



Gipps Street
Bega NSW 2550
Subscribe: <https://stpatsbega.schoolzineplus.com/subscribe>

Email: office.bega@cg.catholic.edu.au
Phone: 02 6492 5500



Week 4 Term 3 Newsletter

IMPORTANT DATES

- 16 AUG Chapel Mass 1/2B
9:15 AM - 9:45 AM
- 18 AUG Week 5
All day
- 22 AUG Archdiocesan Athletics
Carnival
All day
- Fr Luke Visit 3/4F
2:00 PM - 2:30 PM
- 23 AUG Chapel Mass 3/4F
9:15 AM - 9:45 AM
- 25 AUG Week 6
All day
- 26 AUG Publication Celebration
2:30-3pm in the school
hall
All day
- 28 AUG Confirmation Retreat
All day
- 30 AUG Fathers Day Breakfast &
Liturgy
8:00 AM - 9:30 AM
- Father's Day Stall
9:00 AM - 12:00 PM

FROM THE PRINCIPAL

Dear Parents,

Let me begin with a little story to inspire us to do 'family time' and indulge our children a little differently. (The story is amended slightly for our context).

'Growing up I didn't realize how poor we were. My parents were amazing at providing for us. We loved watching football games and I wanted to go to a game so bad. We never could afford it.

To make up for it, while we were at school, my mum made up tickets to that night's game and money for us to "spend". When we got home she had set up chairs in front of the TV and numbered them. Gave us the tickets and money and told us to clean up before the game. At game time we lined up at the doorway, my dad took our tickets and told us how to get to our seats. After the game started my parents went to the kitchen and had a tray of hot dogs, some lollies and soft drink. "Hot dogs! Get your hot dogs!" We got out the money my mum made and bought whatever snacks we wanted.

Best football game I've ever been to!' (Sunnyskyz.com)

Noa Jessop Memorial Award

We honoured the memory of Noa with the presentation of the Noa Jessop Memorial Award.

The award is presented to a student who like Noa:

- Christian Spirit – active participation in the faith and worship life of the class and school.
- Sportsmanship – fairness, inclusive of all, enjoys sport for its' own sake, respectful of one's fellow competitors, gracious in victory or defeat.
- Contribution to School - keen to participate in all school pursuits: academic and sporting, and to develop skills and ability with determination and courage.

Students and staff nominate others for the award and we had 15 students with two or more nominations, four of whom had more than five nominations! Our congratulations goes to Brodie Irvin on receiving this award.



Fathers Day Breakfast and Liturgy



Let's do breakfast

for Father's Day

FRIDAY, AUGUST 30TH

Breakfast followed by a Liturgy Celebration 8am
St Patrick's Hall

For catering purposes it is important you RSVP to the Father's Day breakfast through the skoolbag app.

Thank you to the many parents who gathered this week to form the fundraising and community engagement committees. We look forward to the fruits of their energy and creativity! If you haven't sent in the form naming your interest in a committee it is never too late!

Have a great family oriented weekend.

Jo

FROM THE ASSISTANT PRINCIPAL

Please join us to celebrate our published writing.

Whole School

Publication Celebration on

Monday 26 August, 2.30-3.00pm

in the school hall.

Parents, grandparents, aunts, uncles, younger and older siblings are ALL welcome to come and read the magnificent writing of our students at our Publication Celebration. We are looking forward to having an audience for our writing, so PLEASE come along.



FATHERS DAY STALL - 30TH AUGUST



Please send \$1 - \$5 with your child to school on Friday, 30th August, so that they can purchase something very special from the Father's Day Stall. Students will be visiting the stall from 9:30 am.

CANTEEN NEWS

Special recess treat for next Friday, 23rd August. The canteen will be serving a cup of Chicken and Corn Soup with a slice of toast for \$1.50. Please order through Qkr.

The simplest way

... to use winter vegetables.

Don't feel like salad during winter?

Here are some fruit and veg filled, winter ideas.

Cook extra for dinner and dessert and pack leftovers for lunch.



- Baked vegetables such as pumpkin, sweet potato, beetroot
- [Mushroom, spinach and lentil lasagna](#)
- [Sweet potato and lentil curry](#)
- [Salmon and potato cakes](#)
- [Shepherd's pie](#)
- [Stewed apples and sultanas](#)
- [Healthy apple crumble](#)

For these recipes and more visit
healthylunchbox.com.au

healthylunchbox.com.au

or [click onto:- The_simplest_way_to_use_winter_vegetables_1_.pdf](#)

WHOOPIING COUGH PERTUSSIS

St Patrick's has had a reported case of whooping cough, please read the below:-

Whooping Cough (Pertussis)

Last updated: 3 June 2019

What is whooping cough?

Whooping cough can be a life threatening infection in babies. Whooping cough in babies can lead to apnoea (pauses to 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, 6 months and 18 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.

Whooping Cough (Pertussis)

page 1 of 2

- 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 Immunisation Register on 1 800 653 809.
- A second whooping cough booster is given in high school through the NSW School-based Vaccination Program.

Immunisation for adults

Free vaccine is provided through GPs and hospital antenatal clinics for pregnant women during each pregnancy

- The whooping cough vaccine is usually given to pregnant women at 28 weeks of each pregnancy, but can be given at any time between 20 and 32 weeks
- for women identified as being at high risk of early delivery, the vaccine should be given as early as possible (from 20 weeks)
- if not received during pregnancy, the vaccine should be administered as soon as possible after birth

A booster for adults is recommended for:

- 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 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

NSW Health whooping cough campaign:
<http://www.health.nsw.gov.au/infectiousdiseases/pertussis/Pages/default.aspx>

For further information please call your local public health unit on 1300 056 055 or visit the New South Wales Health website www.health.nsw.gov.au