Coordinator/s to take over role this year. The Coordinator role is currently managed by two parents. If we don't get anyone to take over the Coordinator's role, Hornsby North will not be able to continue with School Banking. If you can help out or are interested in finding out more about the role, please come and see us in the staff room on Wednesday mornings from 9.15am. Thank you, Pearl & Ruth.

Community News -

HORNSBY RSL GYMNASTICS -

A full day program for children 5-12 years that is guaranteed FUN!! The days are themed, with lots of games, gymnastics circuits, activities and much, much more!

We have a BRAND NEW range of holiday gymnastics programs for all ages and ability levels! More days, more choice, more programs! Member and non members welcome. All programs run by fully qualified gymnastics coaches. Bookings are essential. Please go to www.hornsbyrslgymnastics.com.au

Hornsby RSL Youth Club Gymnastics. Phone 9476 6689.

Email info@hornsbyrslgymnastics.com.au

QUALITY JUNIOR CRICKET COACHING CLINICS -

October 2019 school holidays (2 clinics). Coaches' Association / Northern District CC Comprehensive coaching program for boys & girls aged between 6-14 years – beginners, club & reps.

Website: www.facebook.com/hkhdcca

Registration flyer: bit.ly/CA-clinics-Oct-19

Venues: Mark Taylor Oval, Waitara and George Thornton Reserve, West Pennant Hills.

Accreditation: Level 1, 2 & 3 qualified coaches

Cost: \$120 Discounts apply - clothing, siblings, etc.

Bruce Wood - bgwood@optusnet.com.au 0412 688 629




NORMANHURST BOYS HIGH SCHOOL

Fostering excellence in young men through holistic education



Open Day for Prospective Students, Year 7 2021

Thursday 26 September, 2019, 9:30 am to 11:00 am

On the day, there will be a Principal's Address and free school tours.

For further information, please visit our website from September 1.

Address: 54-72 Pennant Hills Road, Normanhurst, NSW 2076
(Pedestrian entrance from Denman Parade/Fraser Road)

Phone: +61 2 94891077 **Fax:** +61 2 94895722

Web: www.normanhurstboys.nsw.edu.au

Email: office@normanhurstboys.nsw.edu.au

DENTAL SERVICES FOR CHILDREN

General dental treatment for children under 18 years of age is free at NSW Public Dental Health Clinics

It's **Free!**
call today



Clinic locations:

Brookvale | Hornsby | Royal North Shore | Top Ryde

Ph: 1300 732 503

If you need an interpreter please call the free Translating and Interpreter Service (TIS) on 131 450. Ask TIS to call us on 1300 732 503.

*Some specialist services may require additional eligibility and/or may incur a fee



Health
Northern Sydney
Local Health District

13-01-2019

INFORMATION MORNING

Prospective Year 7 Students 2021

Tuesday 15 October 2019

at 9.15am in the School Auditorium

Sydney Technical High School,

established in 1911, has a proud tradition of student academic achievement. The school prepares young men who are scholarly and socially responsible. Teaching and learning programs feature extension and higher order thinking and are recognised as best practice for High Potential and Gifted Learners.

Other features of the school include robotics, debating, public speaking, digital media, music ensembles and sport. The school actively promotes an environment in which student wellbeing, tolerance of others and strong community values support each student reaching his potential.

Enrolments: Students seeking entrance into Year 7 must participate in selection procedures organised by the Department of Education. For further information contact the High Performing Students Unit on 1300 880 367 or email: ssu@det.nsw.edu.au.

SYDNEY TECHNICAL HIGH SCHOOL
An Academically Selective School for Boys
686 Forest Road Bexley 2207
www.sths.nsw.edu.au
Enquiries to the School: 9587 5899



Communicable Diseases Factsheet

Hand, foot and mouth disease

Hand, foot and mouth disease is a very common viral disease of childhood which is easily passed from person to person. It usually causes a mild illness but rarely causes serious illness. It is not related to the foot and mouth disease that affects animals. Good hygiene helps prevent infection.

Last updated: 10 August 2016

What is hand, foot and mouth disease?

Hand, foot and mouth disease is generally a mild illness caused by enteroviruses, including coxsackieviruses. It is usually not a serious illness and is not related to the foot and mouth disease that affects animals. It mainly occurs in children under 10 years of age but can also occur in older children and adults.

What are the symptoms?

- Hand, foot and mouth disease starts with blisters that begin as small red dots which later become ulcers. Blisters appear inside the cheeks, gums, and on the sides of the tongue, as well as on the palms of the hands and soles of the feet. In infants, blisters can sometimes be seen in the nappy area. Blisters usually last for 7 to 10 days
- Children can sometimes have a low fever, sore throat, tiredness, feel off colour and may be off their food for a day or two
- Very rarely, enteroviruses can cause other illnesses that affect the heart, brain, lining of the brain (meningitis), lungs, or eyes.

How is it spread?

- Hand, foot and mouth disease is usually spread by person-to-person contact. The virus is spread from the faeces of an infected person to the mouth of the next person by contaminated hands. It is also spread by secretions from the mouth or respiratory system, and by direct contact with the fluid from blisters
- It usually takes between three and five days after contact with an infected person before blisters appear. The virus can remain in faeces for several weeks.

Who is at risk?

- The viruses that cause hand, foot and mouth disease are common and particularly affect children.
- Many adults, including pregnant women, are often exposed to them without symptoms. There is no clear evidence of risk to unborn babies from hand, foot and mouth disease. However, infected mothers can pass the infection onto newborn babies who rarely can have severe disease.
- Outbreaks may occur in childcare settings.

How is it prevented?

- Good hygiene is the best protection. Wash hands with soap and water after going to the toilet, before eating, after wiping noses, and after changing nappies or soiled clothing
- Avoid sharing cups, eating utensils, items of personal hygiene (for example: towels, washers and toothbrushes), and clothing (especially shoes and socks)
- Thoroughly wash any soiled clothing and any surfaces that may have been contaminated.
- Teach children about cough and sneeze etiquette.

- Cover coughs and sneezes with a tissue. Coughing into an elbow is better than coughing into your hands.
- Dispose of used tissues in the bin straight away.
- Wash your hands afterwards with soap and water.

How is it diagnosed?

- Your doctor can diagnose hand, foot and mouth disease based on the symptoms. Laboratory tests are not usually necessary.

How is it treated?

- Usually no treatment is needed. Paracetamol will relieve fever and discomfort. Do not give children aspirin.
- Allow blisters to dry out naturally. The blisters should not be deliberately burst because the fluid within them is infectious.
- Make sure young children are drinking enough as painful mouth sores can make some children reluctant to swallow liquids.

What are the signs of a serious infection?

Signs that an infant or older child might have a more serious form of hand, foot and mouth disease include any of the following:

- Persistent fever (38°C or above for 72 hours or more)
- Abnormal movements / jerking movements
- Rapid breathing
- Excessive tiredness, drowsiness
- Excessive irritability
- Difficulty walking.

If any of these signs are present then the child should be seen by a doctor urgently even if they have been checked earlier in the illness.

How long should children stay away from childcare and school?

Children with hand, foot and mouth disease should be excluded from school or childcare facilities until their blisters have dried-up, and any rash (if present) has gone and any fever has settled.

What is the public health response?

Hand, foot and mouth disease is not a notifiable disease under the Public Health Act. However, to help prevent spread parents should report the illness to the director of the childcare centre or the school principal.

Further information

For further information please call your local public health unit on 1300 066 055.