Some helpful winter advice from NSW Health

What is influenza?
People with influenza typically experience some or all of 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).

Some symptoms may last for more than a week.
Seek immediate medical advice if the illness becomes worse or any of the following occurs:

- shortness of breath or rapid breathing
- chest pain
- confusion or sudden dizziness
- persistent vomiting.

Can my child go to school if he or she is sick?
No. Your child should stay home to rest and to avoid giving the flu to other children or caregivers.

When can my child go back to school after having the flu?
Keep your child home from school for at least 24 hours after their fever is gone. A fever means a temperature of 37.5°Celsius or higher, as measured with a thermometer. Fever should be gone without the use of a fever-reducing medicine, like paracetamol.

Where can I get more advice?

- Talk to your GP early if you are worried about your child’s illness.
- Health advice and information is also available via the free Health Direct Australia service, staffed by registered nurses 24-hours a day, on 1800 022 222.

In an emergency, call triple zero (000) for an ambulance.

FATHERS DAY ASSEMBLY

On Friday 5th September we will be hosting a very special Fathers Day Assembly. It will start at 2:10pm.
We hope all our special dads, uncles, grandpas and friends can join us in this celebration.
Important Dates:

- Hip Hop for infants: All term
- Book Week Parade: 21st Aug
- P & C Meeting: 27th Aug
- District athletics: 27 & 28 Aug
- Stage 2 to Aquarium: 3rd Sept
- Fathers Day Stall: 3-5 Sept
- Fathers Day Assembly: 5th Sept
- Hip Hop Concert: 17th Sept
- Last Day Term 3: 19th Sept
- Term 4 Starts: 7th Oct
- Year 6 Jamberoo Camp: 16-17 Oct

LOOSE CHANGE CHALLENGE Terms 3 and 4

Remember to bring in all those loose coins so they can be added to your class total. The class that collects the most money will receive a prize.

At Madang Avenue Public School we are celebrating Book Week with a fun character parade. All students are encouraged to dress up as their favourite Book Week character or bring their favourite book to school to participate in the parade.

Date: Thursday 21st August     Time: 12:15pm

After the parade parents are welcome to stay and enjoy lunch with their child. Keep an eye out for a special Book Week lunch order available at the canteen next Thursday.