

BONDI BULLETIN

THE LATEST NEWS AND UPDATES FROM BONDIPUBLIC SCHOOL

Dates for your Diary

**Wednesday 22nd
November**

P&C Meeting & AGM-7pm

Stage 2 Beach day

Thursday 23rd Nov

Stage 2 PBL Beach day

Tuesday 5th December

Stage 2 Excursion - 3H,3L,
3/4W & 4L

**Wednesday 6th
December**

Presentation Day

Music Partnership
concert 6pm

Friday 7th December

Year 6 Fundraiser

Monday 11th December

Stage 2 Excursion - 3/4D
& 4O

Thursday 14th December

Year 6 Graduation Dinner

Friday 15th December

Year 6 Graduation
Assembly

Last day of Term 4 2023

Principal's Post

Dear parents and carers,

I hope you are enjoying the run into Summer and that your family is finding time to relax and connect. It is a dynamic time at school, with a lot of fun and exciting activities happening - as always!

COVID-19

As you may be aware there has been a surge in Covid cases in the community. It is important that we don't become complacent and that families continue to report positive Covid tests to our office so that we can inform our community. Students, staff and visitors should only attend school when they are symptom free. We strongly encourage all students, staff and visitors to follow the guidance issued by NSW Health if they have COVID-19 symptoms.

Anyone who believes they have been exposed to COVID-19 is strongly recommended to monitor for symptoms and follow the advice issued by NSW Health. Consider doing a Rapid Antigen Test (RAT) to help identify infection early and is important if you are in contact with people at higher risk of serious illness if exposed to COVID-19.

Parents and carers who have children with persistent or ongoing symptoms of COVID-19 are encouraged to have these assessed by their local health care professional. These symptoms may be related to other illnesses (e.g. allergies or hay fever) that require treatment and management by a doctor.



MAJOR BUILDING WORKS

Wonderful and exciting school improvement projects have been happening all year - staff and students have been excellent at navigating a few changes to routines and areas of accessibility. The end results are certainly worth the tiny amount of inconvenience!

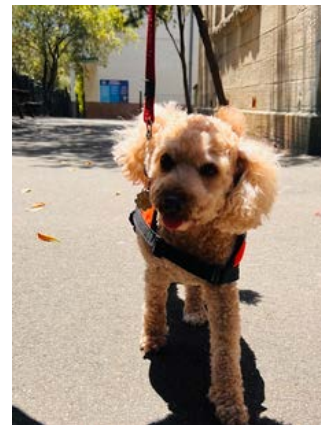


Earlier this year, our school roofing and drainage systems were identified as needing restoration due to age and leaks in some areas. As you can imagine, this is a large process and our Assets Management Unit meticulously planned for the building works to be completed. Arabanoo (A) block, Bilbola (B) block and the senior toilet block will all be getting brand new roofs. The Assets team works closely with the Heritage Council of NSW to ensure our beautiful heritage buildings remain preserved. Works will start on **Saturday 25th of November**, with the erection of scaffolding around B Block (the sandstone building). A safe work zone will be established over that weekend ready for physical works to begin on **Monday 27th November**. Building works will continue until and through the school holidays. The upper building classes (5/6) will be relocating for the final 3 weeks of term. We are fortunate to have other wonderful spaces that we will move these classes to, and Stage 3 teachers will communicate plans with families next week. A-Block and the roof of the senior bathroom will be restored over the summer holidays.

Unfortunately, it isn't possible to complete all building works during the holiday period. We appreciate your understanding and support as we navigate some adjustments to the school environment and organisation over Weeks 8-10.

INTRODUCING STORY DOG

This term we have welcomed Story Dog "Tasha" to help some of our students to develop confidence, self esteem and a love of literature. Tasha visits with Sue, her owner and volunteer, on a Friday afternoon and is already a hit with the students!



PRESENTATION DAY AWARDS

As we are now in the 2nd half of Term 4 and moving towards the end of the 2023 school year, we are preparing to celebrate success at our Presentation Day Assemblies. In the coming week, parents will be notified if their child is receiving an award, to allow for planning to attend the assemblies.

