FROM THE PRINCIPAL

Welcome
We warmly welcome new students Raphael Yr 4, Liam Yr 5 and Jake Yr 6 and their families to the Maria Regina school community.

Tennis Gala Day
Congratulations to all the students who competed in the Tennis Gala Day at the Queenwood Tennis and Sport Centre at Oxford Falls on Tuesday and Thursday.

TERM 4
First day of term: Tuesday 6th Oct
Last day of term: Wednesday 16th Dec

Whooping Cough
Please see the attached flyers from the NSW Health website regarding Whooping Cough.

Year 6 Fundraiser
Please support our Year 6 sausage sizzle tomorrow morning from 9am-1pm outside Johnson Bros Hardware. Please see the flyer later in this newsletter.

FROM THE ACTING ASSISTANT PRINCIPAL

Mental Health Month
Maria Regina is continuing to promote awareness of Mental Health. Click on the ‘Facts Sheets’ link below for more information about Mental Illness, Supporting and Caring for those with Mental Illness, and Maintaining Wellbeing. We hope you find these useful.

Dance Fever
The ‘Dance Fever’ video is now on the Weebly. All of the students had such a great time and achieved huge success. If you would like to re-live this occasion, click on the link - Maria Regina VIDEO GALLERY
OUTREACH NEWS

Pink RIBBON DAY –
Friday 23rd October

RAISING MONEY FOR BREAST CANCER IN THE COMMUNITY –
by Hamish (Year 5)

"It’s a busy month for raising money for a good cause and I helped out last Sunday with the help of a Pink Tractor on the beach at Queenscliff. Hugh Bateman a friend of my Mum and Dad is driving a Pink Tractor 2600km around NSW to raise money for the McGrath Foundation to pay for Breast Cancer Nurses in the country. My mum and dad’s business raised $3,000 dollars for this great cause. It was a fun morning raising money on the beach, meeting the Premier of NSW, Mike Baird, and cricketing great, Glenn McGrath."

MCGRATH FOUNDATION WEBSITE

Congratulations Hamish on a fantastic effort in helping to raise fund towards this great cause. It sounds like you had a wonderful day and it’s a great initiative to be involved in.

It’s amazing the amount of pink things everyone managed to find to wear for our Pink Ribbon Day. Everyone joined in with the spirit of the day.

Most of our mums will receive a special letter today, some families have letters to share with other members of the family as well. We want to spread the message that early detection is vital in the fight against Breast Cancer.

We had an impromptu Zumba class lead by our Year 6 girls at morning tea – we all know that being healthy and exercising is a great way to keep our bodies healthy.

There were a lot of accurate estimations (and a lot of wild guesses) for our Pink Lolly Jar which was won by Leo in Yr 4. Thanks to Year 2 for organising this for us.

After lunch we all got into K-6 teams and had to design a stunning outfit – complete with accessories – out of a box of pink “stuff”.

Congratulations to our models (our senior boys!!) who really got into the spirit of fun as they took to the catwalk while we described these stunning outfits.

We had a lot of fun, raised some money for the Cancer Council and hopefully our letters will spread awareness about this disease.

All proceeds from the day will go to support the Cancer Council’s Pink Ribbon.
FROM THE REC

Mission Mass
Yesterday, we represented Maria Regina at the Diocesan School Mission Mass. Despite the terrible weather, we got to the cathedral at Waitara along with the children from every school in our Diocese. The church was full!

At the beginning we had a presentation from Catholic Mission about how the people in Madagascar don’t have the advantages we do. In particular, we looked at access to fresh water – it makes a difference to their health, how well they could work at school and how clean everything was. Over 4,000 children die each year because of the diseased water.

The Mass was celebrated by Bishop Peter and about 20 priests – we saw Fr George there. There was great singing and we learnt a new song (even though Miss Dunk got carried away).

We'll share more about this at assembly next week.

Jessie, Bella & Tom

Upcoming Dates:
First Holy Communion Reflection Day – Saturday 24th October – 1:30 – 4:30pm at Mater Maria.
Lukas, Alex, Anna, James, Charlotte, Zannah, Josh, Luca, Mila, Nathan, Tom and Jack will be attending this special part of their preparation for their First Communion this Saturday. Please keep them in your prayers as this important day draws near.

Week 4
Thursday 29th October – Year 5/6O and Kindergarten will be attending Mass with the Parish at 9:15am.
Year 5/6E will be attending Reconciliation

You are warmly invited to attend Mass with us!

The Parish Pulse
Reflection Day
This Saturday, 24 October, we will be holding our Reflection Day at 1.30pm-4.30pm, Mater Maria College for all the children preparing for the Sacrament of First Holy Communion. An email will be sent out informing families of which colour group their child will be in. I look forward to seeing you all then.

