

## INSIDE

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**Reminder to all about the School times:**  
**Students start at 9am and finish at 3:17pm.**  
**If you are going to be early to school or are running late in the afternoon, please let staff at school know by email or phone call.**  
**Also if anyone has any issues or problems please ring the school and make an appointment to see Kathy.**  
**03 5020 6896**

# Clare Connection

## Kathy's Corner.....

Our first term is almost complete! Many thanks to the children, staff and parents for their spirit of collaboration and effort as we work together to support the children's learning.

End of term reflections shared by the children reveal their personalities and interests:

I like being in the sandpit and playing with all the trucks.

Oliver, K.

Learning to skip was my favourite. I got better and better.

Hannah, yr1.

I like it that I am now the Mechanic for the sandpit.

Cate, yr 3.

Swimming lessons in Mildura were the best. I learnt to do breaststroke.

Edie, yr 3.

Definitely being in the sandpit is my favourite activity. There is always something to do; digging and fixing drains, working on the roads, checking the pipes and fixing the trucks.

Jack, yr4.

I liked doing NAPLAN as I like challenges.

Annabelle, yr 5.

ANZAC Day will be celebrated in Balranald on Tuesday, 25 April 2023, before students return for Term 2. Clare PS is excited to be joining this event. Students are invited to attend the march and ceremony in full Summer school uniform. We will meet at the front of the Ex- Servicemen's Club at 10.15am.

I hope everyone enjoys the Easter holidays and has time to relax and spend some time with family, friends and loved ones.

Keep Smiling!

Kathy Bourke— Teaching Principal

We had a lovely letter from Pete and Kylie to the Students about where he is and what he is up to know he is not cleaning our school. The students were beyond excited to receive the letter and have since written a reply to Pete and Kylie which Deb is mailing this week.

Dear Classmates,

hope all is going well Kylie and I got our big van home to henby so now when you go past the caravan park there will be a black spot. We got home and did a few things (always things to do) then we set off to Lightning ridge to catch up with family and find some opal, when we got here it was hot not as hot as Clare still in the 40's I have another job and start on the 14th of March so Patrick if I send this letter on the 10th of March and the date you guys get this how many days? How is the garden going any new plants or still too hot? The sand pit have you all done anything new last time Oliver had his new block of land and Annabelle was helping build a ramp in the other round sand pit? We keep an eye on Facebook and see that someone has been cooking up a storm in the kitchen. Have you done the back wall with the ocean? Jack good luck with the fishing comp, By now you all would have done your naplan test and hope all went well, Mr Selby would have done some course and Kara would have gone for a breake, Mr & Mrs B would have gone back to their holiday pad for a week and hope all is going well with Mr B.

One thing among a lot of things Clare has shown me never give up and stick together last year was tough and you guys kept turning up each day and with a smile, thank you for that. now if you have a look at the classroom door frame where you have measured your selfs look for PC that's me and have a look on the white board might have to move the magnets.

So everyone at Clare Public School, thank you for helping us and we will catch up soon

Pete & Kylie.



# Creating resilient kids

Resilience is the ability to 'bounce back' from problems and setbacks.

## What are the skills that develop resilience and wellbeing?

It's important for your child to learn the personal and social skills that will help them to become more resilient and cope with problems and difficult situations that may come their way. Here are some of the skills we are learning and practising in class.



## Self-management skills

- Be able to manage strong feelings such as fear and anger and turn these moods into better ones.
- Manage impulses that may present a risk to their safety and wellbeing.
- Be able to make plans, be organised, self-disciplined and courageous to achieve goals.
- Be able to predict problems and solve problems.
- Have age-appropriate levels of independence.
- Be able to focus on the positive things in negative situations.
- Use thinking that is grounded in fact and reality.
- Find something funny in a setback to help keep things in perspective.

## Social management skills

- Have the skills to make and keep friends.
- Be able to sort out conflict and cooperate with friends and peers.
- Be able to make decisions based on safety and respect for self and others.
- Be able to ask for help when required.

## Self-awareness skills

- Be able to identify their strengths and challenges.
- Be able to know what might influence their successes and mistakes.
- Be able to see that the way they think about mistakes and negative situations can affect how they feel and behave.
- Be able to self-reflect on their behaviour and decisions.
- Be able to accept setbacks and problems are a normal part of everyday life and know that these situations often don't last and will improve with time or effort.

