

Para Meadows School Newsletter

Week 5

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3/11/15

Dear Parents & Carers,

We have had a busy fortnight with lots of fun and exciting events. Thank you to all the staff involved in organising and supervising students during all activities.

Mini Olympics

On Thursday the 22nd of October, 17 students from High School went around to Beaton Park to complete in a mini Olympics Day. The students were wonderfully supported by students from The Illawarra Grammar School to compete in races and field events on the day.



Jake leading the way finishing his 400m race.



Jordan and Thomas competed well on the day.

Pryce and Brandon cheered on their friends. Suellen, Rose, Shayne, Sue and Lindsay were impressed with not only the athletic ability of the students but their team spirit and sportsmanship shown towards all competitors on the day.



Dream Cricket

Friday the 30th of October saw seven students from Primary school travel to Bowral to participate in Dream Cricket. A great day was had at the cricket with our students showing off all the skills they had learnt throughout Sports Ready days.



Verlaine hitting the ball for six. Luke bowling everyone over with his style.



Coby and Ree showed a keen sense of direction while fielding.



P&C NEWS

Next Meeting:
Tomorrow, Wed 4th November at 9:30am
All Welcome

Whooping Cough

There has been a recent increase of whooping cough (pertussis) amongst primary-school-aged children and a modest increase in high schools.

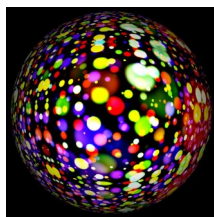
Coughing spreads the infection to others nearby. Whooping cough caught at school can spread to any younger brothers and sisters at home. Whooping cough can be especially dangerous for babies.

Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. Older children may just have a cough that is persistent and is worse at night. The infection can occur even in fully-vaccinated children.

- Children with symptoms should see a GP.
- If your doctor diagnoses whooping cough, please let the school know and keep your child at home until they have taken 5 days of antibiotics. Keep coughing children away from babies.
- Whooping cough vaccines give good protection against infection but immunity fades. If your school-aged child has younger siblings, it's a good idea to check that they are up to date with their vaccines.

Public health units can provide advice to schools managing whooping cough outbreaks.

Family Fun Disco



Thursday the **5th of November @ 6pm** we are having a family DISCO with all family members welcome to come along and bust a move for \$7. **All students require a parent or carer to remain with them for the entire disco.** Every person requires a ticket and every ticket entitles the bearer to disco entry, a sausage sizzle and a drink. Additional sausage sandwiches will be available on the night at an extra cost.

Crazy Hair Day raised **\$120!** Thank you to all who supported this fundraiser.

Have a great fortnight!
Gill Hendry



Attention Canteen volunteers:

If you are unable to attend your day please phone Tracy on 0438273836
CANTEEN ROSTER



Thu 05 Nov	Michelle Wells
Fri 06 Nov	Paula & John
Mon 09 Nov	Janet & Juliette
Tue 10 Nov	Wendy
CLOSED	
Thu 12 Nov	Michelle & Amanda
Fri 13 Nov	Tracy & Lisa
Mon 16 Nov	Sharon & Leyna
Tue 17 Nov	Paula & John
CLOSED	
Thu 19 Nov	Michelle Wells
Fri 20 Nov	Jo & Jessica

Para Meadows Ex-Students Group

Anyone interested in joining the group in 2015 please contact Genevieve on **0417651862** or **email: genovevecertificate@yahoo.com.au**

You will be most welcome to come along and join in the fun with lots of social activities! Open to all school leavers and adults with a disability.

Held at Para Meadows school hall from 7pm-9pm every fortnight on a Wednesday night, \$3 to attend. There are drinks and chips to purchase and we also serve a light supper.

Dates for 2015:

11th & 25th Nov;
9th Dec Xmas Party.

VOLUNTEERS NEEDED

If you are interested in helping out please contact **Genoveve Vieira on 0417651862** or email **genovevecertificate@yahoo.com.au**