
Bondi Public School

Leaders in Technology and Creative Arts
in a caring
Educational environment

Bulletin

Thursday 19th September 2019

Dates for your Diary

September

- Thu 19th – K-2 Musical Popstars: 6pm
- Fri 20th – Stage 2 excursion to Seymour Centre (3O, 3B and 3/4P)
- Thu 26th – Guitar students' performance 6pm
- Fri 27th – 3O hosting assembly
- Fri 27th – Last day of Term 3

October

- Mon 14th – First day of Term 4

Dear parents and carers,

Unsurprisingly half of our students are feeling a little fatigued this morning after dancing in two performances of **POPSTARS – The Musical** yesterday. I have loved watching the youngest members of our school perform and seeing their individual personalities shine through! Being involved in a school musical is so much more than just learning to dance. It's about team work, confidence, persistence and resilience. Most importantly, it's about having fun. As educators we always strive to engage students in authentic learning – and I am confident that we succeeded last night!



Last Tuesday evening I attended the **DanceSport Challenge Gala** to cheer on 30 of our students who competed in the event. Our students spent 18 weeks learning the Cha Cha, Salsa, Jive and Tango and were super confident and incredibly excited. It was a thrilling night, with various competitors being eliminated as the night progressed. Roxie S and Arya M reached the finalist stage for the Jive and they placed third overall. Congratulations to the entire team.



An email was sent to all families today regarding your **intention to return to Bondi Public School in 2020**. We are beginning the process of organising staffing for next year and as such we will need the most up-to-date information. Please use the link in the email to complete the form as soon as possible. In addition to this, if you are enrolling a sibling into Kindergarten 2020 could you please return your enrolment information to the front office. Kindergarten transition dates are coming up next term but only those children whose parents have submitted enrolment information can attend.

During the week I met with the BASC staff and they highlighted the fact that many parents remain on the school grounds after 3:00pm to wait for their children who are participating in extra-curricula activities (music tuition, ju-jitsu etc). I would like to remind **all parents that they are to leave the school grounds before 3:30pm each day**. Our school is leased out to the BASC facility each afternoon and having unknown adults onsite is a safety concern for the students in their care.

Have Your Say on Before and After School Care.

The NSW Government is committed to providing before and after school care to all students of public primary schools in NSW. As part of the reform, a parent web form has been established by Service NSW that will enable parents to tell the department about their specific care needs and to stay up to date with any new developments.

The information provided by parents will help the Department of Education to understand your needs, give them insights into where there are gaps in service delivery and help to ensure that extra places are delivered where they are required.

Have your say:

<https://www.service.nsw.gov.au/basc>

The **Pick-Up Zone** is still an ongoing issue and the police were once again patrolling this area during the week. Many of our parents were fined for 'double parking' because they were stopped in the middle of the road waiting to enter the Pick-Up Zone line. If you are unable to join the queue, please drive around the block. It would also be helpful if you could display your child's name on the passenger side visor so it can be easily read by the staff on duty. We will organise the template and deliver it to your child's classroom. Please use the link below: <https://forms.gle/bL85hBApMfN1gUhV6>

There have been a number of students who have been struck down with **gastro** this week. I have included an information sheet to help with the prevention of an outbreak at school. Please be mindful by keeping your child home for at least 48 hours after symptoms have ceased.

Olivia Parry
Acting Principal



Sustainability Segment

What are we doing at BPS to make our school a more sustainable place?



"On the way to school I pick up rubbish. There's always so much rubbish on the street that I can't fit it all in my bag! Can you help me?" Sophie 1G

Viral Gastroenteritis

Gastroenteritis is commonly caused by viral infections resulting in vomiting and diarrhoea. The viruses are easily spread from person to person. Thorough washing of hands with soap and running water are vital to prevent spread.

Publication date: 27 July 2018

What is viral gastroenteritis?

Viral gastroenteritis is a common infection of the stomach and intestines that results in vomiting and diarrhoea. It can be caused by a number of different viruses, such as rotavirus and norovirus (previously known as Norwalk-like virus). There are many other causes of gastroenteritis including bacteria, toxins, parasites, and some non-infectious diseases.