Third Ritual for First Holy Communion
The third Ritual for children preparing for First Holy Communion will be held this weekend at all mass times. The children will all be called to the front by Father where they will gather around the Altar to join in the Our Father prayer.

Mass times over the weekend are as follows:

Maria Regina Avalon: Saturday 6pm
Sunday 9am
Sacred Heart Mona Vale: Saturday 5pm
Sunday 8am, 9.30am and 6pm

Pittwater Parish Melbourne Cup Lunch
Please join us for the Pittwater Parish Melbourne Cup lunch on Tuesday 3 November 2015, Sacred Heart Church, Mona Vale, Parish Centre from 12.30pm to 3.30pm. Tickets are $45 per person and include a glass of champagne on arrival, a three course meal, cash bar, sweeps and prizes. All proceeds go towards World Youth Day. For more information please contact the Parish Office on 9997 7311

Angela Smit – Pittwater Parish Sacramental Coordinator
FROM THE OFFICE

SCHOOL ACCOUNTS
Just another reminder regarding the outstanding school accounts. All accounts are now **overdue** unless an arrangement has been put in place. The date for all time payments to be finalised is November 15. Please contact Mrs Sprakel in the school office if you have a query regarding your account.

CHANGE OF CONTACT DETAILS
At times we need to contact parents regarding sickness or administration details and we find that the contact details that we have at school are not correct as some parents have changed jobs or moved or changed their phone numbers or email address. Please ensure you give the school your up to date contact details.

CANTEEN ROSTER
We need 2 helpers on Monday December 7th for the cleaning of the canteen for the year. It is from 9am till approximately 11am. Many hands make light work. Please let Mrs Sprakel know if you can assist. Thank you in advance.

As we do not have enough helpers for next Monday October 26th the canteen will be closed.

<table>
<thead>
<tr>
<th>Week 4</th>
<th>Week 5</th>
<th>Week 6</th>
<th>Week 7</th>
</tr>
</thead>
<tbody>
<tr>
<td>26th October</td>
<td>2nd November</td>
<td>9th November</td>
<td>16th November</td>
</tr>
<tr>
<td>CANTEEN CLOSED</td>
<td>Imelda F Kea P Skye B</td>
<td>Imelda F Sue A Kea P</td>
<td>Imelda F Tania M Sue F</td>
</tr>
<tr>
<td>Week 8</td>
<td>Week 9</td>
<td>Week 10</td>
<td></td>
</tr>
<tr>
<td>23rd November</td>
<td>30th November</td>
<td>7th December</td>
<td></td>
</tr>
<tr>
<td>Imelda F Tania M Kath B</td>
<td>Imelda F Tania M Sue F</td>
<td>CANTEEN CLOSED CLEANING DAY HELPERS NEEDED Sue Fisk</td>
<td></td>
</tr>
</tbody>
</table>

HOLIDAYS

Year 6 FUNDRAISER
Come and support Maria Regina Year 6 at their

SAUSAGE SIZZLE

When: Saturday 24th October, 2015 from 9am to 1pm
Where: Outside Johnson Bros. Hardware AVALON

Hope to see you there !!!!

BIRTHDAYS
Luke V
Thomas K
Bailey

SCHOOL CALENDAR

<table>
<thead>
<tr>
<th>Week 4</th>
<th>26 October</th>
<th>27 October</th>
<th>28 October</th>
<th>29 October</th>
<th>30 October</th>
</tr>
</thead>
<tbody>
<tr>
<td>CANTEN CLOSED</td>
<td>Parish Mass Yr 1 &amp; Yr 3/6</td>
<td>Reconciliation Yr 5/65</td>
<td>Stage 3 Debating Mater</td>
<td>Yrs 2 &amp; 3 Excursion to Kimbirek Tip</td>
<td>8:45 Assembly</td>
</tr>
</tbody>
</table>
Whooping Cough (Pertussis)

What is whooping cough?

Whooping cough can be a life threatening infection in babies. Whooping cough in babies can lead to apnoea (pauses in normal breathing), pneumonia, feeding problems and weight loss, seizures, brain damage and, in some cases, death. Older children and adults can get whooping cough too and pass it on to babies.

What are the symptoms?

- Whooping cough usually begins like a cold with a blocked or runny nose, tiredness, mild fever and a cough.
- The cough gets worse and severe bouts of uncontrollable coughing can develop. Coughing bouts can be followed by vomiting, choking or taking a big gasping breath which causes a "whooping" sound. The cough can last for many weeks and can be worse at night.
- Some newborns may not cough at all but they can stop breathing and turn blue. Some babies have difficulties feeding and can choke or gag.
- Older children and adults may just have a cough that lasts for many weeks. They may not have the whoop.

