Dear Parents,

There are times when the word ‘Thank you’ just isn’t enough. To our lovely staff and parents I extend a humble thank you for your selflessness in putting together the disco, garage sale and BBQs. The disco was an undeniable hit and our Saturday Garage Sale Trail looks like becoming an annual event. Thank you everyone – let’s keep these great activities going for our school and community.

A huge thank you goes to the Lomax boys (Josh and Tom) for their expert DJ skills and to Kenny O’Leary and Terry McConkey for the generous provision of the sound and light equipment, without this it would not have been half as good!

Regards
Tracey Southam

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My Winning Voice

This week students will role play using a winning voice during anti-bullying lessons. Too often we think negative thoughts about ourselves (eg: I’m bad at Maths, no-one likes me, I can’t kick a ball). Daily life is full of positive and negative emotions, and this week’s lesson is all about teaching children the skills to use self-talk that will lift and enhance their
attitude rather than limit it and put themselves down.

**Wear Red for Red Cross**
Friday 30th October – Wear red for Red Cross. Please bring a gold coin to support this worthwhile organisation.

**Yr 4’s Training to be Kindergarten buddies**
Last Tuesday we spent half a day talking about how to be a great buddy and what we can expect with the new kindergarten kids.
I’m very proud of this group for their maturity and contribution to our discussions and games. They are going to be terrific big buddies.

Mrs Baff

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**Canteen**

A reminder that this Thursday’s lunch order is from the **BERRIDALE BAKERY**.

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**P&C News**

**RAFFLE - DRESSED SHEEP**
We are raffling a Dressed Sheep, kindly organized by Peter and Jayne Lette. Tickets are $2 each or 3 for $5. Raffle will be drawn 30th October. A book of tickets should have gone home to each family. If you don’t have any there are some at the office. Please have all tickets back to school by Thursday 29th October.

**COOLAMATONG COUNTRY CLUB BBQ**
Thank you to all who helped out at the BBQ on 2nd October.
Next BBQ’s – **Friday 6th November**
**Friday 4th December**

**We are looking for volunteers**

**Berridale OOSHIC**
Thank you to the Filtness family and Carly and Jay who cleaned up and trimmed our gardens on the weekend. Great job guys!

**Snowy Ride BBQ**, please let us know if you can help out. We plan to set up 7am and we will need some Dads to help move BBQ and tables. We have a roster in the Centre if you can let us know times available. Without parents help we can’t do this.

**Halloween DRESS UP** day is tomorrow 27th October at OOSHIC. We have dress ups if you forget. Lots of games planned. Come along with a smile.

From all at OOSHIC
Disco News!

What a hit! I’m very impressed with the great sense of fun our students showed on the night. What terrific dancers! Special thanks to:

- Kenny O’Leary and Terry McConkey for loaning and installing the amazing lights, speakers and smoke machine,
- Tom and Josh Lomax for being awesome DJ’s,
- Gemma Fitzpatrick and the P&C for all of your support (cakes, equipment, planning, collecting sausages etc.),
- Carly Jobber and the whole smiling crew in the canteen...

... and all of the parents and friends who attended and contributed to the fun. None of it would have been possible without you.

Petrina Baff
Cooba camp 2015
First we got sorted into our cabins and we got in our teams.
We started with mini Olympics; there was a six-person sack race, sponge carrying game and a bucket filling game.
After all this we had lunch. After lunch year five went to the big swing and year six went to the flying fox.

The big swing is where you get pulled up by a rope and once you felt you are high enough you say “Stop”. After you pull a black rope you swing.

Next we had a go on the flying fox, which is where you put a harness on and your buddy connects clips to your harness. The instructor puts a pulley on a wire then he clips the clips on the pulley then you run or walk off the platform.

After that we had afternoon tea then we went to the gladiator course. The instructors let us practice a few activities first. Then we walked through the course. After that we started the course. Some of our favourite parts were

the giant slide, the gladiators test and the rock climbing walls.
Whooping cough information for schools

There is an outbreak of whooping cough (pertussis) in NSW, mainly affecting school-aged children. Coughing spreads the infection to others nearby. Whooping cough can spread to anyone at home, including younger brothers and sisters. Whooping cough can be especially dangerous for babies. Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. The infection can occur even in fully-vaccinated children. Older children may just have a cough that is persistent and may be worse at night.

- Children with these symptoms should see a doctor.
- If your doctor diagnoses whooping cough in your school-aged child, please let the school know and keep your child at home until they have taken 5 days of antibiotics. Keep coughing children away from babies.
- Whooping cough vaccines give good protection against infection but immunity fades with time. Check that all your children are up to date with their vaccines, due at 6 weeks, 4 months, 6 months, 4 years and 12 years of age (offered to all Year 7 students through the NSW school-based vaccination program).
- A booster is also recommended at 18 months of age.

A booster dose of vaccine is also recommended for adults that are in contact with young children, such as school staff and parents. Pregnant women are recommended to have a booster dose during each pregnancy and this is funded by NSW Health. Those who are new parents or carers of babies should consult their general practitioner about appropriate immunisation.

Your local public health unit can provide advice about whooping cough on 1300 066 055 or visit the NSW Health website for information on childcare and schools about whooping cough.