I think it is important for both existing and new families to outline awards that will be presented this year.

All classes:

- Excellence in English
- Excellence in Mathematics
- Consistent Approach to Learning
- PBL Citizenship Award

Each year level:

- Excellence in Creative and Performing Arts

Each stage level:

- Excellence in Public Speaking
- Dedication to Learning
- Outstanding Achievement in the Stephanie Alexander Garden Program

Years K-2:

- Mayor for Waverley Social Inclusion Award
- Commitment to Culture and Community Sustainability

Years 3-6:

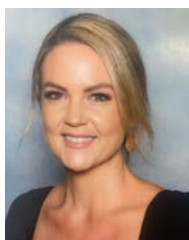
- State Parliamentarian Award
- Commitment to Culture and Community
- Sustainability
- Premier's Sporting Challenge
- Excellence in Sport (both male & female)
- Sportsperson of the Year
- Swimming, Cross Country & Athletics age champions (Yrs 2-6)
- UNSW School of Civil and Environmental Engineering Mathematics Prize - Stage 2 & Stage 3
- Michael Jones Award (Dux)

Wishing everyone a wonderful fortnight ahead.

Kind regards



Principal (rel.)



Deputy's Delivery

Uniform

With only 4 weeks left of Term 4, it is important that students maintain the improvement in uniform consistency we have seen this year. It is great to see so many broad-brimmed school hats atop the students' heads as they play on our expansive playground. As communicated to the students, those without broad brimmed hats will need to go to the shaded area in front of the sandstone arches or library at break times, to minimise sun exposure.

With the warmer days upon us, it is a timely reminder about Bondi's summer school uniform. This consists of the white or teal shirt (sports days), the summer tunic, black shorts or black skorts. Please note that netball skirts and short tights/bike shorts aren't a part of our uniform. We see a number of these being worn to school each day, so please ensure your child does not wear these to school.

Please ensure that students wear the teal sports shirt on Tuesdays, Fridays and excursion days. All other days are white shirt days.

We are seeing a huge improvement in socks, which is great. Socks should be plain without logos or bands on them. These can be [purchased through the uniform shop](#) at very reasonable prices. Please

Why the uniform focus? Amongst a number of reasons, uniform helps to promote a sense of belonging and pride in self, class and school. This pride and sense of belonging can also impact respect, behaviour and learning. Thank you for your ongoing support with this matter.



Kind regards,
Anthony White
Deputy Principal (rel.)



Curriculum Crunch

with our Assistant Principal, Curriculum & Instruction

The Great Migration is about to begin. The bell signals the end of the school day and teachers and students emerge from the buildings to relocate to other pastures. It is quite the sight to behold and is worthy of a David Attenborough narration. Students and parents embracing the frenzy of loudspeaker announcements to locate car owners causing traffic jams in our Pick Up Zone and students swarming the office to collect sophisticated 21st century devices to frantically connect to the outside world...the list goes on! But once the last student has been collected and the final gate is closed, it is time for teachers to commence their administrative tasks. At this time of the year, one of these tasks is writing student reports.



Report Writing: A behind the scenes exclusive

On the 31st October, teachers gathered in the library to participate in 3 hours of professional development. First we completed some online training to learn more about the content and expectations in the new English syllabus for grades 3 to 6. Then we dedicated a lot of time to reviewing how we grade students in the areas of reading and writing in a process called Consistent Teacher Judgement. Consistent Teacher Judgement (CTJ) is a term used to describe the process of how teachers assess student work against syllabus outcomes, and ensure assessment is comparable across classes.



Within their teams, teachers:

1. Gathered work samples, observations and assessments from their students
2. Assessed their work against a list of criteria reflected in their programs and the English syllabus
3. Determined the best examples of what students work looks like for each grade on an A-E scale (for grades 1-6) and a less formal grade scale (for Kindergarten).
4. Compared their work samples and expectations with other grades and against syllabus outcomes

A huge congratulations to the teachers for their display commitment to engaging in high quality teaching practices to ensure the best outcomes for our students!