How is it spread?

- Whooping cough is spread when an infectious person coughs bacteria into the air which can be inhaled by people nearby. If they are not treated early, people with whooping cough are infectious in the first three weeks of their illness.
- Whooping cough spreads easily through families, childcare centres and at school.

Who is at risk?

- Anyone can get whooping cough. People living in the same household as someone with whooping cough are especially at risk.
- Immunisation reduces the risk of infection but immunity fades over time. You can still get whooping cough even if you've been immunised.

How is it prevented?

Whooping cough vaccines provide good protection from infection but immunity fades which means that boosters are needed.

Immunisation for babies

- Babies need to be immunised at 2 months, 4 months and 6 months. The first dose can be given as early as 6 weeks of age.
- Getting your baby vaccinated on time gives them some protection when they are most at risk of severe illness.
- If your baby’s vaccines are overdue, see your GP now to catch up.
Immunisation for older children

- A whooping cough booster is needed at 4 years of age.
- Check if your child has been vaccinated. Look at their Blue Book, speak to your GP or ring the Australian Childhood Immunisation Register on 1800 653 809.
- A second whooping cough booster is given in high school through the NSW School-based Vaccination Program.

Immunisation for adults

A booster for adults is recommended for:

- Women who are in the third trimester of pregnancy, preferably at 28 weeks. Free vaccine is provided in NSW through GPs and hospital antenatal clinics.
- Other adult household members, grandparents and carers of infants under 12 months of age.
- Adults working with young children, especially health care and child care workers.

If you are a close contact of someone with whooping cough:

- If you have been exposed to someone with whooping cough early in their illness while they are infectious, watch out for symptoms and see your doctor if you get a new cough.
- Some babies and some pregnant women need antibiotics to prevent whooping cough infection if they have had significant contact with an infectious person.

How is it diagnosed?

Your doctor may ask about your symptoms and whether there you've had any contact with whooping cough. If your doctor thinks you have whooping cough, a swab from the back of the nose or throat can confirm the diagnosis.

How is it treated?

- Some babies may need treatment in hospital or in intensive care.
- Antibiotics are used to treat whooping cough in the early stages and can help prevent spreading whooping cough to others. People who are not treated early with the right antibiotics can spread the infection in the first 3 weeks of their illness. After 5 days of antibiotics, you are normally no longer infectious.
- The cough often continues for many weeks, despite antibiotics.

What is the public health response?

Doctors and laboratories must confidentially notify cases of pertussis to the local Public Health Unit. Public Health Unit staff can advise on the best way to stop further spread.

Infectious children are restricted from going to pre-school and school. Unimmunised contacts may be excluded from child care unless they take the special antibiotics.

Identify - Protect – Prevent


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](http://www.health.nsw.gov.au)
21 October 2015

Dear Parent,

There have been more cases of pertussis (whooping cough) diagnosed amongst children attending Maria Regina Catholic School in Avalon. Please read the information below and watch out for the symptoms of pertussis in your child, especially over the next 3 weeks.

What is pertussis?
Pertussis is an infection of the throat that can cause bouts of coughing, and sometimes breathing difficulties and vomiting. It usually starts with a snuffle or a cold. Symptoms can last for many weeks. Pertussis can be very serious in small children.

What should people who develop pertussis symptoms do?
If your child develops symptoms (as described in the enclosed factsheet), please take them and this letter to your local doctor as soon as possible. Your doctor can advise whether pertussis is likely and arrange for early treatment if needed. Treating people who have pertussis with antibiotics can stop the infection spreading, but is more effective if started early.

To help prevent this infection spreading, people who have been diagnosed with pertussis should not attend school until they have completed the first 5 days of a course of the recommended antibiotics. If antibiotics cannot be taken, then they must stay away for 3 weeks after the start of the cough.

Families with young babies aged less than 6 months and pregnant women in their last month of pregnancy should be particularly careful and see their doctor if anyone develops symptoms within the family.

How is it prevented?
Vaccination is the most important way of reducing pertussis in our community. Children who have not received at least 3 doses of pertussis vaccine can have severe disease. Pertussis vaccine is included in the routine childhood vaccination schedule at 2, 4 and 6 months (Infanrix hexa), 4 years (Infanrix – IPV) and in Year 7 (Boostrix). It is important to double check that your child is fully up to date with his or her immunisations against pertussis. If in doubt, please ask your doctor to check.

For further information please contact the Public Health Unit on (02) 9477 9187.

Yours sincerely,

Mary Burns
Public Health Nurse