## Social awareness skills

- Be able to read, predict and respond empathically to others' feelings and needs.
- Appreciate others' points of view.
- Not exclude others because of their differences.
- Know where to go to ask for help at home, at school and in the community.
- Believe that relationships matter.

THANK YOU FOR  
PLAYING A VITAL  
ROLE IN YOUR  
CHILD'S RESILIENCE  
AND WELLBEING  
EDUCATION.





# Police Visit to our school





# 25 GROWTH MINDSET AFFIRMATIONS

1. **I have grit and I don't quit.**
2. Today is a new day. I will make good choices. I will work hard. I will be the best person I can be!
3. I am open to learning.
4. Today I will try something new.
5. FAIL= First Attempt In Learning.
6. I am capable.
7. **I build habits that will help me succeed.**
8. I am safe. I am calm. I can cope with this.
9. **My attitude is everything.**
10. I can start again.
11. I make mistakes and I learn from them.
12. **My imperfect action is better than no action.**
13. I keep going until I'm proud of myself.
14. I can learn anything.
15. I CAN do anything I want. All I need is to TRY.
16. When I get tired, I don't quit. I take a break.
17. **I can handle any challenge.**
18. I am becoming the person I want to be.
19. I ask for help when I need it.
20. I can work out almost anything.
21. Mistakes are a sign I am learning.
22. Self-control gives me freedom.
23. I will make better mistakes tomorrow.
24. **Growth happens when I go outside my comfort zone.**
25. I work hard and I am proud of myself.

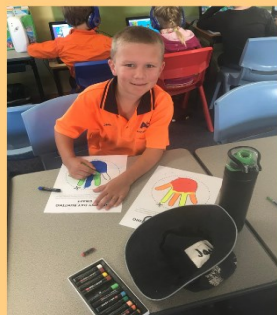
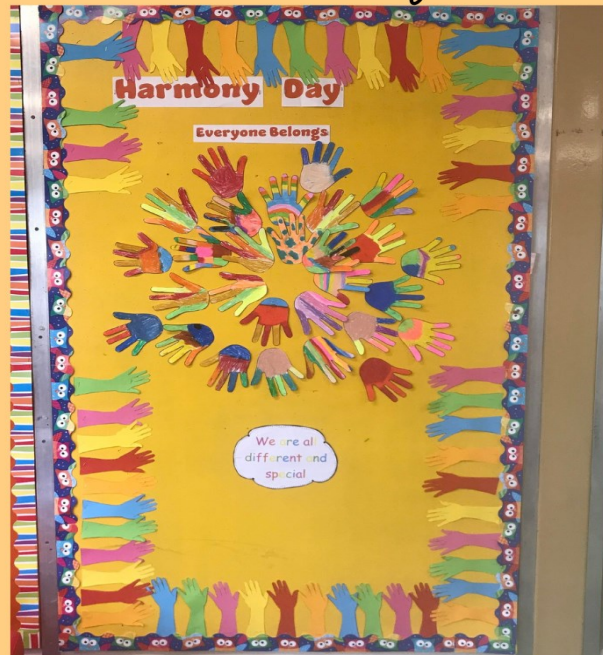
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# HARMONY DAY

*Celebrating Our Cultural Diversity*



**WE'RE ALL DIFFERENT, WE'RE ALL SPECIAL...SOME PREFER TO WORK TOGETHER, SOME PREFER TO WORK ALONE...ALL ARE UNITED IN A SHARED GOAL - CREATING A HARMONY DAY DISPLAY.**





On Monday Ms English had a cooking lesson with the Students and made German Hot cross buns, which we all enjoyed at the end of the day.







## supporting young people in school holidays: practical tips for parents and carers

headspace National are hosting education sessions for parents and carers across NSW who are supporting young people during school holidays.

These sessions aim to:

- Identify challenges and opportunities of the school holiday period
- Offer practical ideas for parents and carers
- Provide information about additional support services
- Highlight the importance of self-care.

### Where:

Online webinars.

### When:

We will be offering this session multiple times around the school holiday period. Sessions will be held at 12 - 1pm AET or 6 - 7pm AET.

Session dates will be listed on Eventbrite.

### How do I register?

Click the link to register for a session via Eventbrite: [bit.ly/3UVkYQM](https://bit.ly/3UVkYQM), or copy the URL into your web browser. Alternatively you can scan the QR code:



After registering, you'll receive a confirmation email which will include the Zoom webinar link.