Karen Albronda
Assistant Principal, Curriculum
and Instruction (APCI)



Celebrating Success



Primary Ethics

Congratulations to our Ethics teachers, Lauren Severiano, who teaches ethics classes to Year 1 and Year 3, and Julie Spatt who teaches ethics to Year 6 at our school. They have been nominated for a prestigious award. The Kinghorn Award honours an ethics volunteer who is an inspirational role model for other volunteers. Simply being nominated is an honour and shows in what high esteem Julie and Lauren are held.

Read more about it: primaryethics.com.au/



2024 Junior State Cup

Congratulations to Antonio (3L) and William (3/4W) who have both been selected to play in the 2024 Easts boys 10's State cup team. The boys will travel to Werrington in February to play in the 2024 Junior State cup. Good luck boys!



Spotlight on Learning



Kindergarten

In Kindergarten, we have been learning about a new warm-up activity to start mathematics lessons. In preparation for Year 1, students have been doing 'Fast 2' activities which provide revision of previously taught content and the opportunity to develop fluency of number facts. Students are asked to respond to revision questions and record their answers on a whiteboard.

Students have responded to questions such as:

- Can you fill in the missing number?
- How many triangles can you see in this picture?
- What is the time on this clock face?
- Can you complete this pattern?

Our teachers have been working with Ms Albronda to implement our new warm-up activities. She has been a great help in modelling for us what a successful Fast 2 should look like. Thank you to Ms Albronda!

Our Kindergarten students have quickly grasped the new routine and are working hard to improve their skills. We are proud of how well they have adapted and are prepared to try their best each lesson.

During our Physical Education lessons, we have been fortunate to welcome Fit Futures to Bondi Public School to teach gymnastics lessons on Friday afternoons. Fit Futures have some great equipment that helps develop the balance, strength, coordination and Fundamental Movement skills of our Kindergarten students. It has been a lot of fun too!



Yarn Time Wrap Up



This term in Yarn Time, students were learning about and sharing their knowledge about the bush tucker growing in our school garden. We were lucky to have a special visitor, Aunty Calita (our local Aboriginal Community Liaison and Student Wellbeing Support Officer), join us for one of our sessions. The students were all excited to share with her the many events and activities that our Yarn Time group has been involved in throughout the year, and to learn from her too as we all walked, yarned and shared in the garden together. Last Friday, our Yarn Time group were excited to celebrate their achievements of the year with a walking excursion through Bondi. We met Walangari Karntawarra, an Aboriginal artist, teacher and performer who led students on a tour through Bondi, sharing his knowledge of Aboriginal Rock Carvings, and traditional Aboriginal bush foods and medicines growing in our local area. Walangari shared histories including stories about his own family, and local knowledge about Aboriginal people, important places, and caring for Country. We finished the walk at the Bondi Pavillion and enjoyed a picnic and play on the beach.



P&C News

P&C AGM & TERM 4 MEETING - November 22nd

Term 4 P&C meeting & AGM will be held on Wednesday 22nd November

Location: BPS School Library (located on the ground floor of the same building as the school office)

Time: 6:30pm for wine and nibbles with the meeting starting at 7pm

Agenda: This will be both an AGM and P&C Meeting.

A new P&C executive committee will be decided on the night so if you are wishing to join the executive, please be sure to attend. (note: Only Financial Members can vote)

All school community members are welcome to attend our meetings and contribute their ideas and questions. Please RSVP here to note your attendance:

<https://forms.gle/zd351fGLvZTnXuoT6>

Grandparents & Special Other's Afternoon Tea

A huge thank you to all of our wonderful school community who baked and contributed to the delicious spread for Grandparents & Special Other's Day last week as well as to all the volunteers who came to help with setup and serving.

A special thanks to our friends at Woolworths Metro, Bondi Rd for their ongoing support and donations to our afternoon tea too!



