



Alma Public School

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Newsletter

Term 4 Week 1 Monday 14 October 2024

Visit our website: www.alma-p.schools.nsw.gov.au or download the Sentral for Parent Portal through the Apple App Store or Android Google Play Market



INSIDE THIS ISSUE: From the Relieving Principal, Assembly Award Superstars, Term 3 100% Attendance Students, Term 4 Calendar, Stage 2 Excursion Information, What's on this week at Alma?, Year 6 into Year 7 Open Night, Viral gastroenteritis Fact Sheet.

From the Relieving Principal

Welcome back to Term 4. I hope everyone has had a rested holiday and are ready for the busyness that is coming. Trish will continue to be on leave for the first couple of weeks of this term and I will be relieving.



New teachers

I would like to welcome two new teachers this term, Ben Stewart will be joining us as our Teacher in the Field and Aidan Blaxell will be covering some teachers that will be taking leave this term.

Prac students

We are also lucky enough to have two prac students with us this term. Ms Josephine Sih will be teaching with Miss Edgar in 1/2J for 6 weeks and Mr Clancy Payne will be teaching with Miss Bright in 3/4B from week 2 until week 7. Clancy is actually an ex-Alma student, so we are very excited about his return!

2025

We have started planning for 2025, I can't believe we have to start thinking about this already! If you will be leaving town or won't be returning in 2025, can you please give the girls in the office a call.

Stage 2 Excursion

Our stage 2 excursion is nearly here and we will be having our parent meeting on Tuesday 15 October (tomorrow) at 4pm in the computer lab. If you are unable to make it, please let your classroom teacher know and they will send home the information after the meeting.

Swim School

Year 2 will be lucky enough to be involved in swim school for sport this term on Friday mornings. We have not been able to do this since 2019! There is no cost for this event, however students must return their permission note to be able to attend. Notes must be returned by Thursday 17th October.

Transition Programs

Our transition programs will continue this term for high school and kindergarten this term. Please contact your classroom teacher or front office if you are unsure of any dates.

Term 4 Dates

Special dates have been set for term 4. Below are the dates to put into your calendar:

Year 6 Farewell Dinner- 4th December- School Hall

Presentation Day- 5th December 10:00am- Civic Centre

Bugdlie Class Parties- 10th/13th December

Class Parties- 11th December-

last day of school - 18th December.

All library book to be returned by 29th November for stocktake.

Ruby Church

Relieving Principal

Ngayi Alma, we start our week of learning by acknowledging the Wilyakali people. The Wilyakali people are the traditional owners of the land we are on today. On behalf of Alma Public School, we remember Wilyakali people from the past, present and emerging. Their country, our country and our School. We hope you have a great week of learning.



Congratulations to our Week 10 Term 3 assembly award Superstars!!

Chelsea Whitla
 Zara Hipwell
 Emily Nelson
 Piper Matthews
 Blakely Morris
 Kaleb Stephens
 Maxine Rouse
 Rhylee Thomas
 Billy Barraclough
 Keeley Thompson
 Georgia Fernando
 Dominic Rowlands
 Ayden Channing
 Knox Reberger
 Evelyn Daley
 Mollie Morgan
 Seth Kennedy
 Nate Adams
 Fleur Caldwell
 Kaison Riley
 Ryder Marcon
 Brayden Haugum-Hoare
 Lyric Willimas-Vines
 Tasman Rankin



Term 3 100% Attendance Students

Noah Owens - Ace Spooner
 Alyrah Edge - Mishka Jozanovic
 Iyah Kakoschke- Stephanie Dennis
 Georgia Fernando- Tyeson Collingwood
 Cadence Bartley- Harriet Morgan
 Laura Reynolds – Shayla Jozanovic
 Mollie Morgan – Nate Adams
 Jacob Cetinich – Oriana Jozanovic
 Jesse Haugum – Dominic Pryor
 Charlie McInnes- O'Meara Westley
 Elly Degoumois