What are the symptoms?

The main symptoms of viral gastroenteritis are vomiting and watery diarrhoea. Other symptoms may include nausea, fever, abdominal pain, headache, and muscle aches. Dehydration can follow. Symptoms can take between one and three days to develop and usually last between one and two days, sometimes longer.

How is it spread?

Viral gastroenteritis is highly infectious and is spread by the vomit or faeces of an infected person through:

- 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 through aerosolised particles when people vomit.

In most cases, spread occurs from a person who has symptoms. Some people can pass on the infection without symptoms, particularly in the first 48 hours after recovery.

Who is at risk?

Viral gastroenteritis can affect people of all ages.

How is it prevented?

After using the toilet, changing nappies, and before eating or preparing food, wash your hands thoroughly with soap and running water for at least 10 seconds and dry them with a clean towel.

How is it diagnosed?

A diagnosis of viral gastroenteritis is usually based on the person's symptoms. Laboratory confirmation is important during outbreaks, and involves testing samples of stool (faeces).

How is it treated?

There is no specific treatment for viral gastroenteritis except rest and drinking plenty of fluids. Most people will recover without complications. However, viral gastroenteritis can be serious for infants, people with suppressed immune systems and the elderly. People with vomiting or diarrhoea should:

- rest at home and not attend work while sick. Infants and children attending childcare or school should be excluded from attending for 48 hours after the resolution of symptoms
- not prepare food for others or care for patients, children, or the elderly. These precautions should continue until 48 hours after diarrhoea or vomiting ceases. This includes people who prepare food in the home or working in the food industry.

- wash hands thoroughly with soap and running water for 10 seconds after using the toilet
- drink plenty of clear fluids, for example juice or soft drink diluted 1 part to 4 parts water, to prevent dehydration. Avoid undiluted fruit juice and soft drinks as they may increase dehydration and diarrhoea. Rehydration drinks that replace fluids and salts are available from chemists. Intravenous fluids may be needed in severe cases of dehydration.

People caring for those with gastroenteritis should wash hands thoroughly with soap and running water after any contact with the sick person. Cleaning soiled surfaces and clothing reduces further spread of the virus.

When cleaning up vomit or faeces:

- wear gloves
- wash hands with soap and running water for 10 seconds after gloves are removed and disposed
- use disposable paper towels or rags to remove any solid material and seal them in a plastic bag before placing in the rubbish bin
- clean any soiled object or surface with hot water and detergent and allow to dry thoroughly
- some people also recommend wearing a mask.

What is the public health response?

Outbreaks of viral gastroenteritis increase in winter and are common within families and group settings including nursing homes, hospitals, childcare centres, and schools. Doctors and hospitals are required to notify their local public health unit whenever there are at least two cases of gastroenteritis that are linked.

Public health units are able to:

- advise on how to identify an outbreak
- advise on how to control the outbreak
- help investigate outbreaks to determine the source and mode of transmission
- advise on the exclusion of people with viral gastroenteritis from work, school or other public gatherings.

For more information

- Norovirus Factsheet <http://www.health.nsw.gov.au/Infectious/factsheets/Pages/norovirus.aspx>
- Controlling outbreaks <http://www.health.nsw.gov.au/Infectious/factsheets/Pages/gastroenteritis-outbreaks.aspx>
- Guidelines for the public health management of gastroenteritis outbreaks due to norovirus <http://www.health.gov.au/internet/main/publishing.nsf/content/cda-cdna-norovirus.htm>
- How to look after children with gastroenteritis <https://www.schn.health.nsw.gov.au/factsheets/gastroenteritis>
- Hospital Gastro Pack <http://www.health.nsw.gov.au/Infectious/gastroenteritis/Documents/hospital-gastro-pack.pdf>
- Gastro Info Kit for Aged Care Facilities <http://www.health.nsw.gov.au/Infectious/gastroenteritis/Pages/gastro-agedcare-facilities.aspx>
- Petting Zoos and Personal Hygiene <http://www.health.nsw.gov.au/Infectious/factsheets/Pages/petting-zoos-and-personal-hygiene.aspx>