You will receive a digital information pack after the session that includes key messages and links to resources and support services.

### Need more information?

Email us: [programsupport@headspace.org.au](mailto:programsupport@headspace.org.au).

headspace National Youth Mental Health Foundation is funded by the Australian Government Department of Health



*Infections are common in children and often lead to illness. Excluding children from early childhood education and care services while they are sick helps to stop the spread of infection to other children.*

# Stopping the spread of childhood infections

Last updated: 15 August 2019

Many children first enter early childhood education and care services at a time when their immune systems are still developing. They may not have been exposed to the common germs that cause infections before and they may be too young to be vaccinated against some diseases.

The way that children interact means that diseases can quickly spread in a variety of ways. Children (particularly younger children) will have close physical contact with other children through play; they often put objects in their mouths; and they may not always cover their coughs and sneezes.

Simple steps can reduce the chance that childhood infections spread to other people in the family and in childhood education and care services, and to vulnerable people in the community.

## Chickenpox (Varicella)

Chickenpox is usually a mild childhood illness that causes a rash of red, itchy spots that turn into fluid-filled blisters. They then crust over to form scabs, which eventually drop off. Most people recover without complications, but sometimes the infection can lead to serious complications, such as pneumonia and inflammation of the brain.

Early in the illness, the virus is spread by coughing. Later, it is spread by direct contact with the fluid in the blisters.

Children with chickenpox should avoid others by staying at home, cover their coughs and sneezes with a tissue, and wash their hands regularly. Children with chickenpox shouldn't share toys, utensils, food or drinking cups.

Chickenpox is now less common because children are vaccinated at 18 months of age.

**Keep at home?**      **Yes. Children should be excluded until all blisters have dried—this is usually at least 5 days after the rash first appears.**

### More information

See factsheet: [www.health.nsw.gov.au/Infectious/factsheets/Pages/chickenpox.aspx](http://www.health.nsw.gov.au/Infectious/factsheets/Pages/chickenpox.aspx)

## Conjunctivitis

Conjunctivitis is a common eye condition where the outer surface of the eye becomes inflamed. This is often caused by an infection (virus or bacteria) and is usually highly contagious.

Conjunctivitis is spread by direct contact with discharge from the eyes, nose or throat of someone with the infection, or by contact with contaminated fingers or objects.

**Keep at home?**      **Yes. Children should be excluded until the discharge from their eyes has stopped.**

### More information

See website: [www.healthdirect.gov.au/conjunctivitis](http://www.healthdirect.gov.au/conjunctivitis)



## Gastroenteritis

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Gastroenteritis (or gastro for short) is a bowel infection that causes diarrhoea and sometimes vomiting. Diarrhoea is runny, watery bowel motions. Bouts of gastro can cause dehydration, which can be dangerous for very young babies and young children.

Gastro is spread by contact with the vomit or faeces of an infected person, either directly or by contact with objects, food or drink that have come in contact with vomit or diarrhoea.

**Keep at home?**      **Yes. Children should be excluded until there has not been a loose bowel motion for 48 hours**

### More information

See factsheet: [www.health.nsw.gov.au/Infectious/factsheets/Pages/viral-gastroenteritis.aspx](http://www.health.nsw.gov.au/Infectious/factsheets/Pages/viral-gastroenteritis.aspx)

## Glandular fever

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Glandular fever (also known as infectious mononucleosis) is a common viral infection that can cause fever, a sore throat with exudate (deposits of fluid) around the tonsils and throat, and enlarged lymph nodes (or 'glands').

The symptoms usually develop four to six weeks after infection with the virus. In young children, glandular fever usually causes mild or no symptoms.

Glandular fever spreads through close, personal contact and is transmitted by saliva. Young children can become infected by saliva on toys, shared cups or the hands of carers.

**Keep at home?**      **No. Children do not need to be excluded unless they are sick.**

### More information

See factsheet: [www.health.nsw.gov.au/Infectious/factsheets/Pages/mononucleosis.aspx](http://www.health.nsw.gov.au/Infectious/factsheets/Pages/mononucleosis.aspx)

## Hand, foot and mouth disease

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Hand, foot and mouth disease is a common viral infection. It is not related to the disease in cattle with a similar name (foot-and-mouth disease).

