As part of the school’s Physical Education Program, your child will commence SWIMMING & WATER SAFETY lessons next term. These lessons are conducted at the WOREE POOL and will run each Friday from October 24th for 6 weeks (Week 3 to Week 8). Students will travel to the pool by bus. Bus fare, cost of a Learn to Swim Coach and pool entrance fee for the 6 weeks will be $36.00. The cost of the Learn to Swim Program has been subsidised with the Fun Run Cross Country fundraised money to provide the lesson at more affordable price for all students. The office will be collecting money now, so if you can start bringing your child’s money to the office that would be great.

Payments are due by the end of Term 3, Friday 19 September. The Permission and Medical Form need to be completed and returned to your child’s class teacher.

All students will be travelling to the pool even if they are not swimming. If they are not swimming they will be given work to do. Students are required to return the permission note prior to the first swimming session.

All students must attend the swimming lessons as it is part of the PE Curriculum. Non-attenders will not be able to attend the 6 week swimming program.

Please note that swimming cap. All students must wear a T-shirt over their bathers.

Students are encouraged to wear sunscreen in the pool and students with long hair are encouraged to wear a swimming cap. All students must wear a T-shirt over their bathers.

As the Swimming & Water Safety Program is an important part of the curriculum, it is expected all students, regardless of ability, will attend all lessons. The program attempts to cater for all ability levels, from the beginning swimmer developing basic skills in the water, to the more advanced swimmer whose skills can be extended through life saving and survival activities. ALL students need exposure to swimming, survival and rescue activities if they are to become competent in different situations in the water. If your child is unable to attend swimming for some reason please provide a note telling us why they will be unable to attend the 6 week swimming program.

Thanks Kate Movley PE Teacher
The droplets can be spread up to a metre through the air and enter the body through the nose and mouth. A person can also catch influenza if they shake hands with an infected person or touch a contaminated surface such as a door knob or telephone, and then touch their nose or mouth.

**Treatment**

Many people treat ‘the flu’ by simply resting in bed, drinking plenty of fluids, and taking over-the-counter medication that helps relieve the symptoms. In the past few years, new antiviral medications have been developed to treat influenza. These medications reduce the length of time symptoms last and help people return to their daily routines earlier. These medications are most effective if they are started within 48 hours of influenza symptoms appearing.

The best way to protect yourself and your family is to be vaccinated. Being vaccinated gives individual protection against influenza by building immunity to the virus and preventing transmission of the virus in the community. Vaccination is required annually, as the vaccine changes each year to cover the expected disease strains.

**INFLUENZA (THE FLU)**

**Description**

Influenza or ‘the flu’ is a highly contagious disease caused by infection from influenza type A or B (or rarely C) virus. These viruses infect the upper airways and lungs but can also affect other parts of the body. In Australia, outbreaks of influenza of varying severity occur every year usually between May and September.

**Signs and symptoms**

Symptoms usually appear one to three days after being infected. A person can spread influenza to others a day or two before they become unwell and up to five days after they have become unwell for adults and even longer for young children. The symptoms of influenza can include: fever, dry cough, muscle and joint pain, tiredness/extreme exhaustion, headache, sore throat and stuffy nose. Most people recover within a week, although a cough and tiredness may persist.

**Transmission**

The virus that causes influenza is mainly spread from person to person by virus-containing droplets produced during coughing or sneezing. The droplets can be spread up to a metre through the air and enter the body through the nose and mouth. A person can also catch influenza if they shake hands with an infected person or touch a contaminated surface such as a door knob or telephone, and then touch their nose or mouth.

**Prevention**

The best way to protect yourself and your family is to be vaccinated. Being vaccinated gives individual protection against influenza by building immunity to the virus and preventing transmission of the virus in the community. Vaccination is required annually, as the vaccine changes each year to cover the expected disease strains.

**INFORMATION FOR PARENTS REGARDING EXEMPTIONS**

Exemptions from Compulsory Schooling & Compulsory Participation.

Every parent of a child of compulsory school age has a legal obligation to ensure their child is enrolled and attending school or participating in an eligible option.

Parents can apply for an exemption when their child cannot attend for a period of more than 10 consecutive school days for reasons such as:

- Illness
- Family reasons (family holiday)
- Cultural or religious reasons

Parents/carers can visit the school office to ask for an application form for exemption. Once completed these are presented to the Principal for a decision. When a decision is made you will be informed in writing.

More to follow...

Jane Termaat

Principal

**Calanna Speaking Competition 2014**

Recently eight students from year 4-7 represented Balalacla SS at the Calanna Speaking Competition. All students spoke very well on the topic of ‘What if children ruled the world’. Congratulations to the following students for their wonderful effort.

- Monique Remedio Y4
- Molly McKendry Y5
- Kelli Baker Y5
- Varni Nona Y5
- Ginna Betres Y6
- Sky Thompson Y6
- Aaliyah Musev-Stagg Y7
- Nawarie Tom Y6

**Letters From Overseas...**

1/2A and 2/3B have been exploring connections in Geography. We now have global connections in Japan with our new Pen Pals.