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- Term Diary dates
- Principal's Report

### School Office Hours
- Monday to Wednesday: 8.30am to 3.30pm
- Thursday and Friday: 9am to 3pm
- Office will only be attended the above hours.

### Contact Us
- Absentees 88521461
- 0407 610 071 Text only
- St Columba’s Memorial School
  - 55 Warooka Road
  - YORKETOWN SA 5576
  - 88521461
- Email: info@scms.catholic.edu.au
- Website: www.scms.catholic.edu.au

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**Week 2 Term 1**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Wednesday, February 10th</td>
<td>Ash Wednesday Mass starting at 9.15am—St Columba Church School Board Meeting—7 pm</td>
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<td>Thursday, February 11th</td>
<td>P &amp; F Breakfast starting at 8 am</td>
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<td>Wednesday, February 17th</td>
<td>Ready, Set, Go starting at 10. am</td>
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<tr>
<td>Thursday, February 18th</td>
<td>Upper Primary Assembly</td>
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<td>Wednesday, February 24th</td>
<td>Ready, Set, Go starting at 10. am</td>
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<td>Wednesday, March 2nd</td>
<td>Ready, Set, Go starting at 10. am</td>
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<td>Thursday, March 3rd</td>
<td>JP Assembly</td>
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<td>Tuesday, March 8th</td>
<td>Yr. 7 Leadership excursion</td>
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<tr>
<td>Wednesday, March 9th</td>
<td>Ready, Set, Go starting at 10. am</td>
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<td>Thursday, March 10th</td>
<td>Sports Day</td>
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<td>Monday, March 14th</td>
<td>Adelaide Cup Holiday</td>
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<tr>
<td>Wednesday, March 16th</td>
<td>Ready, Set, Go starting at 10. am</td>
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<td>Thursday, March 17th</td>
<td>St Patrick’s Day MP Assembly 🍀🍀</td>
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<td>Thursday, March 24th</td>
<td>Evening Mass</td>
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<td>Friday, March 25th</td>
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<td>Monday, March 28th</td>
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<td>Thursday, March 31st</td>
<td>REC Assembly</td>
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<td>Tuesday, April 5th</td>
<td>Tasty Tuesday</td>
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<tr>
<td>Thursday, April 14th</td>
<td>Mass 9.15 in  St Columba Church</td>
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Dear Parents,

Thank you for the warm welcome I have received. I am enjoying my work here and slowly meeting more parents and getting to know the students. We have a dedicated and enthusiastic staff here and the education program is high quality.

This week we celebrate Ash Wednesday with a Mass in St Columba’s Church. We now begin Lent, a period of six weeks preparing for Easter, which is the greatest celebration in the church year. During this time we encourage everyone to look at what can be done to make ourselves better. We try to find more time for prayer and helping others. We also have the opportunity to donate to Caritas Australia through Project Compassion. Traditionally it was a time to give something up. This small sacrifice was meant to strengthen us, improve us and allow us to donate to those in need. Teachers will be working with the students in some activities during Lent to achieve these goals.

2016 started with 67 students in four classes (Reception 12, Year 1/2 20, Year 3/4 16 and Year 5/6/7 19. A further 8 Reception students are expected to start in Term 3. Enrolments are positive because the school has a good name in the community.

We welcome new teacher Andrew Maidment in the 5/6/7 class. Andrew was teaching in London last year and he brings some great learning from this experience to our school. We also welcome two people who are doing some hours with us as part of their study/training. Katie Hughes is doing three days a week with us while working towards her Social Work Degree. She is working in all classes and with the Chaplain on student wellbeing issues. Brenton Burt is doing 8 hours over 2 days a week placement for his ESO training. He is working with students and is keen to help with Sports Day.

This year we have adjusted the timetable so recess is at 11.00 to 11.20 and lunch is at 1.00 to 1.40 (with eating from 12.50 to 1.00). This

With this newsletter we include a calendar of events for Term 1. Some of the events are: Sports Day on Thursday 10 March in the afternoon/evening. Yr. 7 students will have a leadership camp in Adelaide on Tuesday 8 March. Training in Kids Matter for some staff will be on Friday 18 March. We are also planning for some Holy Week reflections led by the different classes.

I encourage you to keep an eye on this newsletter and communicate regularly with your child's teacher so you are aware of what we are doing. I encourage you also to look for every opportunity to join in the activities that are planned to enhance and develop your child's learning this year.

God Bless You

Michael Preece
Katie Hughes – Master of Social Work Placement

I am excited to be at Saint Columba’s during terms 1 and 2 for my final Social Work Placement! Social workers typically work helping people to solve any problems that may be impacting on their lives. Social workers also work in community development roles, and this is the focus of my placement. I will be working with students, teachers and the wider school community to implement KidsMatter and child protection framework activities, incorporating student wellbeing, mental health, resilience and mindfulness into classroom curriculums.

