Wednesday, 16 September 2015

Dates to remember
Friday 18th September Last day of Term 3
Tuesday 6th October First day of Term 4

Principal News

Dear Parents,

This will be the last newsletter for Term 3. School will finish for Term 3 on Friday 18 September and return for Term 4 on TUESDAY 6 October. Monday the 5th is a gazetted public holiday for Labour Day.

Please note that we have had some recent cases of chickenpox in our school community. I have attached an information fact sheet regarding chickenpox. Students and adults with chickenpox should be excluded from school for at least 5 days after the rash first appears and until dry scabs have replaced all blisters. Chickenpox is spread through coughing, sneezing and direct contact with fluid in the blisters of the rash. Please seek medical advice in relation to this contagious virus.

I would like to take this opportunity to thank and congratulate Mathew Gibson from BBN for stepping up in his role as Community Development Coordinator and taking on organizing the Education Meetings. This particular agenda has previously been rolled out through PACE(Parent and Community Engagement). Under the current Federal Government Indigenous Advancement Strategy, children and schooling takes a high priority. This includes getting children to school, improving education outcomes and supporting families to give children a good start in life. Matthew will be teaching this agenda here in Mossman and we look forward to working with him in increasing student attendance, engagement and outcomes and to help support families engage in their children’s school life and stay connected with their educational journey.

Congratulations to Mrs Savage’s class for winning the ‘most improved’ attendance award for Term 3. Mrs Savage’s Prep/1’s and Mrs Walker’s classes were competing for this hotly contested award which for this Term is an excursion to the Habitat. This excursion also supports the unit of work the Prep/1’s have been doing. Our Prep/1’s have been writing information reports as part of their assessment and this excursion should support the work that these children have been learning.

Our Grade 5/6’s will be attending Port Douglas State School on Friday to compete in the Douglas Cluster T20 cricket carnival. Information has been sent home to the Grade 5/6 families.

As a result of the Most Improved Attendance awards and the T20 cricket carnival being held Friday we have decided to hold our school parade on Thursday morning at 8.50am. Hope to see you all there.

Week 9

Our Prep1 class came from second place into first in the most improved attendance awards last week. After school today we will collect attendance data and award the most improved class for the term with a trip to the Habitat on Friday. At this stage it is looking like a very close race between Prep and Prep1. Prep has an attendance rate of 90.61% (an increase of 1.57% on last term) while Prep1 has an attendance rate of 90.15% (an increase of 1.76% on last term). Our highest attending class for the term so far is 4/5 with an attendance rate of 91.33%. Well done kids! Every day counts.
Chickenpox Varicella

Chickenpox (varicella) is a highly contagious disease caused by the varicella-zoster virus.

Signs and Symptoms:
The disease starts with cold-like symptoms such as a mild fever, headache, runny nose and cough. A day or two later a rash begins, starting as small pink blotches but rapidly progressing to itchy blisters which usually last three to four days before drying out and turning into scabs.

Treatment:
No specific treatment is recommended or required for otherwise healthy children and adults with chickenpox. It is important to try to prevent a young child from scratching the rash as this can result in permanent scarring or secondary infection. To reduce the itchiness, try adding an anti-itch solution (eg. Pinetarsol) to frequent baths. Use paracetamol to lower temperature or to reduce discomfort. Aspirin must not be given to young children and adolescents due to the risk of developing a severe condition called Reyes Syndrome. This is particularly important for children who have or who may be developing chickenpox.

Transmission:
Chickenpox is spread through coughing, sneezing and direct contact with the fluid in the blisters of the rash. The dry scabs are not infectious. Since shingles blisters also contain the virus, a person who has never had chickenpox can become infected with chickenpox from someone who has shingles. An individual with chickenpox is infectious for about one to two days before the onset of the rash and until the blisters have all scabbed, usually four to five days. The usual time between contact with the virus and developing the illness is about 14 to 16 days, although sometimes it can take longer.