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



WHO DARES SWIMS

NOW ENROLLING TERM 4, 2019

- Well established, reputable Easturn Suburbs Swim School
- All learn to swim levels catered for (group and private classes)
- Indoor heated pool located in North Bondi
- Hands on approach to instructing ensures correct technical tuition by experienced, dedicated instructors

gerry@whodaresswims.com.au
www.whodaresswims.com.au

Bondi Amateur Swimming Club



Get the kids fit and carnival ready this summer
Free Learn to Swim. Saturdays 920am, Icebergs
Enquire Sandra 0407145719 www.bondiASC.org

CREATIVE YOGA & MINDFULNESS SCHOOL HOLIDAY WORKSHOP

Monday 30.SEP & Tuesday 1.OCT

Be a **LITTLE YOGI** and join **Time with T** as we become strong in our physical, social & emotional wellbeing...

Imaginations will soar as we share **yoga poses**, **dance** with our hearts, and get **creative** with **cooperative games**, **craft** and **mindful activities**.

Promoting **laughter** and **learning**, **health** and **being**, **movement** and **stillness**, **peace** and **understanding** as well as **acceptance**, **awareness** and **respect** for **oneself**, for **others** and our **Mother Earth!**

All while having **FUN**, after all it's School Holidays!



Cooper Park Community Hall

8.30am-4.00pm

Healthy Snacks & Lunch Included

Yogis Aged 5-9



1 Day **\$80**

2 Days **\$140**



Bookings:
bit.ly/TIMEWITHT

Alternatively contact Tina:
M: (0) 406 536 651
E: timewitht30@gmail.com

LIMITED SPOTS
ONLY **10 YOGIS**
per day

Bookings Close
25 September

BONDI PUBLIC SCHOOL ADVERTISING



BONDI BEACH

FREE

EVERY SUNDAY
IN SEPTEMBER

SUNDAY SUNRISE MEDITATION WITH MARSHY

AT THE BUCKET LIST
BONDI BEACH

8TH, 15TH, 22ND, 29TH SEPTEMBER
7.30AM TO 8.30AM

Vittoria
Coffee

ANDREW MARSH
MEDITATION
BONDI BEACH

BUCKET LIST



**Proudly supporting
Bondi Public School**

“Damian not only over-achieved for us financially but he made the experience easier than I could imagine. He was very personable and calm throughout the process and he knows what he is talking about. Don’t choose anyone else!” Diane Starkis.

Damian Steele
0411 832 584
damians@mcgrath.com.au

McGrath

mcgrath.com.au

While we are pleased to offer this space to advertisers of appropriate material both in the fortnightly bulletin on the school website and flyers, it is not possible for Bondi Public School to endorse any of the products and services advertised.

Educators Wanted!

Bondi After School Care is looking for someone to join our team.

Essential:

- Working With Children's Check

Desirable:

- Experience working with children.
- First Aid Certificate
- Child Care Qualification
- Knowledge of the National Quality Framework and My Time Our Place.

Please email bondiaftercare@gmail.com.



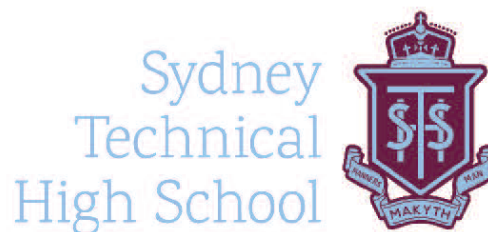
**MAKE A DIFFERENCE,
BECOME A CARER TODAY.**



Caring for those who care for kids

Same, but different kinds of families needed for foster, kinship, emergency, respite care, guardianship and adoption.

myforeverfamily.org.au | 1300 782 975



INFORMATION MORNING

Prospective Year 7 Students 2021

Tuesday 15 October 2019

at 9.15am in the School Auditorium

Sydney Technical High School, established in 1911, has a proud tradition of student academic achievement. The school prepares young men who are scholarly and socially responsible. Teaching and learning programs feature extension and higher order thinking and are recognised as best practice for High Potential and Gifted Learners.

Other features of the school include robotics, debating, public speaking, digital media, music ensembles and sport. The school actively promotes an environment in which student wellbeing, tolerance of others and strong community values support each student reaching his potential.

