Welcome
A warm welcome is extended to all students, parents, carers and staff. The year in prospect is shaping as yet another hectic one, particularly with a school production in the offing for term 3. Let’s hope the journey is a safe and happy one!

Classes & Teaching Roles for 2015
We welcome back Miss Smith as a temporary teacher for 2015. Mrs Paton will continue her leave during the year. Mrs Hanns will return from leave for 2 days per week and Mrs Chadderton will be at North for 3 days per week.

Classes are:
- KCH-Mrs Hanns (Mon/Tues) and Mrs Chadderton (Wed/Thurs/Fri)
- 1/2W-Miss Wilms
- 1/2R-Mrs Rumble
- 3/4H-Mr Hanns
- 4/5HB-Mrs Hunter (4 days)/Mrs Bould (1 day)
- 5/6S– Miss Smith
- Lib/ Release-Mr Hogan – 4 classes
- Computer Coordination-Mr Hogan
- STL/Reading Recovery/Lib & Release (2 classes)-Miss Wing

Our Thanks to Mrs Wettenhall
Our thanks are extended to Mrs Wettenhall for her support of students and the school, these past few years, and we wish her well for the maternal days ahead.

Staffing-Other
- Sue Nisbet (Office)
- Ann Allitt (Office)
- Ron Danckert (Groundsman)
- Margaret Fisher (Cleaner)
- Maureen Zrajko (P&C Canteen Manager)
- Melissa Hamilton (Indigenous Aide)
- Cheryl McMillan (Aide)
- Counsellor-Lyn Bond

School Hours and Teacher Duty of Care
Parent/Carers and students please note that the school officially opens for business at 8:30am each weekday morning, during the school term. At this time, teachers assume duty of care for students. Before 8:30am., (except for such things as excursions and other outside normal hours events) teachers have no duty of care, and as such, students should refrain from coming to school too early.

Students that walk home after school finishes at 3pm, are expected to leave the school grounds as immediately as is possible.

UPCOMING EVENTS

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>5/2</td>
<td>Kindergarten begins</td>
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<tr>
<td>10/2</td>
<td>North Swimming Carnival trials</td>
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<tr>
<td>12/2</td>
<td>Prefect Induction assembly</td>
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<tr>
<td>13/2</td>
<td>North Cricket trials</td>
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<tr>
<td>16/2</td>
<td>North Swimming Carnival</td>
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<tr>
<td>17/2</td>
<td>P&amp;C meeting-6:30pm</td>
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<tr>
<td>18/2</td>
<td>DPSSA Cricket trials</td>
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<tr>
<td>23/2</td>
<td>Western Riverina Tennis trials</td>
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North Swimming Trials/Carnival
Trials for the school’s annual swimming carnival will take place on Feb 10. The actual carnival will be held on Feb 16, and will involve students from Grades 3-6 and students in Grade 2 that turn 8 this year. Transport will be by bus and students are reminded to bring swimmers, towel, sunscreen, hat, entry fee (unless a season pass is shown) on each day. Permission notes must be returned by Feb 10. Carnival help would be greatly appreciated—please contact the school if available.
A carnival for Kindergarten, Grade 1 and Grade 2 (7 year age group only) will be held in the coming weeks.

Classroom Needs
There are certain essential items that can be purchased, irrespective of which class your child is in. These are:
- Pencils
- Erasers
- Rulers
- Glu-Stiks
A more detailed list of needs will be forthcoming from class teachers in the not too distant future.

Slip Slop Slap and Wrap
All boys and girls are reminded that wide-brimmed hats are to be worn at all times when outside during Terms’ 1 and 4.

Chapel/Scripture-Non Attendance
A reminder to all parents/carers wishing to remove their child from scripture/chapel, that to do so, a note is required. As notes are required each year, students that did not attend chapel/.scripture last year will need another note covering 2015.

Prefect Induction Ceremony
An invitation is extended to parents/carers of our proud prefects to attend the annual 'Prefect Induction Ceremony' at a special school assembly on Thursday, 12th. Assembly will start at 12:15pm, with the induction being the last item, at approximately 12:45pm. Luncheon will be provided for prefects and their parents/carers at 1pm, following the ceremony.