Prevention:

Immunisation

Immunisation is the best way to protect against chickenpox. However, it is also important to maintain good hygiene practices, such as regular hand washing, particularly after contact with a sick person. A safe and effective vaccine is available in Australia to prevent chickenpox (varicella). If a person has already had chickenpox, they are immune to the disease and do not need to be vaccinated. If there is uncertainty whether a person has had chickenpox, it is still quite safe to have the vaccine. The National Immunisation Program Schedule provides a combined measles, mumps, rubella and varicella (MMRV) vaccine free of charge to all children aged 18 months. Prior chicken pox infection is not a contraindication to this vaccine, and such children should still receive MMRV vaccine. The National Immunisation Program Schedule also provides a single dose chicken pox vaccine free of charge to all children aged 13 years (Year 8 students) who have no prior history of chicken pox or vaccination. This vaccine is offered through Queensland Health’s School Based Vaccination program. Vaccination is also recommended (but not funded) for non-immune people in the following groups: non-immune adolescents over 14 years of age and adults (this requires two doses given at least four weeks apart to achieve adequate protection from chickenpox) high-risk occupations where exposure to chickenpox is likely (eg. healthcare workers, teachers, childcare staff) women planning a pregnancy (chickenpox vaccine should not be given during pregnancy nor should the recipient become pregnant for 28 days after vaccination) women immediately after delivery of a baby parents of young children household contacts of people with lowered immunity.

Varicella vaccine has been shown to be effective in preventing chicken pox if given within three days and possibly up to five days of contact with an infected person, with earlier administration being preferable. An injection of zoster immune globulin (ZIG) given within 96 hours of exposure to chickenpox provides immediate but temporary protection against chickenpox and may be recommended if exposure has occurred for individuals at high risk of severe disease or pregnant women who are not immune to chickenpox. ZIG is not recommended for otherwise healthy children or adults. Like all medications, vaccines may have side effects. Most side effects are minor, last a short time and do not lead to any long-term problems. There may be some swelling, redness and soreness where the injection was given and fever. A mild chickenpox-like rash may develop at the injection site or on the body. If this occurs, the rash usually appears about eight days after vaccination (but can appear any time between five to 26 days). People with this rash should avoid contact with people with weakened immune systems. More serious side effects are extremely rare. Contact your immunisation provider if you or your child has a reaction following vaccination which you consider serious or unexpected.

Health outcome:

For the majority of children, chickenpox is a mild illness of short duration with complete recovery. While chickenpox is usually a mild disease in healthy children, life-threatening complications such as pneumonia or inflammation of the brain (encephalitis) are possible. It can be fatal in about three in 100,000 cases. Chickenpox is more severe in adults and can cause serious and even fatal illness in immunosuppressed individuals of any age. Chickenpox can also cause shingles (herpes zoster) in later life. If a woman develops chickenpox during pregnancy, there is a very small but real chance of damage to her unborn baby. If she develops chickenpox late in pregnancy or very soon after birth, the infection can be serious and even life threatening for the newborn baby.

Control

People with chickenpox should be excluded from childcare facilities, schools or work for at least five days after the rash first appears and until dry scabs have replaced all blisters. Any contacts with lowered immunity, such as those with leukaemia, should be immediately excluded and referred for specialist advice. Other resources:

13 HEALTH (call 13 43 25 84)
Imunise Australia (call 1800 671 811)

Related Content

Queensland Health immunisation website
Having a vaccination: what to expect
Shingles (herpes zoster) fact sheet

References

Healp and assistance:
For further assistance, please contact your local doctor, community health centre or nearest public health unit.
School Holiday Activities

Wednesday September 23rd
Make a Dream Catcher

Wednesday September 30th
Make a Reef Diorama
with sound effects

10.30-11.30am
Mossman Library
4099 9496
Bookings Essential

Mossman Riverside Leisure Park
Karin Barnes
SWIM SCHOOL
Learn to Swim Program From babies
Squad Program All levels
Junior Lifeguard Course
Aquatic Fitness Classes Social/Fitness
ENROL NOW
Jokazz Gym
Memberships Available
@ Mossman Swimming Pool
07 4098 2627
mossmanleisurepark@bigpond.com
www.mossmanriversideleisurepark.com.au

ACTIVE GAMES IN THE PARK
FREE
physical activities
program for children
of all ages
during school terms
STARTING
11 AUGUST
2015

DOUGLAS SHIRE COUNCIL
Please bring a hat and water
Parents are encouraged to participate
Call Council on 4099 9444 for more info

Girls on the Ball SUPER CAMP
Cairns Basketball Association

Where: Cairns Basketball - 281 Ann Street, Manunda
Date: Wednesday 23rd & Thursday 24th September, 2015
Age Group: 8 to 12 years
Time: 9:00am to 3:00pm
Cost: Per Day $35 or 2 Day Package $70
Early Bird 2 Day Package Special $50 (registered before Friday 11th September)
Inclusions: Girls On The Ball T-SHIRT, FREE Basketball, Comfortable air-conditioned training, On-court training with specialized coaches, Guest-visit from Japanese & Dropped representative players, Morning tea provided by Cairns Basketball - Lunch provided by Subway.

www.cairnsbasketball.com