Symptoms of hand, foot and mouth disease include tiny blisters on various parts of the body, including in the mouth, and on the fingers, palms of hands, buttocks, nappy area, soles of the feet, upper arms or upper legs. The blisters last a little longer than a week. Some children may also have a fever, sore throat, runny nose or cough. The most troublesome symptom is often the blisters in the mouth, which make it difficult for the child to eat or drink.

The virus is in the fluid of the blisters and can be spread by becoming airborne during coughing and talking. It's also found in the child's faeces.

Symptoms usually start three to five days after the child is exposed. Careful hand washing especially after wiping nose, using the toilet and changing nappies helps prevent spread.

**Keep at home?**      **Yes. Children need to be excluded until all blisters have dried up.**

### More information

See factsheet: [www.health.nsw.gov.au/Infectious/factsheets/Pages/handfootmouth.aspx](http://www.health.nsw.gov.au/Infectious/factsheets/Pages/handfootmouth.aspx)

## Head lice

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Head lice are insects that live in hair and suck blood from the scalp. They can cause itching of the scalp but they do not cause disease or illness.

Female head lice lay their eggs and glue them to the base of hair shafts, and the eggs hatch after seven to ten days. The immature lice grow into adults and start biting the scalp to feed on blood.

Check your child's head once a week for head lice. If you find any lice or eggs, begin treatment immediately. Check for effectiveness of the treatment every 2 days until no lice are found for ten consecutive days.

**Keep at home?**      **No. Not excluded if effective treatment begins before the next day of attendance. The child does not need to be sent home immediately if head lice are detected.**

### More information

See website: [www.health.nsw.gov.au/environment/headlice/](http://www.health.nsw.gov.au/environment/headlice/)



## Hepatitis A

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Hepatitis A is caused by a virus and is highly infectious. The virus grows in the liver and passes into the faeces. It can cause abdominal pain, loss of appetite, nausea, fever and tiredness, sometimes followed by yellow skin and eyes (jaundice), dark urine and pale faeces.

Symptoms can last from one week to several months. Young children may not show any symptoms of the infection.

Hepatitis A is usually spread when virus from the faeces of an infected person is swallowed by another person. In children, the virus can be transferred onto hands and eventually mouth after handling soiled nappies, linen or towels of an infectious person.

Careful hand washing is important to prevent spread. Vaccination may prevent illness if given within two weeks of contact with the infectious person.

**Keep at home?**      **Yes. Children should be excluded until your doctor provides a medical certificate of recovery and until at least 7 days after the onset of jaundice.**

### More information

See factsheet: [www.health.nsw.gov.au/Infectious/factsheets/Pages/hepatitis\\_a.aspx](http://www.health.nsw.gov.au/Infectious/factsheets/Pages/hepatitis_a.aspx)

## Impetigo (school sores)

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Impetigo is a skin infection caused by common skin bacteria, which commonly occurs in young children. Impetigo appears as flat, yellow, crusty or moist patches or blisters on the skin, usually in exposed areas such as the face, arms and legs.

The bacteria can spread by contact with the sores or infected fluid. Because the sores are usually itchy, children can scratch them and spread the infection, via their hands, to other parts of the body or to other people. The infection can also be spread by touching contaminated clothing or other items. The disease is very infectious, but it is not dangerous.

**Keep at home?**      **Yes. Children should be excluded until appropriate antibiotic treatment has started. Any sores on exposed skin should be covered with a watertight dressing.**

### More information

See factsheet: [www.health.nsw.gov.au/Infectious/factsheets/Pages/impetigo.aspx](http://www.health.nsw.gov.au/Infectious/factsheets/Pages/impetigo.aspx)

## Influenza

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Influenza ('the flu') is a viral infection that starts in the throat but can cause fever, cough, chills, headache, and muscle aches and pains. The infected person usually recovers in two to seven days.

Flu is very infectious as it can spread through the air by coughing and sneezing, as well as by hands, cups and other objects that have been in contact with an infected person's mouth or nose. Symptoms usually start one to three days after being exposed.

Annual flu shots offer the best protection against flu and they are free for young children aged from 6 months to under five years. Teaching children about covering their coughs and sneezes (including with their elbow if they don't have a tissue), and washing their hands regularly are important ways to prevent the spread of flu and many other diseases.