Term 4 Calendar

WK 1	<u>14 Oct</u>	<u>15 Oct</u> Stage 2 excursion information session 4.00pm	<u>16 Oct</u>	<u>17 Oct</u>	<u>18 Oct</u> Assembly – SRC Year 2 Swim School Bugdlie transition to preschool Kinder transition
WK 2	<u>21 Oct</u> Garden – 11.40am 3-4B Kitchen – 12.20pm 3-4B Bugdlie transition to preschool P&C Meeting	<u>22 Oct</u> Garden – 11.40am 3-4S Kitchen – 12.20pm 3-4S	<u>23 Oct</u> Garden – 11.40am 3-4DJ Kitchen – 12.20pm 3-4DJ Year 6 to 7 Willyama Taster Lesson AECG Language camp	<u>24 Oct</u> Garden – 11.40am 5-6A Kitchen – 12.20pm 5-6A AECG Language camp	<u>25 Oct</u> Kitchen – 10.00am 5-6P Garden – 11.40am 5-6P Kitchen – 11.40am 5-6H Garden – 12.40pm 5-6H AECG Language camp Year 2 Swim School Assembly
WK 3	<u>28 Oct</u>	<u>29 Oct</u>	<u>30 Oct</u> Stage 2 excursion	<u>31 Oct</u> Stage 2 excursion	<u>1 Nov</u> Stage 2 excursion Kinder Orientation Day Year 2 Swim School Scripture Assembly – Teachers
WK 4	<u>4 Nov</u> Garden – 11.40am 3-4B Kitchen – 12.20pm 3-4B Kinder Orientation Day K-2W & K-6R excursion	<u>5 Nov</u> Garden – 11.40am 3-4S Kitchen – 12.20pm 3-4S Bugdlie transition to preschool	<u>6 Nov</u> Garden – 11.40am 3-4DJ Kitchen – 12.20pm 3-4DJ	<u>7 Nov</u> Garden – 11.40am 5-6A Kitchen – 12.20pm 5-6A Year 6 to 7 Willyama Taster Lesson	<u>8 Nov</u> Kitchen – 10.00am 5-6P Garden – 11.40am 5-6P Kitchen – 11.40am 5-6H Garden – 12.40pm 5-6H Year 2 Swim School Bugdlie transition to preschool Assembly – Senior Choir
WK 5	<u>11 Nov</u> Kinder Orientation Day	<u>12 Nov</u>	<u>13 Nov</u>	<u>14 Nov</u>	<u>15 Nov</u> Bugdlie transition to preschool Scripture Year 2 Swim School Assembly – K-6R & K-6W
WK 6	<u>18 Nov</u> Garden – 11.40am 3-4B Kitchen – 12.20pm 3-4B Kinder Orientation Day	<u>19 Nov</u> Garden – 11.40am 3-4S Kitchen – 12.20pm 3-4S Year 6 to 7 Willyama Orientation Day Bugdlie transition to preschool	<u>20 Nov</u> Garden – 11.40am 3-4DJ Kitchen – 12.20pm 3-4DJ Public Speaking	<u>21 Nov</u> Garden – 11.40am 5-6A Kitchen – 12.20pm 5-6A	<u>22 Nov</u> Kitchen – 10.00am 5-6P Garden – 11.40am 5-6P Kitchen – 11.40am 5-6H Garden – 12.40pm 5-6H Year 2 Swim School Bugdlie transition to preschool Assembly – SRC
WK 7	<u>25 Nov</u> Kinder Orientation Day	<u>26 Nov</u>	<u>27 Nov</u>	<u>28 Nov</u>	<u>29 Nov</u> Bugdlie transition to preschool Year 2 Swim School Scripture Assembly – SRC
WK 8	<u>2 Dec</u> Garden – 11.40am 3-4B Kitchen – 12.20pm 3-4B Presentation Day rehearsal Bugdlie transition to preschool	<u>3 Dec</u> Garden – 11.40am 3-4S Kitchen – 12.20pm 3-4S	<u>4 Dec</u> Garden – 11.40am 3-4DJ Kitchen – 12.20pm 3-4DJ Year 6 Farewell	<u>5 Dec</u> Presentation Day	<u>6 Dec</u> Kitchen – 10.00am 5-6P Garden – 11.40am 5-6P Kitchen – 11.40am 5-6H Garden – 12.40pm 5-6H Year 2 Swim School Assembly
WK 9	<u>9 Dec</u>	<u>10 Dec</u>	<u>11 Dec</u> Class Party Day	<u>12 Dec</u>	<u>13 Dec</u> Year 2 Swim School Scripture No Assembly
WK10	<u>16 Dec</u> Garden – 11.40am 3-4B Kitchen – 12.20pm 3-4B	<u>17 Dec</u> Garden – 11.40am 3-4S Kitchen – 12.20pm 3-4S	<u>18 Dec</u> Garden – 11.40am 3-4DJ Kitchen – 12.20pm 3-4DJ		

