Welcome to week 3 of Term 1.

As happens here in summer, there have been sightings of small snakes around the school and village. Please be vigilant walking around these areas and keep your children with you.

The P&C AGM is happening in the library at 9.15am on Thursday 18 February followed by the first meeting for the year. Younger children are welcome to come along.

Congratulations to Nicolas (yr6) and Sebastian (yr5) who attended the trials for the Wagga PSSA District Cricket team on Friday 5 February. Sebastian has been invited to attend the trials for the Riverina PSSA Cricket team in Deniliquin on Monday 29 February. We wish him every success.

Today parent/teacher meeting notes have come home. We are looking forward to discussing your child’s educational outcomes and wellbeing with you, and planning together how best to meet the needs of your child. I encourage you to make an appointment with your child’s classroom teacher.

I am looking forward to having the opportunity to speak with you at our Information Night tonight, Monday 8 February. This is a great opportunity to learn more about your child’s school, the expectations of the classroom teacher and how we might partner to create a pathway for you and your family to have worthwhile outcomes from your time at Kapooka Public School. Please stay and enjoy the sausage sizzle with us afterwards.

Today, Monday 8 February all year 6 students were invited to give their Captain’s speeches to the school at an assembly in Kapooka Neighbourhood Centre at 2pm. The elected successful students will be presented with their badges at another assembly on Thursday 11 February again at 2pm in the Centre. At this time the students who form our School Parliament will also be presented with their badges.

On Wednesday 10 February, our year 6 students will have the opportunity to travel to Ladymith school to meet up with other year 6 students from our Community of Small Schools, Tarcutta, Uranquinty, Collingullie and Ladymith for a Leadership Day. They will participate in activities to identify and build on their leadership skills at our school and as part of a group project with students from the other schools.

On Friday I will be at my Principal’s Network meeting. This is a time of professional learning for me and a chance to network with peers on a variety of topics to enhance our school.

Our Small Schools Swimming Carnival will be held at the Oasis swimming complex on Monday 15 February for years 3-6. A note has come home with details for the day. Marking a box for the distance your child can confidently swim is essential as this information will be used to place students into 50 meter races or across the pool activities. To be eligible to compete at the next level, at the Wagga PSSA Swimming Carnival, students must meet the times specified by the organisers.

Last week we practised one of our emergency procedures. This happens at least twice a year. We have three main emergencies with procedures in place – fire, lockdown and bushfire.

- In the case of fire in the school our marshalling areas are the basketball court or the tennis court across the road, depending on the location of the fire.
- Lockdown involves locking the students with a teacher in the nearest room and not opening the doors until the all clear is signalled. This procedure is used if there is a perceived threat in the school area or if notified by ARTC that the school should lockdown with an emergency on base. For the safety of the staff and students, no doors will be unlocked until the all clear is given, even if someone comes knocking.
- A bushfire emergency is our last procedure. In this case we will be advised by local fire authorities as to the threat level. Should we need to relocate, Tolland Public School is the school we will go to by bus. It is very important that our access road (Sturt Avenue) is clear of traffic so that emergency vehicles and the bus to transport the students can get through. If you wish to pick up your child, it should be from Tolland school when this occurs.

These procedures are detailed in our emergency plans, available on our website.

Regards Lyn
**SCHOOL NEWS:**
From the Department of Education attendance information for Parents.

**Celebrate Attendance - Hints & Tips No. 7: Getting to school on time**
- It is essential to establish a regular routine each morning and arriving at school on time is an important part of your child’s morning routine.
- It is important to be at school on time because:
  - It sets up good habits for the future.
  - It provides social benefits – good play time and discussion among friends.
  - The school day usually begins with the teacher giving out information to students. Eg. Any changes to school routines, coming events etc.
  - It is an opportunity for important teacher pupil interaction before school.
  - There is plenty of time for ordering lunches if needed.

**Missing school leaves gaps in your child’s education**

Students in Kindergarten to Year 2 - Socks and underwear - Parents would you please put a spare pair of socks, undies, shorts in your child’s school bag at the bottom. It is a new school year and sometimes school is very busy and children forget or leave it too late to go to the toilet. We do have some spare items here for accidents, unfortunately our stock is low due to non returns :) Thank you.

Students in K/1 are very busy, learning the computers. They have also had time for a little play and making fun-

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**P & C News:**
Welcome BBQ and information session will be held tonight at 5.30pm. Please come along and listen to helpful information and meet some Kapooka families.