P&C News

Christmas Markets - 2nd December 8am - 12noon

Our very first BPS P&C Christmas Markets at the school! Stock up on Christmas gifts, have a Christmas photo taken and support the businesses that are run by our very own school community members. We still have some spots available so if you are interested in running a stall (or know someone who is!) and haven't been in contact yet, please email us at bondipublicschoolpcsec@gmail.com

Whilst at the markets, you will also be able to pick up your pre-ordered Christmas trees, puddings and cakes. That's right, our ever popular Christmas tree & pudding fundraiser is on again but we expect to sell out ANY DAY, so get your orders in now. For each Christmas tree purchased \$22 is returned to the P&C to go towards the school and puddings earn between \$6 and \$18. So order your tree and pudding here and help raise funds for the school: www.yourlocalschool.com.au



Volunteers End of Year Event - 29th November

If you are one of the amazing people who have volunteered your time this year in the canteen or the uniform store, as a class rep or as an ethics teacher, or at one of our many events, we say a massive THANK YOU. We would love to invite you to our end of year event, happening on the 29th November at Corner House. RSVP is essential here:

<https://forms.gle/3wML4W6rTrV66Ly76>



P&C News

FUTY Yoga



A reminder that our wonderful From Us To You Yoga team runs sessions in the hall every Friday morning for \$10.

Join them for an hour to give back to yourself with yoga, that will change from week to week to suit all manners of self-care.

All proceedings will go to the P&C. All are welcome! BYO mat and blanket or shawl. The school car park will be open on Henderson St.

Book your spot today -

https://bondipublicpandc.com/products/community-yoga?_pos=1&_sid=78363b4e0&_ss=r

Canteen Update

Have you seen what our clever canteen is doing with all the wonderful produce from the garden and our recently returned chickens?? From boiled eggs and home-grown veg in the snack boxes and strawberry smoothies in our fancy new blender to an overload of silverbeet and warrigal greens benign whipped into delicious savoury snacks, be sure to check out Flexischools for any new items on the menu.

Don't forget birthday Freezies and chocolate mini muffins require a minimum of 3 working days notice and do not include holidays. Please email your order to canteenbondi@gmail.com

Most importantly, we always need volunteers to be able to run the canteen efficiently. Tuesdays and Fridays are our busiest days - if you have time on these days, please consider signing up to help out for an hour or two:

<https://bondipublicpandc.com/blogs/volunteering/canteen>

REMINDER: Only parents should be using Flexischools to order from the canteen and children's names should match their enrolment.



P&C News

Uniform Shop Update

All available stock is now listed here - bondipublicpandc.com and can be ordered for delivery to your classroom.

SALE SALE SALE SALE SALE - 50% off all 2022 uniforms!

Do you need some new items to get you through this year? All of our remaining 2022 stock is now 50% off so grab a bargain and some backup uniforms before they all sell out. Remember these uniforms can be worn till 2025 but the school kindly asks kindly or new students to stick to the 2023 uniform items.

Did someone say volunteers????

There are always countless options to volunteer and we can utilise any skill level!

- Uniform Shop - packing orders and serving; Mon, Wed, Fri 8.45 - 9.15am
- Canteen - help with food prep, no skills necessary; Mon - Fri 9am - 2pm (for any amount of time that you can spare)
- Anything else you may think of, reach out here - <https://bondipublicpandc.com/pages/volunteering>

Rachel, Kate, Kellie, Judii & Candace



Advice for people exposed to COVID-19

COVID-19 is still active in the community. There are simple steps you can take to protect yourself and others around you.

If you have been exposed to COVID-19, it is especially important you follow these steps to keep others safe.

If you are at [higher risk of severe illness](#), speak to your doctor now about what you should do if you become unwell. This includes if they recommend you have antiviral medicines.

What should I do?

There are simple steps you can take to reduce the risk of spreading COVID-19 to others:

- **Monitor for symptoms.** If you have or develop cold or flu symptoms (runny nose, sore throat, cough, fever), stay home until your symptoms have gone
- **Maintain physical distancing** where possible and get together outdoors or in well-ventilated indoor areas
- Regularly wash your hands
- Consider doing a rapid antigen (RAT) test before visiting people at higher risk of severe illness.