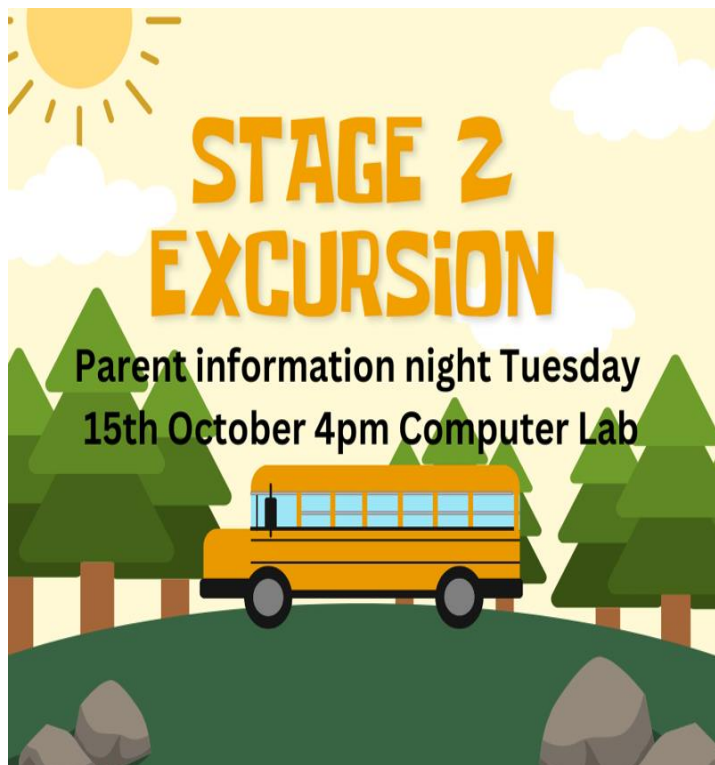
Stage 2 Excursion

Students from Stage 2 are going to Woodhouse Adventure Park, Piccadilly, South Australia. The students will travel by bus, departing **Wednesday, 30 October 2024 and arriving back on Friday, 1 November 2024.**

Please ensure that the three notes that were sent home last term are returned. If your child did not receive one, please visit the office.

All outstanding Balances need to be finalised by Friday 25 October.

Parent information night will be held Tuesday 15 October.



T4W1 What's on this week at Alma PS? 

Monday- Term 4 begins for Staff and Students

Tuesday- Stage 2 Excursion parent meeting 4pm
Computer Lab

Friday- Year 2 Swim school for students who returned notes
Assembly Leadership team Led

Coming up...
Week 2 P&C meeting Monday 21st in Staffroom
Year 6 to 7 transition WHS
Year 2 Swim school

Week 3 Stage 2 excursion depart Wednesday 30th
Kindergarten orientation

PBL
We use our manners



Williyama High School invites
Students, Parents & Carers to:

YEAR 6 INTO 7 OPEN NIGHT

Tuesday 15 October 2024 | 5.30pm start
Held at Williyama High School

95 Kaolin Street - Enter via Wolfram &
Kaolin Street corner entrance



Fact sheet

Gastroenteritis (gastro) can be caused by many viruses and results in vomiting and diarrhoea. The viruses can easily spread from person to person. It is important to thoroughly wash your hands with soap and water to prevent the spread of gastro.

What is viral gastroenteritis?

Viral gastroenteritis (gastro) is a common infection of the stomach and intestines that causes vomiting and diarrhoea.

Gastro can be caused by many different viruses. Examples of viruses that cause gastro are rotavirus and norovirus.

There are many other causes of gastro including bacteria, toxins, parasites, and some other diseases.

What are the symptoms of viral gastroenteritis?

The symptoms of gastro can include:

- vomiting
- watery diarrhoea
- nausea
- fever
- abdominal pain
- headache
- muscle aches
- dehydration (from diarrhoea and vomiting)

Depending on the cause, symptoms usually take between one and three days to start. Symptoms usually last one to two days, or sometimes longer.

How is viral gastroenteritis spread?

Viral gastroenteritis can be highly infectious so it can spread very easily.

It spreads when a person comes in contact with the vomit or faeces (poo) of an infected person, including:

- person-to-person contact, for example shaking hands with someone who has been sick and has the virus on their hands
- contaminated objects
- contaminated food or drink

Infection may also be spread in the air when people vomit.

In most cases it is spread from a person who has symptoms.

Some people can pass on the infection without having symptoms. It is important to continue good hygiene for 48 hours after your symptoms have stopped to avoid passing the virus to other people.

Who is at risk of viral gastroenteritis?

Viral gastroenteritis can affect people of all ages, although young children and the elderly and people with reduced immune systems are most at risk of severe disease.

How is viral gastroenteritis prevented?

Wash your hands thoroughly with soap and running water for at least 20 seconds, and dry them with a clean towel:

- after using the toilet
- after changing nappies
- before eating or preparing food

How is viral gastroenteritis diagnosed?

A doctor will usually diagnose a person with gastro based on the person's symptoms. If there are a high number of cases in one place a doctor will test samples of faeces.

How is viral gastroenteritis treated?

There is no specific treatment for viral gastroenteritis. Most people will recover with rest and drinking a lot of fluid.

If you have gastro:

- rest at home and do not go to work. Children should not attend childcare or school until 48 hours after they no longer have symptoms (diarrhoea and vomiting).