**Keep at home?**      **Yes. Children should be excluded until they are well again.**

### More information

See factsheet: [www.health.nsw.gov.au/Infectious/factsheets/Pages/influenza\\_factsheet.aspx](http://www.health.nsw.gov.au/Infectious/factsheets/Pages/influenza_factsheet.aspx)

## Measles

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Measles is now a rare infection in Australia, but is a highly infectious and serious viral disease. Symptoms include a fever, cough, and sore, red eyes (conjunctivitis). This is followed by a rash of large, flat, reddish blotches that often join up and completely cover the skin. The rash spreads over the entire body, and usually disappears within 6 days.

People with measles are usually infectious from just before the symptoms begin until four days after the rash appears. The time from exposure to becoming sick is usually about 10 days. The rash usually appears around 14 days after exposure.

Children are routinely vaccinated against measles at 12 and 18 months of age.



**Keep at home?**      **Yes. Children should be excluded for at least four days after the rash appears.**

Non-immunised children who are contacts of a measles case are excluded for at least two weeks after they have been exposed to the case. The local public health unit will provide specific advice.

**More information**

See factsheet: [www.health.nsw.gov.au/Infectious/factsheets/Pages/measles\\_factsheet.aspx](http://www.health.nsw.gov.au/Infectious/factsheets/Pages/measles_factsheet.aspx)

## **Meningococcal disease**

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Meningococcal infection is caused by a particular group of bacteria which can cause severe infections. Symptoms may include meningitis (infection of the outer lining of the brain and spinal cord), septicaemia (infection of the blood), joint infection, eye infection, pneumonia and rash.

In infants and young children, symptoms can include fever, refusing feeds, fretfulness, vomiting, rash of reddish-purple spots or bruises, high-pitched or moaning cry, or pale or blotchy skin. The child may be difficult to wake.

Symptoms usually begin three to four days after exposure but the illness can then progress very quickly and become life-threatening.

Children are routinely vaccinated against four major strains (ACWY) of meningococcal bacteria at 12 months of age. Vaccines against the B strain of meningococcal disease are available but are not included in the National Immunisation Program schedule.

**Keep at home?**      **Children suspected to have meningococcal disease should get urgent medical attention.**

The local public health unit will provide specific advice about cases and their close contacts.

**More information**

See factsheet: [www.health.nsw.gov.au/Infectious/factsheets/Pages/meningococcal\\_disease.aspx](http://www.health.nsw.gov.au/Infectious/factsheets/Pages/meningococcal_disease.aspx)

## **Molluscum contagiosum**

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Molluscum contagiosum is a common viral skin infection which causes a rash of pearly, skin-coloured lumps that can appear anywhere. In children, the lumps are mostly on the face, trunk, and upper arms and legs. The lumps are usually small, with a white centre and an indented surface.

The disease is not serious and usually disappears on its own but this may take several months.

The virus spreads by direct skin-to-skin contact, especially where there are minor breaks in the skin, and is most common in children. Symptoms usually take from two to seven weeks to appear.

Direct contact with the lumps should be avoided but they do not need to be covered up. Good hygiene including regular hand washing should be encouraged.

**Keep at home?**      **No. Children do not need to be excluded.**

**More information**

See website: [www.healthdirect.gov.au/molluscum-contagiosum](http://www.healthdirect.gov.au/molluscum-contagiosum)

## **Mumps**

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Mumps is an infection caused by a virus that is now uncommon in Australia due to immunisation. About one-third of people with mumps will have only mild symptoms or no symptoms at all.

When symptoms do occur, they include swelling of glands around the jaw (the salivary glands), high fever and headache. Boys may have tender testicles, and girls may have pain in the lower abdomen.

The virus spreads by direct contact with droplets from the sneeze or cough of an infected person. Susceptible people usually develop symptoms about two weeks after being exposed.

Children are routinely vaccinated against mumps at 12 and 18 months of age.

**Keep at home?**      **Yes. Children should be excluded for nine days from the onset of swelling.**

**More information**

See factsheet: [www.health.nsw.gov.au/Infectious/factsheets/Pages/mumps.aspx](http://www.health.nsw.gov.au/Infectious/factsheets/Pages/mumps.aspx)

## Ringworm

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Ringworm is the name for a tinea fungal infection when it occurs on the scalp or body. It is called 'athlete's foot' if it is between the toes or on the feet, and 'jock itch' if it is in the groin. Despite the name, no worms are involved.

Fungal infections on most areas of skin appear as a flat, spreading, ring-shaped scaly patch. The outer edge is usually reddish. The area often contains fluid, including pus, but may be dry and scaly, or moist and crusted.