What should I do if I live with or spent a long time with someone who has COVID-19?

If you live with or have spent a long time with a person with COVID-19, you are at higher risk of getting infected (e.g., you spent the evening indoors with them, drove a long distance together or you looked after children who are now positive). In addition to [the steps above](#), you should:

- **Avoid visiting high-risk settings** such as hospitals, aged or disability care facilities. Don't visit [people at higher risk of severe illness](#) for at least 7 days. If you have to visit, do a rapid antigen test (RAT) before you go and wear a mask
- **Talk to your employer** about when you should return to your workplace. This is particularly important if you work in a high risk setting such as health, disability or aged care. Consider working from home where possible

Speak to your doctor if you are at [higher risk of severe illness](#). Follow the advice for [people at higher risk of severe illness](#).

How long am I at risk for?

After being exposed to someone with COVID-19 you are at risk of getting COVID-19 for up to 14 days. Most people who develop COVID-19 will get symptoms in the first 7 days, however some people will develop symptoms between 7 and 14 days. Some people with COVID-19 do not develop symptoms at all but may still infect others.

Who is at higher risk of severe illness?

Some people are at higher risk of severe illness (more likely to get very sick, and may be at higher risk of needing hospital care), including:

- People aged 70 years and older
- People aged over 50 years with additional risk factors including obesity, diabetes, cardiovascular disease, chronic lung disease (including moderate or severe asthma requiring inhaled steroids), neurological disease, severe chronic liver or kidney disease, active cancer or those who are not up to date with recommended vaccination
- Aboriginal and Torres Strait Islander people aged 30 years and over with additional risk factors listed above
- People who are moderately to severely immunocompromised of any age
- People with significant or complex disability
- Pregnant women
- Children with complex chronic conditions

If you live in a remote area and have reduced access to healthcare or you are a resident in an aged care or disability care facility, discuss your risk with your doctor. You may also be eligible for antiviral medicines or additional care.

I am at higher risk of severe illness, what should I do?

If you are at higher risk of severe illness and have been exposed to someone who has COVID-19:

- **Before you have symptoms:** Speak to your doctor about which test is right for you before you get sick. Ask if your doctor is able to perform a PCR test or if you need to be given a pathology referral form that you take to a private pathology provider location to get tested there. Ask your doctor if they recommend antiviral medicines or other treatments for COVID-19 if you test positive.
- **What if you already have symptoms?** Do a RAT as soon as possible and contact your doctor for testing advice. Your doctor may also recommend a COVID-19 PCR test. Early diagnosis means you can access antiviral medicines quickly. COVID-19 antiviral medicines work best if taken as soon as possible, and within 5 days from when your symptoms start. [Read more on antiviral medicines including how to access them if you are eligible.](#)

If you can't contact your doctor, use the [Service Finder](#) to find one near you, or call healthdirect on 1800 022 222 (open 24 hours a day, 7 days a week). Healthdirect is staffed by registered nurses who can provide expert health advice and connect you to care. If you need an interpreter, the nurse will arrange one for you.

[Find out more about protecting yourself from COVID-19 if you are higher risk of severe illness.](#)

More information:

For more information about testing for COVID-19, visit [What COVID-19 test should I do?](#)

Help in your language

If you need an interpreter, contact the Translating and Interpreting Service (TIS) National on 131 450. This service is free and confidential.

Influenza (flu)

What is Influenza (flu)?

Influenza (flu) is a highly contagious respiratory illness caused by influenza viruses. There are two main types of human influenza viruses: A and B. There are also many sub-types and strains. Flu is more serious than the common cold and severe cases can result in breathing difficulties and pneumonia. People in NSW can die from flu-related illness.

Flu can occur throughout the year but is most common in autumn and winter. In most flu seasons there is more than one strain circulating in the community.

What are the symptoms of flu?

