



Chewton
Primary School 1054



Community-Inclusion-Curiosity- Integrity

Newsletter Friday Feb 1st 2019

I would like to begin by thanking everyone including students, families and staff for the warm welcome that I have received since joining the Chewton Primary School community as Acting Principal. I feel very privileged to be in this position and to be able to experience education in such a supportive and inclusive setting that cultivates a love for learning with consistent and agreed expectations. The Chewton Primary School values of Community, Inclusion, Curiosity and Integrity are certainly evident in and around the school and are walked and talked by all.

While teaching the Year 5/6 class on Thursday, Curiosity was evident in the way that students participated in a community of inquiry where they shared and developed their understanding of environmental issues within Australia and all over the world.

In the playground, I have observed the Prep and Year 6 buddy program displaying the Chewton Primary School Value of Inclusion where senior students have been taking great care to initiate and support positive play experiences that engage Prep students to play happily and build relationships.

Every day I see the value of Community displayed by the commitment that all families and staff demonstrate towards maintaining strong and supportive family/school/community partnerships.

Integrity was displayed in the Prep/1 classroom on Thursday as I observed all students sit on the mat, watching, learning, listening and responding to all of Emma's instructions.

In order to maintain all that we value, it is important to honour, acknowledge, celebrate and articulate our values continually. Please take every opportunity to talk about our values with children and help them to understand what they look like, feel like and sound like within the school, the community and the home as these values reflect our Chewton Primary School culture.

Marita Eddy
Acting Principal

Calendar

TERM 1 2019

February

Monday 4th

First day of swimming

Tuesday 11th

Finance Meeting 9:30am

Thursday 7th

Grounds and Buildings
Meeting 8:50am

Thursday 14th

School Council Meeting

Friday 15th

Last day of swimming fun
carnival

Monday 18th

Welcome Picnic/Pizza

Wednesday 20th

Responsible Pet Ownership

Monday 25th

Tuesday 26th

Parent teacher interviews



Warm Welcome

I would like to wish a very warm welcome to the 2019 school year, especially to new families. I hope that you and your children enjoy a long and happy association with Chewton Primary School. This year we welcome 11 prep children and 5 students across other year levels. We also welcome staff members, Melissa (Friday Art Specialist Teacher) and Elouise (Education Support Staff P/1)

Medical Update

Please be aware we have had a case of Slapped Cheek at the school.

Slapped cheek is a mild viral illness. Symptoms are fever, red cheeks and an itchy, lace like rash on the body and limbs. The person may also have a cough, sore throat or runny nose so we encourage good nose blowing and regular hand washing. Slapped cheek is transmitted by droplets or by secretions from the nose and throat. Complications are rare. However, pregnant women and people with blood disorders or a depressed immune system should consult a doctor. In a small percentage of women infected during pregnancy Slapped Cheek Virus can cause problems. If your child has symptoms that resemble those shown above, you should get your child checked by your family doctor. Please notify the school if your child has confirmed Slapped Cheek.

Sun Smart

All students will be required to wear their wide brim sunsmart school hat when outdoors. Please ensure that your child has a school hat and it is named. There are hats available at school if you would like to purchase one from the office.

Swimming

A permission note for swimming has been sent out to all families this week and is required to be signed and returned to school in order for children to participate in the swimming program beginning on Monday 4th February.

Keeping our Kids Safe

We have some children at our school whose identity must be kept private at all times. Parents are able to take photos of other children as part of school events however these images must never be placed on internet sites including all social media. Names must never be attached to images.

As a school most parents have given permission for photos to share on our school website, Chewton Chat and other promotional sites. You are able to withdraw permission at any time. First names only are used.

Working with Children's Checks

Please go online and fill out an application form. Checks are free when you volunteer at our school and are required for camps, excursions and many other programs

Parent teacher interviews:

Formal interviews will be Monday 25th and Tuesday 26th February. Parents will be able to sign up for a time from week 3. Make sure you have a casual hello with both myself and other staff over the next few days. Close contact with the school makes a huge difference to the educational and social/emotional outcomes for you child.

Community Notice - A message from Chewton Swimming Pool

Dear Chewton Pool members, supporters, swim school parents and those that are new to us... G'day Frog here.... Following the success of our inaugural Chewton Swim two week January intensive, Hayley and I will be running a 5 week term 1 Swim and Survive programme on Saturday afternoons. Classes will start this Saturday 2 February 2019 and run each week concluding on Saturday 2 March 2019.

We are keeping the cost of the 5 week programme the same as the intensive weeks: \$40 per child, simply to cover the cost of the running the programme. Classes will be 30 mins each week.

Hayley will be running a Wonder Class (6 months to 36 months) @ 4pm and Courage Classes (3-5 years) between 4.30 and 5.30pm. I will again be running the Active Classes (5 years/prep - 14 years) between 3pm and 6pm, ascending in level order.

Once we have a few more numbers confirmed, in the next couple of days, we will be able advise what levels will we run at what time slot, please stand by.

Thank you to those returning from the intensive programme who have already confirmed their participation via phone or text, this enabled us to know we had enough interest to lock in the 5 week programme, and you are already listed as enrolled. For everyone else that we haven't spoken to or are perhaps new to Chewton Swim, please confirm your interest by emailing chewtonswim@gmail.com asap to secure a spot.

Payment and enrolment forms will be due before the start of the first class and can be paid directly at the kiosk. For any further information please contact us.
See you at the pool.

