Every Tuesday we now have a new area to play in. The teachers set up the bikes and cones and students can choose to go to this area to ride bikes or scooters. The students ride their bikes and scooters in and out of cones and in a big space for half hour. When we are riding a big bike or a scooter we always remember our PBEL rules of Be Safe and wear a helmet. Many students in Cromehurst school are really enjoying this new bike riding activity.
Last week was Education Week in NSW schools. We believe every week is Education Week at Cromehurst School however we did commemorate the week at our Assembly. The theme this year was “celebrating our successes” so each class presented an item demonstrating what they have been learning to share with the whole school. It was great to see our students showing teachers and other students what they have been learning and it reinforces our belief that despite their various learning needs all of our students are able to achieve great outcomes here at Cromehurst School.

Last Friday was Jeans for Genes day and we would like to thank all the families who donated a gold coin and ensured their children wore their jeans to school. It was fabulous to see the level of support our school community provides for days like this which raises much needed funds for research to benefit children and their families.

We have had an increasing number of students who have become ill at school recently. Our students find it very distressing to be unwell at school and our policy is to request parents collect their children in the event of this occurring. Please ensure the contact details you have provided us are accurate and the numbers you provide will be able to be answered. Illness spreads very quickly to other students and staff in environments such as ours so if your child is unwell with a fever, excessive coughing or mucus production and any vomiting or diarrhoea please keep them at home. I have included a fact sheet from the school A-Z website which outlines the symptoms which indicate students are too sick to attend school for your reference.

A reminder that the annual bus trip to post-school program centres is set for August 27 with our Support Teacher Transition Bleen Lyons and we will again provide transport for parents if they require it in our school bus. The finalised itinerary has been sent home with a note inviting parents to attend. This is a valuable opportunity for parents to visit post school services to determine what service may best meet their children’s needs. I encourage you to attend if you can and return the RSVP slip in order for us to ensure we can accommodate parents on our bus and finalise the numbers for catering. Lunch will be provided.

The next meeting of our P&C will be tonight Monday, 5 August at 7:00pm at the Great Northern Hotel, corner of Mowbray Road and the Pacific Hwy. Hoping to see you all there.

Countdown update (if the schedule remains unchanged)-126 school days

Christine
At the end of 2012 Cromehurst School was very lucky to receive a grant from the Sports Foundation for new equipment. We decided to use these funds for new sports equipment and programs to use at our new Cromehurst site at Ronald Street in 2013.

Since arriving at Ronald Street we have bought new sensory and PE equipment, and refurbished some of our old gym equipment including our basketball net and lovely sturdy gym trampoline.

The fantastic new equipment we have purchased includes gym balls to run our very popular “Big Ball Classes” at recess time. We have also bought new scooters and helmets, and refurbished our bikes, so we can run bike sessions at lunchtimes. We will also be having a “Bike Day” at school on Tuesday 13th August, where all students will have a turn riding bikes and scooters and learning road rules in the school “carpark”.

We have also many different balls and a wonderful new trampoline which is in the “Alleyway playground” for use by the junior students at recess and lunchtimes. This means the senior students now have exclusive access to our larger trampoline during break times.

The money has also been spent on staff time for writing PE programs and implementing activities such as sport days. The PE/Sport Staff who have been writing and organising these events are Melinda Ritsinis, Claire Saunders and Sally Priddle. Thank you to these staff, and thanks to all staff for your hard work with running our sport programs.

So far this year we have had 2 tabloid sports carnivals (one each term) involving the whole school. These have been great fun and been great for developing students fine-motor and gross motor skills. We have been setting up obstacle courses every week for all students to participate in.

This term our special events coming up are a “Bike day” in Week 5 and an “Athletic carnival” in Week 10. We are really looking forward to these.

Thank you again to the Sports Foundation for making all these things possible.

Sally Priddle
## 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 replace the need for a consultation with your doctor.