The germ spreads by direct skin contact or by touching contaminated clothing or other articles, infected animals or contaminated soil. Children are infectious as long as the condition persists or until treatment has started. Good hand hygiene reduces the risk of spread.

**Keep at home?**      **Yes. Children should be excluded until the day after anti-fungal treatment has started.**

### More information

See website: [www.healthdirect.gov.au/ringworm](http://www.healthdirect.gov.au/ringworm)

## Rubella (German measles)

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Rubella is a viral illness that causes a mild fever, runny nose, swollen glands (lymph nodes) and a pink blotchy rash that lasts a short time. Some people have no symptoms.

Unfortunately, rubella can cause serious harm (birth defects) to unborn babies if pregnant women are infected, particularly during the early stages of pregnancy.

Rubella is now very rare because children are vaccinated at 12 and 18 months of age.

**Keep at home?**      **Yes. Children should be excluded until fully recovered or for at least 4 days after the rash appears.**

### More information

See factsheet: [www.health.nsw.gov.au/Infectious/factsheets/Pages/rubella-german-measles.aspx](http://www.health.nsw.gov.au/Infectious/factsheets/Pages/rubella-german-measles.aspx)

## Scabies

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Scabies are tiny mite creatures (bugs) that burrow under the skin causing intense itching and sometimes a rash. The rash is due to an allergic reaction to the mite. Scabies tends to be worse around wrists, armpits, buttocks, and the groin and between fingers and toes.

Scabies is highly contagious and is passed from person to person through close skin contact. Infestation may also occur by sharing clothing, towels, and bedding. Symptoms usually appear two to six weeks after exposure.

Scabies are easily treated with gentle scrubbing of the skin followed by drying and applying permethrin cream or lotion that you can buy from pharmacies. People who have had close contact with an infected child should be examined for infestation and be treated if necessary. Wash linen, towels and clothing worn in the past 2 days in hot water and detergent.

**Keep at home?**      **Yes. Children should be excluded until the day after appropriate treatment has started.**

### More information

See website: [www.healthdirect.gov.au/scabies](http://www.healthdirect.gov.au/scabies)

## Scarlet Fever

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Scarlet fever is a type of bacterial throat infection that also causes a red (scarlet) rash. It usually affects school-aged children aged 5 to 15 years. Symptoms of scarlet fever usually appear between 1 and 3 days after infection and include a very red sore throat, swollen glands and fever. The rash usually starts about 12 to 24 hours after the other symptoms start.

Treatment with antibiotics means most people recover in about a week, but left untreated it can spread to other parts of the body and cause serious health problems.

To avoid giving it to other people, children should cover their nose and mouth when coughing or sneezing, and wash their hands regularly.

**Keep at home?**      **Yes. Children should be excluded until the day after appropriate antibiotics have been started and the child feels better.**

### More information

See website: [www.healthdirect.gov.au/scarlet-fever](http://www.healthdirect.gov.au/scarlet-fever)



## Slapped Cheek

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Slapped cheek disease (also known as Fifth disease) is a fairly mild viral illness caused by a parvovirus (B19). It gets its name from its most obvious symptom – a red rash that makes children's cheeks look like they've been slapped. Other symptoms include a mild fever, an itchy lace-like rash, and possibly cough, sore throat or runny nose.

Parvovirus B19 can rarely cause problems for unborn babies during pregnancy. Most pregnant women have been exposed to the virus as a child and so are not susceptible, and even when infection occurs most pregnancies are unaffected.

Slapped cheek is spread through the air by coughing and sneezing, as well as by hands, cups and other objects that have been in contact with an infected person's mouth or nose. People usually stop being infectious once the rash appears.

To avoid giving it to other people, children should cover their nose and mouth when coughing or sneezing, wash their hands regularly, and avoid sharing drinks.

**Keep at home?            No. Children do not need to be excluded.**

### More information

See website: [www.healthdirect.gov.au/scarlet-fever](http://www.healthdirect.gov.au/scarlet-fever)

## Whooping Cough

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Whooping cough (pertussis) is a highly infectious disease caused by infection of the throat with the pertussis bacteria. It affects infants, children and adults. The disease usually starts like a cold, with a runny nose, tiredness and sometimes a mild fever. A cough then develops, usually in short bouts followed by a deep gasp (or 'whoop'). Not every person makes the whooping sound—this is more common in non-immunised children. The cough can last up to 3 months.