Kind Regards,
Frog & Hayley

Planning a holiday?

Please consider our school term dates to avoid major learning disruptions.

2019

Term 1: 30th Jan to 5th April (Preps have each Wednesday in February at home)

Term 2: 23rd April to 28th June

Term 3: 15th July to 20st Sep

Term 4: 7th Oct to 20st Dec



Community



Slapped Cheek Disease

<https://www.betterhealth.vic.gov.au/health/ConditionsAndTreatments/slapped-cheek-disease?viewAsPdf=true>

Summary

- Slapped cheek disease is characterised by bright red cheeks, a cold-like illness and, sometimes, an itchy rash on the torso and limbs.
- It commonly affects primary school children and is not dangerous for most people.
- Pregnant women, people with haemolytic blood disorders and those with compromised immune systems need to see a doctor if exposure to the slapped cheek virus is suspected.

Slapped cheek disease is a viral infection that mainly affects primary-school-aged children. It results from being infected with human parvovirus B19. It causes a bright red rash on the cheeks, which look as though they have been slapped – hence the name.

Like many viral infections, it is spread by mucus from an infected person when sneezing or coughing. This mucus is carried by hand to the mouth or nose of another person.

The incubation period for slapped cheek disease is usually between four and 14 days after contact (in rare cases, up to 21 days). This infection is also called slapped face disease, slapped cheek syndrome, fifth disease or erythema infectiosum.

For most children, infection with slapped cheek disease initially causes little more than cold symptoms. These generally improve after a few days, when the rash starts to show.

Most people with slapped cheek infection need little if any treatment. Rest and pain-relieving medication (such as paracetamol) may help.

The infection can be more serious for pregnant women. Rarely, if a pregnant woman gets this infection, there can be serious consequences to her unborn child, including miscarriage. Most unborn babies are not affected, even when they get this infection.

Symptoms of slapped cheek disease

The first symptoms seem like a cold and can include:

- fever
- tiredness
- aching muscles
- headache
- sore throat
- runny nose, coughing and sneezing.

As these cold-like symptoms start to improve, the rash on the face appears. This rash is bright red, 'lacy' (with patches of normal coloured skin within the red areas) and often itchy. The person may also develop a pink blotchy rash on the limbs or torso after a few days. Many people (up to 20 per cent) do not have any symptoms at all when they have the infection.

Symptoms of slapped cheek disease for teenagers and adults

Arthritis-like symptoms, such as swollen ankle, knee and wrist joints, are common for teenagers and adults with slapped cheek disease. This complication is more common in female teenagers and adults, and is sometimes the only symptom of infection.

Normally, it takes around two to four weeks for the joints to get better. However, in some people, the swelling can last for months. Unlike true arthritis, there is no danger of permanent damage, even if the joints are affected for a long time.

Parvovirus B19 and slapped cheek disease

Parvovirus is a virus that lives in red blood cells. It can only infect humans and is different from dog or cat parvoviruses.

Children between the ages of five and 15 years are prone to contracting the disease. Adults who have regular contact with children, such as teachers and child healthcare workers, are also at increased risk. However, over half of all adults are immune to the virus because they had the infection in childhood.

People are infectious during the incubation period, which is usually about a week before the rash appears. Once the characteristic rash has appeared, the person is no longer contagious. This pink, lace-patterned rash tends to last for around one to three weeks, and is made more obvious by exercise, sunlight or hot weather.

Groups at high risk for slapped cheek disease

Generally, the slapped cheek virus is a mild illness that doesn't pose any health risks to the sufferer. However, contracting the virus is serious for people with specific conditions such as pregnancy, weakened immunity and haemolytic blood disorders.

Pregnancy and slapped cheek disease

In Victoria, about 60 per cent of women aged 20 to 39 will have had the infection before their pregnancy and will be immune. Some will get it while they are pregnant (between 1.5 and 15 per cent of women of child-bearing age in Victoria contract the infection each year).

The risk to unborn babies is low. Even if the mother is affected, only one-third of babies will develop the infection (generally about a month after the mother's illness).

A pregnant woman who believes she has been in contact with a case of parvovirus infection should consult the doctor supervising her pregnancy, even if she has no symptoms.

If a woman who is pregnant gets the infection, her baby's development will need to be monitored (for example, by ultrasound).

In rare cases, infection during the first 20 weeks of pregnancy can cause a form of anaemia (low blood count) in the baby. In many cases, this resolves by itself, but in about five per cent of cases it may require treatment. Very rarely, it can cause a miscarriage or stillbirth. Parvovirus infection does not cause birth defects.

Weakened immunity and slapped cheek disease

People with compromised immune systems (for example, people being treated for cancer or severe asthma, or those with HIV/AIDS) can develop chronic and severe anaemia with slapped cheek disease. They may require a transfusion of red blood cells to maintain an adequate level of haemoglobin.

Haemolytic blood disorders and slapped cheek disease

Those with disorders such as sickle cell anaemia, thalassaemia and hereditary spherocytosis can experience a sudden drop in haemoglobin, the protein that transports oxygen around the blood, with slapped cheek disease. In severe cases, this can lead to heart failure. A transfusion of red blood cells to maintain an adequate level of haemoglobin may be required.

Where to get help

- Your doctor
 - **NURSE-ON-CALL** Tel. 1300 60 60 24 – for expert health information and advice (24 hours, 7 days)
 - Maternal and child health nurse
 - **Maternal and Child Health Line** (24 hours) Tel. 13 22 29
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