



# Girilambone Newsletter

— Term 4 Week 7 —



## IMPORTANT DATES

**5TH DECEMBER  
TUESDAY**

School Captain Speeches

**7TH DECEMBER  
THURSDAY**

2023 Presentation Night

**15TH DECEMBER  
FRIDAY**

Last Day of Term 4

**8TH FEBRUARY 2024  
THURSDAY**

Students First Day Back

## Principal's Report

Hello everyone,

Here we are in the last half of Term 4. I hope you all enjoyed the much needed rain.

In Week 5, we attended the Rock-It Performance at Nyngan Public School. This was a great afternoon with our students enjoying the funny, interactive performance. We thank Nyngan Public School for inviting us to this show and meeting the cost.

Our School Presentation will be held in Week 9, Thursday the 7th of December. All students will need to arrive at the school by 6.00pm in their best uniform ready for a 6.30pm start. As discussed at our recent P&C meeting, the P&C will be hosting dinner with each family providing a cold salad and a dessert. If you haven't already done so, could you please reply to the related post on the ['Girilambone Public School parents' Facebook page](#) with your preferred salad and sweet to avoid multiples of the same dish.





School Captain speeches are coming up. Any primary students who would like to become our 2024 School Captain or Vice Captain are encouraged to start writing their speeches now ready to deliver early in Week 9.

The Public Health Unit is advising schools to highlight the current increase in cases of Whooping Cough (Pertussis) in NSW, mainly affecting school-aged children. Whooping Cough can be a life-threatening illness for babies, however it can affect people of all ages. With the increasing numbers of cases in schools, it is important to ensure that unwell students are excluded from school and childcare and that parents are encouraged to get their child reviewed by a GP if symptomatic. Whooping Cough starts like a cold and progresses to bouts of coughing that can last for many weeks. Coughing spreads the infection to others. Whooping Cough spreads easily through families, childcare centres and at school. A factsheet has been included in this newsletter.

As you are no doubt aware, this is my last term as I will be leaving at the end of this year and Mrs Rebekah Coddington, our current APC&I (Assistant Principal Curriculum & Instruction), will be relieving in the Principal role for 2024. I trust you will all support her in her role as you have me and I have every confidence she will bring a great skillset to the Girilambone Public School team.

Well that is all from me this week, so until next time bye for now.

**Angela Lewis**

Principal

Girilambone Public School.

## School Improvement Plan 2024-2027

During the year the school went through the External Validation process. This measures school performance and progress is measured against the School Excellence Framework. As a result of this we carry out a Situation Analysis to have a close look at all the factors, internally and externally that make our school what it is. Through a thorough analysis of these findings We have determined that the two Strategic Directions we need to focus on over the over the next four years are as follows:

- Strategic Direction 1: Student Growth and Attainment.
- Strategic Direction 2: Partners in Learning.

If you would like to discuss these Strategic Directions in further detail please feel free to contact the school.

**HAPPY BIRTHDAY**



**Miss Walsh**



**Kimmy**



**Isla**



**Ella**



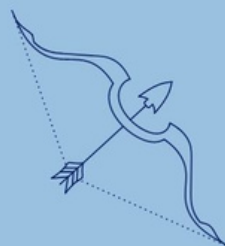
**SCORPIO**



(October 23 - November 21)

Passionate, independent, and unafraid to blaze their own trail no matter what others think

**SAGITTARIUS**



(November 22 - December 21)

Independent and strong-willed, Sagittarius are all about going off the beaten path

2023

JOIN US FOR OUR

**PRESENTATION NIGHT**

PLEASE JOIN US TO CELEBRATE THE HARD WORK AND RESULTS OF THE STUDENTS OF GIRILAMBONE PUBLIC SCHOOL DURING 2023.

STAY AND ENJOY A COMPLIMENTARY DINNER FOLLOWING OUR PRESENTATION, HOSTED BY THE GIRILAMBONE P&C.

DECEMBER

THURSDAY

**07**

6.30 PM



**Girilambone Public School**

Please RSVP to 02 6833 1039

[girilambon-p.school@det.nsw.edu.au](mailto:girilambon-p.school@det.nsw.edu.au)



# Why attendance matters

When your child misses school they miss important opportunities to...



Learn



Make friends



Build skills through fun

education.nsw.gov.au



## Days missed = years lost

A day here and there doesn't seem like much, but...

When your child misses just...

they miss weeks per year

and years over their school life

**1** day per fortnight

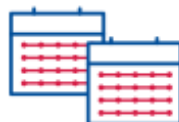
= **4** weeks



= Over **1** year missed

**1** day per week

= **8** weeks



= Over **2.5** years missed

education.nsw.gov.au

## Vaping & e-cigarettes: What do you want to know?

Provide your opinions and feedback to the Western NSW Health Promotion Team on information, resources and support that you would like to see available, where you'd like to access these and provide any feedback!

[engage.wnswlhd.health.nsw.gov.au/vaping-support](https://engage.wnswlhd.health.nsw.gov.au/vaping-support)



**DO YOU KNOW  
WHAT YOU'RE VAPING?**



November

7 November  
Melbourne Cup

11 November  
Remembrance Day

13-19 November  
National Recycling Week

25 November  
International Day for the  
Elimination of Violence  
Against Women





*Girilambone Gallery*





# Whooping Cough (Pertussis)

Last updated: 3 June 2019

*Whooping cough affects people of all ages. It can be especially serious for babies. Vaccination reduces the risk of infection and severe disease.*

## What is whooping cough?

Whooping cough can be a life threatening infection in babies. Whooping cough in babies can lead to apnoea (pauses in 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.

- 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 1800 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/Infectious/whoopingcough/Pages/default.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](http://www.health.nsw.gov.au)



Girilambone Public School  
Vega Street,  
Girilambone NSW 2831,  
Australia

02 6833 1039

[girilambon-p.admin@det.nsw.edu.au](mailto:girilambon-p.admin@det.nsw.edu.au)  
[girilambon-p.schools.nsw.gov.au/](http://girilambon-p.schools.nsw.gov.au/)

**My School**

<https://www.myschool.edu.au/school/42984>



## THE GIRI KIDS

ft. 17 Awesome Local Artists &  
Josh Arnold

Scan the QR Code to listen to  
our song.



Girilambone Public School is a small rural school situated 45kms from Nyngan. Girilambone Public School provides students with quality educational programs delivered by highly qualified, dedicated teachers and support staff. Our students are disciplined learners. Our dedicated staff implement quality education programs that give every student the opportunity to reach their potential. Our small size makes for a great school spirit and pride amongst students, families and teachers. The peaceful rural setting is an ideal learning environment. With a strong academic focus, our children enjoy unique opportunities that challenge and extend their learning across an extensive curriculum. We offer flexible programs tailored to the individual learning styles and needs of all students.

We are well-resourced and provide students with access to the latest technologies. A modern computer room, interactive whiteboard and innovative software ensure the best start for every child. Our well-maintained and attractive grounds complement our excellent learning facilities. Our school encourages students, parents, staff and the wider community to work together as a team to enhance learning experiences.