S.Y.P. ACTIVE KIDS

Join us at SYP Active kids where our aim is for children to have fun, develop important social skills and enjoy fun activities. Children can explore, throw, climb, swing, jump, ride, sing, dance & play in a friendly environment:

WHERE: Yorketown Area School Gym

WHEN: Every Friday of the school term

AGES: 0 to 5 years old

COST: $5 for one child, $8 for 2 children or more from the same family, $0 for children under 1 year old and for first visit.

‘Like’ us on Facebook for more information or use the contacts below.

Emily Dodd
Active Kids President
0421 188996

Stacey Bishop
Active Kids Playgroup SA coordinator
0429 376886

PRAYER OF THE DAY

Prayer for the Light of God
O Lord, thou greatest and most true Light, whence the light of the day doth spring! O Light, which dost lighten every man that cometh into the world! O thou Wisdom of the eternal Father, Enlighten my mind, that I may see only those things that please thee, and may be blinded to all other things. Grant that I may walk in thy ways, and that nothing else may be light and pleasant.

John Bradford (1510-1555)

QUOTE OF THE WEEK

Try to make at least one person happy every day. If you cannot do a kind deed, speak a kind word. If you cannot speak a kind word, think a kind thought. Count up, if you can, the treasure of happiness that you would dispense in a week, in a year, in a lifetime!

Lawrence G. Lovasik

Please note that the timetable for the school day has changed to the following:

8.50am to 11.00am—Lessons with a supervised Crunch and Sip time

11.00am to 11.20am—Recess

11.20am to 12.50pm—Lessons

12.50pm to 1 pm—Eating time

1 pm to 1.40pm Lunch time

1.40pm to 3 pm—Lessons

3pm Dismissal time

REMINDER:

We ask all parents not to supply any nuts or products which are made or contain nuts i.e. Nutella, muesli bars, etc... as St Columba’s Memorial School is a Nut Free school, due to children with allergies.

We have been notified by a parent that their school age child is suffering from Shingles. This virus is infectious and we ask parents to be aware of symptoms. I have enclosed some information regarding possible symptoms and treatment of Shingles and Chickenpox. Children are to be excluded from child care, Kindergarten and school if they have contracted either of these viruses. Adults should not attend work if suffering from Shingles or Chickenpox.

REMINDER:

At the end of last year, parents were given a copy of information we have regarding address details, medical details and emergency contacts of their children, also a Consent to use Images, Recordings, Documents and/or Artwork permission form. Quite a lot of the parents have yet to return either of these forms, can you please do so at your earliest convenience.

If you require copies, please contact the school office to make arrangements. Thank you Gay
LIBRARY NEWS

Dear Parents,

By now you should have received Issue 1 of the Scholastic Book Club catalogue. Could all orders please be returned to the front office by no later that next Tuesday, February 16th. Order and correct money should be placed into a sealed envelope.

Thank you for your support

Julie Anderson.

CHAPLAIN NEWS.

Children wishing to join our school’s Mini Vinnie’s group are asked to attend our meetings, which is held every Monday lunchtime in the Library.

What is Mini Vinnie’s?

It is a group of students who get together to help people in need within our school, local community and other countries by raising funds and supporting disadvantaged people.

BUS ZONES:

A REMINDER TO ALL PARENTS TO NOT PARK IN THE DESIGNATED BUS ZONES ON WAROOKA AND MARNO STREET BEFORE AND AFTER SCHOOL. THESE ZONES ARE ONLY TO BE USED FOR DROPPING OFF AND PICKING UP STUDENTS BY THE YAS BUSES.

EDITHBURGH GOLF CLUB INC.

EDITHBURGH GOLF CLUB AGM
MONDAY 7TH MARCH @ 5PM. HELD AT THE EDITHBURGH GOLF CLUB, YORKETOWN ROAD EDITHBURGH. ALL WELCOME TO ATTEND.

EDITHBURGH GOLF CLUB SEASON OPENER
SAT 2ND APRIL, 2016
1.30 PM FOR A 2 PM TEE OFF
9 HOLE MIXED AMBROSE
FOLLOWED BY A BBQ/TEA $10/PERSON
(JUNIORS UNDER 16 YEARS A GOLD COIN DONATION)
PLEASE SUPPLY A SALAD OR NIBBLES
ALL WELCOME TO JOIN AND HAVE FUN
CONTACTS – Rachel – 0419851817 or Trevor - 0430935400
YOU & Your Family are Invited
St Columba's Breakfast Club
Thursday 11th February 8am

WELCOME to 2016
@ BREAKFAST
Thursday 11th of
February 2016
From 8am
Formalities Start 8.30

Meet Class Teachers

Participate in Interactive
Cooking & Exercise
demonstrations

Special Thanks to
Nat from Imago Fitness &
Chef Jo Minks, Yorke Hotel

* delicious homemade cereal * smoothies * egg & bacon muffins * yoghurt *
juice * coffee * toast * muffins * fresh fruit * using freshly vegetables from
the garden *
Chickenpox (varicella) is a viral infection caused by the varicella-zoster virus.

Symptoms include slight fever and “cold-like” symptoms, followed by a rash. The rash appears as blisters which crust to form scabs (colour plate no.1). Crops of blisters may appear over several days and various stages of blisters may be present. The rash is more noticeable on the trunk than on the limbs and may affect the scalp and the inside of the mouth, nose, and throat. The rash is usually itchy.