Enrolments: Students seeking entrance into Year 7 must participate in selection procedures organised by the Department of Education. For further information contact the High Performing Students Unit on 1300 880 367 or email: ssu@det.nsw.edu.au.

SYDNEY TECHNICAL HIGH SCHOOL

An Academically Selective School for Boys

686 Forest Road Bexley 2207

www.sths.nsw.edu.au

Enquiries to the School: 9587 5899



BONDI PUBLIC SCHOOL WEEKLY TENNIS CLUB



NEXT GENERATION SPORTS

Established in 2001 ABN: 80 111 922 279

Contact details

Coach: Sam 0437 796 808

Owner: Jed - 0411 775 945 -WhatsApp

Email: info@pjtennisacademy.com

DATE: Fri 18 October – Fri 20 December

MEETING POINT: Outside School Gymnasium

TIME: 1.10pm – 1.55pm

COST: \$150
(Pro-rata rates for late enrolments)
Cheques to NEXT GENERATION SPORTS

HOW TO ENROL: Email: jed@pjtennisacademy.com
or PO Box 5181 GREYSTANES NSW 2145

FORMS CAN ALSO BE LEFT AT THE SCHOOL OFFICE



ANZ Hot Shots Tennis is the fun way for kids to learn how to play tennis at school. Smaller courts, nets, racquets and low-compression balls make learning easy and gives younger players the chance to serve, rally and score right from the first time they play.

IMPORTANT POINTS

- Students won't be accepted without enrolment form and payment
- Suitable for all boys and girls in primary school
- Coaches turn up for the tennis classes regardless of the weather conditions

**SCHOOL
OFFER**

**ALL NEW FULL TERM
ENROLMENTS RECEIVE A FREE
TENNIS RACQUET AS PART OF
THEIR TENNIS FEES**

ENROLMENT SLIP | Tax Invoice ABN: 80 111 922 279 (Term 4 Tennis, 2019)

CHILD/REN'S NAME

MOBILE PHONE/EMERGENCY PHONE NUMBER (Must be supplied)

AGE

EMAIL ADDRESS

AFTER SCHOOL CARE (If relevant):

Yes ☐

No ☐

ANY MEDICAL CONDITIONS

I consent to my child attending the Hot Shots Tennis at BONDI PUBLIC and authorise the tennis coaches to supervise these activities. If medical treatment is required and contact cannot be made with a parent/guardian, I authorise the coach in charge to seek the necessary medical treatment. Next Generation Sports will not be held responsible for any accidents. I accept responsibility for the payment of this account.

PAYMENT METHOD - BANK TRANSFER ONLY

BANK TRANSFERS TO BE MADE TO:

JED GOULD

BSB: 063179

Account Number: 10181512

REFERENCE: STUDENT SURNAME and SCHOOL INITIALS

I acknowledge my child is automatically enrolled unless I am notified by phone. Classes missed due to sickness or injury will be credited. No refunds given for students changing their mind on joining the program

BONDI PUBLIC SCHOOL ADVERTISING





FREE
10 week program
for children and their families
delivered by qualified
professionals

Free call to register
1800 780 900
SMS 0409 745 645 for a call back

**Help your family to get healthy,
active and happy with Go4Fun®**

Go4Fun® is a healthy lifestyle program
for kids aged 7-13 who are above a healthy weight.
A parent or carer is required to attend each session.

Register now for a term 4 program near you

Indoor Sportsworld Miranda	Monday	4.00 - 6.00pm	starts October 14 2019
Kogarah High School	Monday	4.00 - 6.00pm	starts October 14, 2019
Kingsgrove Community Centre	Tuesday	4.00 - 6.00pm	starts October 15, 2019
Randwick Community Centre	Saturday	9.30 - 11.30am	starts October 19, 2019




Activity Day Camp
5 - 13 years old



Child Care
Subsidy
Provider

Make your child's school holidays
A BLAST!

Variety of activities all in one place









✉ info@koolkidzz.com.au
☎ 02 9539 6836

📍 St. Ives - Masada College
📍 Randwick - Tafe Campus



Book your child in TODAY!
koolkidzz.com.au

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