<table>
<thead>
<tr>
<th>Condition</th>
<th>Symptoms</th>
<th>Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Bronchitis</td>
<td>Coughing, a runny nose, sore throat and a fever. The cough is often dry at first, becoming wet after a couple of days. There may be a slight wheeze and shortness of breath. Higher fever typically above 39°C may indicate pneumonia.</td>
<td>For 3 days from the onset of the fever and the blisters have dried.</td>
</tr>
<tr>
<td>Chickenpox (Varicella)</td>
<td>Slight fever, runny nose, and a rash that begins on 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. Lesions may stick together on waking.</td>
<td>While the eye 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 loose bowel movements 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°C or more in older infants and children.</td>
<td>Until temperature is normal.</td>
</tr>
<tr>
<td>Gastrenteritis</td>
<td>A combination of frequent loose or watery stools (Diarrhoea), vomiting, fever, stomach cramps, headache.</td>
<td>For at least 24 hours after diarrhoea and vomiting stops.</td>
</tr>
<tr>
<td>German measles</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</td>
<td>Mononucleosis, EBV is involved.</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 viruses, perhaps with a fever, blisters around the mouth. Sore throat, blisters are round, 3-5 mm, white and tender.</td>
<td>Until all blisters have dried.</td>
</tr>
<tr>
<td>Hayfever</td>
<td>Allergic reaction caused by numerous triggers: pollen, flowers and trees, dust mites, animal fur or hair, mold spores, cigarette smoke.</td>
<td>Unless they feel unwell or are using 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; nits may be found on the scalp.</td>
<td>While continuing to treat head lice each night, tell the school.</td>
</tr>
</tbody>
</table>

Information provided by NSW Health.
### Hepatitis A
- Often now in young children; sudden onset of fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine, pale stools.
- For 2 weeks after first symptoms (or 1 week after onset of jaundice).
- Contact your doctor before returning to school.

### Hepatitis B
- 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.
- If they have symptoms, contact your doctor before returning to school.
- If they have a chronic infection but the first outspread and no symptoms.

### Impetigo (School sores)
- Small red spots change into blisters that fill up with pus and become crusted, usually on the face, hands or scalp.
- Until antibiotic treatment starts. Sores should be covered with waterproof dressings.

### Influenza
- Sudden onset fever, runny nose, sore throat, cough, muscle aches and headaches.
- Until well.

### Measles
- Fever, reddish, 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.
- For at least 4 days after the rash appears.

### Meningococcal Disease
- Sudden onset of fever and a combination of headache, neck stiffness, nausea, vomiting, drowsiness or rash.
- Seek medical attention immediately.
- Patient will need hospital treatment.
- Close contacts receive antibiotics.

### Molluscum Contagiosum
- Multiple small lumps (2-5mm) on the skin that are smooth, firm and round, with depressions in the middle. In children, occur mostly on the face, trunk, upper arms and legs.
- Symptoms can last 6 months to 2 years.

### Mumps
- Fever, swollen and tender glands around the jaw.
- For 9 days after onset of swelling.

### Ringworm* (Fungi)
- Small scaly patch on the skin surrounded by a pink ring.
- For 24 hours after fungal treatment has begun.

### Runny nose or common cold
- Itchy skin, worse at night. Worse around wrists, armpits, buttocks, groin and between fingers and toes.
- Unless there are other symptoms such as fever, sore throat, cough, rash or headache. Check with advisor.
- Until 24 hours after treatment has begun.

### Scabies*
- Itchy skin, worse at night. Worse around wrists, armpits, buttocks, groin and between fingers and toes.
- Until there has not been a loose bowel motion for 56 hours. Antibiotics may be needed.

### Strep Throat
- Bartholins which may contain blood, mucus and pus, fever, stomach cramps, nausea and vomiting.
- Until there has not been a loose bowel motion for 56 hours. Antibiotics may be needed.

### Slapped Cheek Syndrome (Parovirus B19 infection, Fifth disease, erythema infectiosum)
- Mild fever, red cheeks, itchy face—like rash, and possibly cough, sore throat or runny nose.
- As it is most infectious before the rash appears.

### Whooping Cough (Pertussis)
- Starts with a running nose, followed by persistent cough that comes in bursts. Bursts may be followed by vomiting and a whooping sound as the child gasps for air.
- Until the first 5 days of an antibiotic course has been completed. Unimmunised siblings may need to stay at home too until treated with an antibiotic.