In childhood, chickenpox is a mild illness, and can be so mild it might not be noticed. Infection in adults is uncommon, since more than 95% of Australians get the infection in childhood, but infection in adults is more severe and may be complicated by pneumonia.

Chickenpox may be particularly severe in children with leukaemia, pregnant women, and young babies. If chickenpox occurs in early pregnancy, the fetus may also be infected, resulting in congenital malformations in up to 2%. If it occurs around the time of delivery, the baby may become infected, and up to 30% of newborns will become severely ill.

Chickenpox has a typical appearance and is usually diagnosed by clinical examination. Those at risk of severe chickenpox infection can have a blood test which will detect if they have resistance to infection.

Chickenpox is spread when mucous membranes (lining of nose and mouth) come into contact with the virus in airborne droplets produced by coughing or sneezing, or with fluid from the blisters. Following infection, the virus will remain dormant (resting, as if asleep) in nerve cells of the spinal cord for the rest of the person’s life. Reactivation of this virus causes shingles rather than a second attack of chickenpox.

Shingles (herpes zoster) follows a previous chickenpox infection, usually several decades later. Shingles occurs when the body’s immunity to the virus drops, and the virus becomes active again after resting in the spinal cord. The elderly, children and adults being treated for cancer and persons infected with HIV virus are at greater risk of developing shingles.

A blistering rash, usually associated with severe pain, occurs on bands of skin overlying the area supplied by the spinal nerves carrying the dormant virus. The rash may be followed by persistent pain in the area, lasting for weeks.

The varicella-zoster virus is present in the shingles blister fluid. Direct contact with the blister fluid can cause chickenpox in a non-immune person. There is no airborne droplet spread from cases of shingles, except perhaps in some very severe cases of disseminated (widespread) shingles. Contact with chickenpox or shingles cannot lead to shingles in the exposed person since shingles can only follow the reactivation of a previous chickenpox infection.

**Incubation period**
(time between becoming infected and developing symptoms)

2 – 3 weeks, usually 14 – 16 days, but may be longer.

**Infectious period**
(time during which an infected person can infect others)

For chickenpox, from 2 days before the rash appears until at least 5 days after the rash first appears and all blisters have crusted over. For shingles, a person is infectious from when the rash appears until all blisters have dried up.
Treatment

Specific antiviral treatment for both chickenpox and shingles is available. Treatment is only given to those with severe disease or at risk of severe disease, and to be effective must be commenced early, usually within 24 hours of onset of the rash. Medical advice should be sought if:

- a child or adult with chickenpox has a high fever, cough, shortness of breath, or chest pain
- a pregnant woman has chickenpox
- a newborn baby (up to one month of age) is exposed to chickenpox
- a person over 50 years of age has shingles
- chickenpox develops in a child or adult with an immune deficiency (including a history of leukaemia, even if in remission).

For all cases, calamine lotion or phenergan (available from pharmacies) may be useful for the itch. If treatment to reduce temperature or discomfort is necessary, paracetamol is recommended.

! Aspirin should not be given to children or adolescents who have chickenpox or shingles.

Control of spread

- Vaccines against varicella are now recommended in the National Immunisation Program Schedule Australia and are recommended for people aged 18 months or older who have not had chickenpox. A few people who have been vaccinated may still get chickenpox, but the illness will usually be mild.

- Exclude persons with chickenpox from child care, preschool, school or work until at least five days after rash appears and all blisters have dried. Note that some remaining scabs are not a reason for continued exclusion.

- Any person with an immune deficiency (for example, leukaemia) or receiving chemotherapy should be excluded from contact with a case of chickenpox or shingles for their own protection.

- Wash hands after contact with soiled articles (tissues etc.). Keeping areas clean, especially where articles have been soiled with nose and throat discharges, will limit the spread of infection. Dispose of tissues appropriately.

- Persons with shingles should cover the rash with a dry bandage to ensure that others are not exposed.

- Varicella-zoster immunoglobulin (VZIG) is made from blood products, and contains antibodies to the varicella-zoster virus. VZIG is effective in preventing or reducing the severity of chickenpox if given to non-immune people within 96 hours of exposure to a case of chickenpox or shingles. People at high risk of complications from chickenpox infection, for example, people with leukaemia, young babies or pregnant women, should seek medical advice regarding VZIG if they have been exposed to a
person with chickenpox or shingles. Only people without a history of chickenpox, and with no evidence of immunity on blood testing, need to receive VZIG. VZIG is only of value if given before chickenpox occurs, and is of no use in treatment of chickenpox or shingles.

- There is some evidence from recent uncontrolled trials that varicella zoster vaccine may be effective in preventing varicella infection following exposure, if given within three days, and possible up to five days, after exposure. Earlier administration is preferable. There may still be mild disease, but post-exposure use of the vaccine may protect against moderate or severe disease.

! Varicella infection is a notifiable disease.

- Human Immunodeficiency Virus Infection (HIV) page 85
- Keeping areas clean page 14