- P & C will be holding their first meeting of 2016 on Thursday 18th February at 9.15 am in the school Library. This meeting is also the AGM. All positions are vacant. Please remember to complete a membership form and pay $1.00 for voting rights. Younger children are very welcome to attend with you. Come along and meet Newsletters - School APP or website is how our newsletter is distributed unless you advise the office for it to be emailed or printed copy is re-

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2016 new students
Welcome Morning Tea – this Thursday!

This Thursday 11 February, our principal, Lyn Eacott and I will be hosting our Parent (and younger siblings!) ‘Welcome Morning Tea’ at the Kapooka Village park between 9.15am to 10am. It is a wonderful opportunity to meet some new friends or catch up with some ‘old’ ones or to ask Lyn or I any questions. Bring your fold up chairs or picnic rug and make a morning of it, as there is no need to leave when Lyn and I go back to work for a meeting!

Settling in / settling back in

It is wonderful to see all the children settling well into the new school year. If you have any concerns about your child settling in, please don't hesitate to talk with your child's classroom teacher or myself.

Welcome Packs

All the children who arrive at our school receive a ‘Welcome to Kapooka Public School’ pack. Last Monday we welcomed our new students with their very own welcome pack! Our welcome packs include information on:

* My DSTA role within the school
* A Defence ‘Education Support’ scheme that is available for defence children, who have moved from another school within the last 18 months and if they have been identified with a gap in their learning. For further details go ... www.defence.gov.au/dco/documents/Resources/AD301.pdf or pop in & see me!
* Tips to help your child settle into school
* Kapooka Neighbourhood Centre
* Sporting groups, clubs and activities that are available in Wagga
* ‘Parent Away’ form

While there is a lot of information in these packs, and I know it’s a busy time of year, it is important to read carefully, so you can take full advantage of all the opportunities that are available while you’re in Wagga.

Kapooka Neighbourhood House upcoming event…

DCO Community Circle - Wednesday, 10 February at 10:30am at the Kapooka Neighbourhood House.

Want to know what is happening in your area? Or do you have an idea that was great in your last posting and we could float the activity or event here in Wagga? This is the forum to host conversations around a question or issue that matters. You may like to come along and sit and listen or you may like to debate a topic. Some of the conversations are deep and provide a way forward for our community but all our conversations are painted with humour, care and compassion. How often have you solved the problems of the world over a conversation at a cafe? So YES! Coffee, tea and morning tea are part of the discussion.

After each conversation, we see if it is viable and discuss the merit in relation to the needs of Defence families. This process allows for clarity of purpose. It helps to be clear about the reason you are bringing your idea to the discussions and what you hope to achieve. Community Circles is particularly useful for generating ideas, discovering what people are passionate about, deepening relationships, and exploring questions in some depth. If you would like to see changes in your community or you have an idea that taps into the wider Wagga community, please come along.

Parent contact booklet

Don’t forget to return the Parent Contact Booklet form! If you would like your name and contact details to be in the ‘Parent Contact’ booklet, please fill out the form and return it to the school office by Monday 15 February. You can also email me your contact details at therese.mctavish1@det.nsw.edu.au, but please ensure you include your name (parents name/s), and phone number/s. You can also include child or children’s name/s and year level, if you feel comfortable including those extra details.

I hope you have a great week!

Kind regards, Thérèse therese.mctavish1@det.nsw.edu.au
Welcome to Wagga!

Defence Community Organisation is hosting a family day and expo for all Defence families in Wagga Wagga.

We invite all Defence families to come along to a fun night and create a welcoming atmosphere for new families posting to the Wagga community. The RSL sub-branch will be hosting a free sausage sizzle. Local community groups and organisations will provide information on what is happening in the local Wagga area and the wider Riverina. This event will showcase the many types of services, activities and events available to you. The ice-cream van is back due to popular demand with fabulous $1 ice-creams.

Where: Saturday 20th February 2016
Where: Oasis Aquatic Centre, Morgan Street, Wagga Wagga
Time: 6.30pm — 8.30pm
RSVP: Tuesday 16th February 2016 for catering purposes dos.wagga@defence.gov.au or 6931 0011 and pick up your FREE entry ticket and please ensure that you have your ticket on the night.