People with flu often experience some or all the following symptoms:

- Fever and chills
- Cough, sore throat and runny or stuffy nose
- Muscle aches, joint pains, headaches and fatigue (feeling very tired)
- Nausea, vomiting and diarrhoea (more common in children than adults)

Symptoms of flu may last for more than a week. Some people only have mild symptoms for a few days, particularly if they have some immunity from a previous infection or vaccination. Other people can get very sick from the flu and may have complications such as lung infection (pneumonia) or severe breathing difficulties requiring hospitalisation. These complications can occur in anyone but are most likely in those at higher risk of severe illness.

How is flu spread?

Flu is mostly spread by droplets made when people with flu cough or sneeze. It can also be spread by touching a surface or object that virus droplets have landed on from an infected person. People with influenza can spread it to others before they are sick as well as while they are sick.

If you have flu symptoms, or have been diagnosed with flu, it is important to stay home and avoid contact with others until your symptoms have gone.

How is flu diagnosed?

The only way to confirm a diagnosis of flu is to have a PCR (nose and throat swab) test.

Speak with your doctor to find out if you should get a referral to have a PCR test for influenza. There are antiviral treatments that are available for people at higher risk of severe illness from flu.

How long are people infectious?

- People with flu can be infectious from the day before their symptoms start
- Adults are most infectious in the first 3-5 days of their illness
- Children can remain infectious for 7-10 days
- Young children and people with weakened immune systems may be infectious for longer.

Who is at higher risk of severe illness from flu?

While anyone can get flu, some people are at higher risk of severe illness (more likely to get very sick from flu, and may be at higher risk of needing hospital care), including:

- Babies and children under 5 years of age
- People aged 65 years and older
- Aboriginal and Torres Strait Islander people
- Pregnant women, at any stage of pregnancy
- People with certain medical conditions including heart disease, chronic lung conditions (including severe asthma), kidney disease, liver disease, diabetes, obesity, chronic neurological conditions, blood disorders, immunocompromise, and other chronic conditions in children and adults that need regular medical follow up or hospitalisation.

If you are homeless or living in an aged care or long term care facility, you may be at increased risk of severe illness. If you are unsure of your risk, speak to a doctor.

How do I protect myself and others?

Get your annual flu vaccine

- Everyone aged 6 months and over is recommended to get an annual flu vaccine to protect themselves from influenza.
- People at higher risk of severe illness from flu may be eligible for a free flu vaccine under the [National Immunisation Program](#).
- Flu vaccination for those people who regularly come into close contact with people at higher risk of severe illness from flu (such as health and residential care workers and family members) will help protect those at higher risk.
- A flu vaccine is needed every year as influenza virus strains change (mutate) constantly. A vaccine is prepared each year to best match the strains predicted for the coming flu season. Vaccination is very effective in preventing serious illness from the influenza virus.

Practise good hygiene

- Avoid others who are sick
- Stay at home when sick
- Cover coughs and sneezes
- Clean hands regularly with hand sanitiser or soap and running water for 20 seconds
- If you are sick, avoid touching your eyes, nose and mouth.
- If you do need to leave home when you are sick, wear a mask and avoid contact with people at higher risk of severe illness.

Have a plan if you are at higher risk of severe illness

If you are at higher risk of severe illness, you should talk to your doctor before you get sick to make a plan for what test to do and what treatment you may need. There are antiviral medicines available to prevent and treat flu. Your doctor can fill out a [pre-assessment action plan for respiratory infections](#) and you can discuss which treatment best suits you.

If you have influenza, your doctor will still need to provide a prescription for antiviral medicines but having a plan will help you access antiviral medicines quickly and easily.

How can I manage flu safely?

Stay at home and reduce risk to others

If you are sick with flu, stay at home and avoid close contact with other people. Keep sick children away from school and other activities. To avoid infecting others, stay at home for at least 24 hours after your fever has resolved and until you are feeling well. This is especially important if you visit people at higher risk of severe illness, including pregnant women, infants, older people and people in hospital, residential aged or disability care.