### Worms (Threadworms, pinworms)
- The main sign of threadworms 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.
- Tell the school as other parents will need to know to check their kids.

*It is important that the rest of the family is checked for head lice, scabies and ringworm*
Building Progress  
Week 9

P & C News

P&C Meeting

7pm Tonight

Due to the relocation of the school our meeting will be held at The Great Northern Hotel
cnr Mowbray Rd & Pacific Hwy

Meet us in the back section near the fireplace

Call Gail 0421 643864 if you can’t find us

P & C needs Volunteers!

P&C is encouraging all Cronwell parents and family friends to come and volunteer for a couple of hours to help on the day, or assist with baking for the cake stall.

Sunday 11 August

Bunnings Chatswood
Cnr. Gibbes & Smith Street, Chatswood

Cake Stall
Contact Peer Anderson on: 0404 621 915
peer. andersen@xerox.com.au

BBQ Roster
Contact Tia Gibson on: 0416 196 166
Tina.Gibson@uss.com

This is a fun day! Get to know other parents and raise vital $$ for our PAC which helps to fund the running of our school bus, plus various school projects and programs for our children.

Please support in any way you can.
Awards

<table>
<thead>
<tr>
<th>Name</th>
<th>Class</th>
<th>Awarded For:</th>
</tr>
</thead>
<tbody>
<tr>
<td>James M</td>
<td>Rainbow</td>
<td>Completing his desk work happily</td>
</tr>
<tr>
<td>Gelo</td>
<td>Purple</td>
<td>Answering questions and talking in long sentences</td>
</tr>
<tr>
<td>Edward</td>
<td>Orange</td>
<td>Following instructions and listening well</td>
</tr>
<tr>
<td>Kalim</td>
<td>Red</td>
<td>Excellent work skills in Aqua Class</td>
</tr>
<tr>
<td>Scott</td>
<td>White</td>
<td>Completing his desk work and keeping on task</td>
</tr>
<tr>
<td>Bridge</td>
<td>Yellow</td>
<td>Going out to work experience and doing a fantastic job</td>
</tr>
<tr>
<td>Tom N</td>
<td>Blue</td>
<td>Sitting with the class during morning circle</td>
</tr>
<tr>
<td>Alan</td>
<td>Blue</td>
<td>Communicating clearly with a visual that he needs the toilet</td>
</tr>
<tr>
<td>Paddy</td>
<td>Aqua</td>
<td>Great listening in all environments</td>
</tr>
</tbody>
</table>

PBEL Stars

To create a consistent whole school approach for safe and effective learning*

Our students continue to develop social skills linked to our expectations of

“Be Safe” “Be Friendly” and “Learn Together”.

This week our students of the week are:

Edward—Learning together, Listening and following instructions in all settings

Zac—Learning together, Listening and following instructions in all settings
### Events for your Diary

*(Please note: Newly added events will be in **bold**)*

<table>
<thead>
<tr>
<th>Date</th>
<th>Event Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>5th Aug</td>
<td>P&amp;C Meeting</td>
</tr>
<tr>
<td>11 Aug</td>
<td>Bunnings BBQ &amp; Cake Stall</td>
</tr>
<tr>
<td>13th Aug</td>
<td>Immunisation Yr 7 Boys &amp; Girls</td>
</tr>
<tr>
<td>27th Aug</td>
<td>Post School Options Bus Trip</td>
</tr>
<tr>
<td>9th—13th Sept</td>
<td>Senior Camp</td>
</tr>
<tr>
<td>6th Nov</td>
<td>Immunisation Yr 7 Boys &amp; Girls Yr 9 Boys</td>
</tr>
<tr>
<td>6th Nov</td>
<td>Immunisation Yr 7 Boys &amp; Girls</td>
</tr>
</tbody>
</table>

**Save the Date**

The Cromehurst Bus Trip will be on Tuesday 27th August.

We will be visiting 3 post school places—

1. Job Centre at Chatswood,
2. Sunshine at Forestville and
3. Centacare at Waitara.

Forms were sent out last week please send them back as places are limited.