Luke: Defence Community Organisation on Facebook to receive updates and event info in your newsletter.

World’s greatest shave

Our year 6 student, Kayleigh, is seeking sponsorship to shave her hair in #worldsgreatestshave. This is an extraordinary way to help people with blood cancer, but it can not be done alone. Please help Kayleigh by donating, big or small amounts to help reach her goal.


MONSTER GARAGE SALE

It is on again, our MONSTER GARAGE SALE

Saturday 27th February from 7am to 3pm. Thousands of good quality items all at bargain prices - Books, clothes, furniture, antiques, DIT, garden, sports and home making items. Also enjoy a BBQ, coffee shop, cakes, plants, silent auction, car wash and so much more. Don’t miss out. 154 Tarcutta Street, Wagga. Phone 0409 607 657
Communicable Diseases Factsheet

Cryptosporidiosis

Cryptosporidiosis is a disease caused by swallowing the Cryptosporidium parasite. It causes diarrhoea and stomach cramps.

Last updated: 1 July 2012

What is cryptosporidiosis?
- Cryptosporidiosis is a diarrhoeal disease caused by the parasite Cryptosporidium, which infects the intestines.
- Cryptosporidium infections have been reported in humans and in a variety of farm, pet and native animals.
- Although there are several species of Cryptosporidium, only Cryptosporidium parvum and Cryptosporidium hominis are thought to cause infection in humans.

What are the symptoms?
- The most common symptoms of cryptosporidiosis are watery diarrhoea and stomach cramps. Other symptoms may include fever, nausea, vomiting and loss of appetite. Some people with the infection have no symptoms at all.
- The first signs of illness appear between 1-12 days (average 7 days) after a person becomes infected.
- Symptoms may come and go and may last days to weeks. People with a weak immune system may have more severe symptoms that can last for months.

How is it spread?
Cryptosporidium is present in the faeces of infected humans and animals. Infection occurs when the parasite is ingested. Transmission most often occurs through:
- person-to-person contact, particularly in families and among small children (for example, in child-care centres)
- drinking contaminated water
- swimming in contaminated pools
- handling infected animals or their manure
- food (in rare cases).

A person is most infectious when they have diarrhoea, but the parasite may be excreted for several days after symptoms disappear.

Who is at risk?
People who are most likely to become infected with Cryptosporidium include:
- people in close contact with others who have cryptosporidiosis
- children who attend day care, including children in nurseries
- parents of infected children
- child care workers

swimmers who swallow even small amounts of swimming pool water
- people who drink untreated water (for example, from rivers or lakes),
- travellers to developing countries
- people who work with animals
- men who have sex with men

People with weakened immune systems are at risk for more serious disease and should see their doctor if symptoms develop.

How is it prevented?
To avoid catching cryptosporidiosis:
- wash your hands thoroughly with soap and water for 10 seconds after using the toilet, handling animals or their manure, changing nappies, working in the garden and before preparing food or drinks
- do not drink untreated water (for example, from lakes or streams). Boiling water will kill Cryptosporidium.
- avoid swallowing water when swimming
- avoid swimming in natural waters (eg rivers, creeks, dams, surf) within a week after heavy rain

To avoid spreading cryptosporidiosis, people with cryptosporidiosis should:
- avoid swimming at least two weeks after the diarrhoea has stopped
- not share towels or linen for at least two weeks after the diarrhoea has stopped
- not handle food at least 48 hours after the diarrhoea has stopped.

Children who have diarrhoea should be kept home from preschool, child care or playgroup until 24 hours after the diarrhoea has completely stopped.

How is it diagnosed?
To diagnose cryptosporidiosis your doctor will order a stool test.

How is it treated?
There is no specific treatment for cryptosporidiosis. Drink plenty of fluids to avoid dehydration.

What is the public health response?
Laboratories are required to notify cases of cryptosporidiosis to the local Public Health Unit under the Public Health Act, 1997. Public health units investigate cases, and review possible sources of infection to prevent further spread.

For further information please call your local Public Health Unit on 1300 066 055 or visit the New South Wales Health website www.health.nsw.gov.au

NEW MEMBERS - FIRST LESSON FREE
Phone 0402-236587 for further information

Physie

Physie is all about health, fitness, fun and friendships and offers dance & choreographed exercise routines to music. It’s a fun dance sport for girls from 3 years to ladies of all ages. It’s time for a healthy start the Physie way!