Start antiviral medicines early if you are eligible

People at higher risk of severe illness from flu may be eligible for antiviral medicines such as oseltamivir (Tamiflu®). Antiviral medicines may reduce severe illness, hospitalisation and death from flu if taken early in the illness. It is important to contact your doctor as soon as possible to determine if you are able to take antiviral medicines. To be most effective, antivirals should be taken within 48 hours of when symptoms start.

Monitor your symptoms

Most symptoms can be managed with:

- Get plenty of rest
- Regular paracetamol and ibuprofen to relieve pain and fevers as needed (children under 16 years of age must not be given aspirin-containing medications)
- Staying hydrated with regular sips of water.

If you experience any of the following symptoms call Triple Zero (000)

If you get any of the following symptoms call Triple Zero (000) immediately and tell the ambulance staff you could have flu.

- Shortness of breath or rapid breathing
- Chest pain or pressure lasting longer than ten minutes
- Confusion or sudden dizziness
- Persistent vomiting.

If you have flu and have health questions that are not a medical emergency:

Contact your doctor or Healthdirect 24/7 for free on [1800 022 222](tel:1800022222) for fast, expert health advice from registered nurses.

Further information

- [NSW Health Influenza](#)
- [NSW Health Influenza surveillance reports](#)

Viral gastroenteritis

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).

- do not prepare food for others or care for patients, children, or elderly people. These precautions should continue until 48 hours after diarrhoea or vomiting stops. This includes people who prepare food in the home or work in the food industry.
- wash hands thoroughly with soap and running water for 20 seconds after using the toilet.
- drink plenty of clear fluids, such as water, or 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.
- In severe cases of dehydration, fluids may need to be administered through a needle or tube by a doctor.

If you are caring for someone with viral gastroenteritis:

- wash hands thoroughly with soap and running water for 20 seconds after any contact with the sick person.
- clean soiled surfaces and clothing to reduce the virus spreading further.
- when cleaning up vomit or faeces (poo):
 - wear gloves
 - wash your 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
 - wear a mask.

What is the public health response?

Outbreaks of 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 when there are two or more cases of gastro 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 gastro from work, school or other public gatherings.

Further information

- [Norovirus fact sheet](#)
- [Controlling outbreaks fact sheet](#)
- [Guidelines for the public health management of gastroenteritis outbreaks due to norovirus](#)
- [How to look after children with gastroenteritis](#)

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No Experience required. Open to all children in years **K-6 2024**

Private music lessons are offered on school grounds.

Monday to Friday before and after school hours (subject to availability).

Private Music Lessons

- Guitar and drums open to years 1-6
- Piano open to years K-6
- 1/2 hour Private Lesson \$45 + GST
- 1/2 hour Paired Lesson \$30 + GST (subject to availability)

To ENROL and further information:

<https://musicpartnership.com.au/school/bondi-public-school/>

EMAIL:

info@musicpartnership.com.au

Need to Hire Instrument?

<http://www.prestoinstruments.com.au>



www.musicpartnership.com.au



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KOOL HQ

**BOYS &
GIRLS**

4-13
Years Old

Summer Camp

Join Kool HQ's Holiday Program! Experience themed days with diverse workshops in Sports, Cooking, Drama, STEM, Dancing and ART. Explore, learn, and have unforgettable fun!

LOCATION

Waverley College

DATES

Term 4 Holidays (Summer)

18 Dec 2023 - 25 Jan 2024

HOURS

Monday to Friday: 8:30 AM - 5:00 PM

FEES

From \$13.62 with maximum subsidy

Check our [Child Care Subsidy Fee Estimator](#)

Scan the QR Code to view
our summer program




Registration Link
koolhq.com.au





Holiday Sports Club

 **Waverley College**

18 December to 25 January

From just \$50 per day

Times: 8.15am - 3pm (start 9am)

Aftercare available up to 5.30pm



**Hybrid Games plus sports such as
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Touch Footy, Archery,
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SEA LEVEL



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SATURDAY 18TH NOVEMBER | 8am to 5pm

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