Young infants may stop breathing and sometimes turn blue. Adolescents and adults may just have a persistent cough. One in four children will also develop pneumonia; some have fits (convulsions); and some may develop inflammation of the brain (encephalitis).

Whooping cough is particularly serious in children under 12 months of age, and hospitalisation is often necessary.

Whooping cough spreads by airborne droplets. It can also spread through contact with surfaces that have been contaminated by infectious airborne droplets (e.g. hands, tissues, toys, eating utensils). Symptoms usually start nine to 10 days after exposure.

Vaccination is the best way to protect against whooping cough. Children are immunised at 6 weeks, 4, 6 and 18 months and 4 years of age. Specific antibiotics are used to treat whooping cough and may be recommended for some people that have been in close contact to help prevent infection.

**Keep at home?            Yes. Children should be excluded for 21 days from the start of their symptoms, or until they have taken an appropriate antibiotic for at least 5 days.**

### More information

See website: [www.health.nsw.gov.au/Infectious/factsheets/Pages/pertussis.aspx](http://www.health.nsw.gov.au/Infectious/factsheets/Pages/pertussis.aspx)

## Further information

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For further information please call your local Public Health Unit on 1300 066 055 or visit the NSW Health website: [www.health.nsw.gov.au](http://www.health.nsw.gov.au)

Other sources of information:

- HealthDirect website: <https://www.healthdirect.gov.au/>
- *Staying Healthy - Preventing infectious diseases in early childhood education and care services*. (5<sup>th</sup> Edition). National Health and Medical Research Council (NH&MRC): [www.nhmrc.gov.au/about-us/publications/staying-healthy-preventing-infectious-diseases-early-childhood-education-and-care-services](http://www.nhmrc.gov.au/about-us/publications/staying-healthy-preventing-infectious-diseases-early-childhood-education-and-care-services).





# EASTER IN BALRANALD SHIRE!



## **FRIDAY 7th APRIL: BALRANALD SOCIAL GOLF DAY**

Light training @10am | Golf @ 2pm 9 holes | \$5pp |  
O'Connor Street East | Dress Code: Old School Golf



**FRIDAY 7th APRIL: GOOD FRIDAY APPEAL** at the  
Balranald Ex-Services Club including the Good Friday  
Royal Children's Hospital Raffles (4pm-7pm)  
Entertainment to follow | 116 Market Street, Balranald



**SATURDAY 8th APRIL: ROBINVALE/EUSTON  
COUNTRY MARKET** at the Community Centre lawns  
from 3pm includes market stalls & entertainment



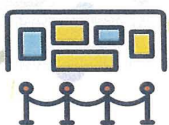
**SATURDAY 8th APRIL: ANNUAL GOAT RACE** at the  
Balranald Football Oval. Gates open at 1pm. \$20 General  
Entry, U18's Free! Dinner & Disco in the evening



**SUNDAY 9th APRIL: EASTER EGG HUNT @ 9am** at  
the Balranald Discovery Centre! Includes Jumping  
Castles, Laser Tags, Face Painting + MORE - All Free!



**SUNDAY 9th APRIL: TWILIGHT MARKET @ 6pm**  
At the Balranald Discovery Centre includes a  
variety of market stalls & live music.



**EXHIBITIONS @ BALRANALD ART GALLERY**  
51 Mayall Street and at the **BALRANALD SOUTHERN  
CROSS** 118 Market Street - Except Good Friday

**For more information contact the Visitor  
Information Centre on 03 5020 1599**







<b>6th April 2023</b>	<b>Last Day of Term</b>
<b>7th April 2023</b>	<b>Good Friday</b>
<b>24th April 2023</b>	<b>Staff Development Day</b>
<b>25th April 2023</b>	<b>ANZAC Day March at Balranald</b>
<b>26th April 2023</b>	<b>Students return to school</b>
<b>5th May 2023</b>	<b>RDO</b>
<b>19th May 2023</b>	<b>RDO</b>
<b>2nd June 2023</b>	<b>RDO</b>
<b>16th June 2023</b>	<b>RDO</b>
<b>30th June 2023</b>	<b>RDO/last day of term 1</b>
<b>17th July 2023</b>	<b>Staff Development Day</b>
<b>18th July 2023</b>	<b>First Day of Term 3 for Students</b>



H A P P Y

easter

**and a happy and safe  
school break**