PERMISSION NOTES
Several permission notes that are required for students to partake in various school events will be circulated in the coming weeks.
The notes, which should be returned as soon as possible are:
- General Permission note for local excursions
- Media and Internet note
- Swimming Carnival/Trial note
- Life Saving note—grades 3 to 6

This week’s value will be:
‘Being Helpful’
CANTEEN ARRANGEMENTS

This week

Thursday-Only sandwiches and rolls will be available at the canteen for lunch. The canteen will not be open at recess.

Friday-Normal transmission will resume

SKOOLBAG APP for DENI NORTH

The Deniliquin North PS skoolbag app has been up and running for iphone users since last year and is now available for those using the android platform. Further details on how to download this app will be included in next week’s newsletter. The app is totally free!

About Nuts and Allergies—From the Principal

Over the years we have had many students with allergies. Some of these allergies are fairly minor whilst others can be severe.

In the case of severe reactions, staff have been trained in the use of an epipen to deal with this anaphylactic episode.

The information overleaf comes from Westmead Hospital and details some of the issues etc., surrounding allergy to nuts. It is very relevant to Deniliquin North Public as we have students with such an allergy.

Of particular importance are the issues of food-swapping and class parties.

If your child is anaphylactic please notify the school immediately. The school will require an epipen and an Action Plan from the child’s doctor.

NB. The DEC states that at no time should a school claim to be nut free as this may lead to a false sense of security about exposure to nuts for students diagnosed at risk of anaphylaxis.

Also, schools must not use peanuts, tree nuts or any nut products in curriculum or extracurricular activities. This does not include foods labelled as ‘may contain traces of nuts’.

Classroom teams for this term are:

<table>
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<tr>
<th>RED PARROTS</th>
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<tr>
<td>BLUE WRENS</td>
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<td>YELLOW CANARIES</td>
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<td>GREEN BUDGIES</td>
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Coming Up in the Next Newsletter

- Meet the Teacher Night
- Excursions
- Rewarding Students
- Assembly Times
- Sports Crazy
What are tree nuts?
The term tree nut is commonly used to mean nuts (Almond, Brazil, Cashew, Chestnut, Hazelnut, Hickory, Macadamia, Mixed nuts, Pecan, Pine, Pistachio and Walnut). This is to distinguish them from peanuts (sometimes also known as groundnuts) because tree nuts come from a different plant family. People who are allergic to peanuts are not necessarily allergic to tree nuts, but people who are allergic to one tree nut have a tendency to be allergic to other tree nuts.

What is tree nut allergy?
Tree nut allergy is a reaction which occurs after ingestion of tree nuts. The symptoms usually occur within minutes but occasionally up to 2 hours following the ingestion. These symptoms are due to IgE (allergy) antibodies against nut proteins. In a recent study of Australian nut allergic children, allergy to peanut was the most common (83%), followed by cashew (13%) and other nuts (4%) (almond and pecan, hazelnut and walnut). Nut allergy commonly presents around 2-4 years of age. Allergic reactions to tree nuts often occur the first time the child is known to be exposed to the nut.

What are the symptoms of tree nut allergy?
Reactions can range from mild to severe. Mild reactions consist of hives around the mouth where the nuts have touched the skin or more generalised hives on other parts of the body. Another common symptom is abdominal pain and vomiting which occurs soon after eating the tree nut. More severe reactions have coughing, wheezing, difficulty breathing or hoarseness of the voice due to an allergic reaction occurring in the airway. It is rare (but possible) for these symptoms to occur alone without hives and/or vomiting. It appears that reactions to cashew nut are more likely to be severe than reactions to peanut. When symptoms of an allergic reaction in the airway occur the reaction is called anaphylaxis. Approximately one quarter to one half of tree nut allergic children who develop symptoms on tree nut exposure have respiratory signs which indicate a more severe allergic reaction. In the most severe cases collapse and loss of consciousness and can occur. Very rarely very sensitive individuals have died from the severe allergic reaction (anaphylaxis).

Should Nut-Allergic Children carry an Epipen?
All allergists agree that children who have had a serious reaction to nuts with involvement of the breathing passages should have an Epipen.

How do I avoid exposing my child to tree nuts?
The most important step in managing tree nut allergy is avoidance of exposure to the nuts which cause allergic reactions. One study showed that a quarter of nut-allergic children were unable to correctly identify the type of nut to which they were allergic. Avoidance of nuts can be difficult as they can be hidden in many foods. For example cashew nuts may be hidden in a wide variety of commonly ingested foods, such as Asian meals, sweets, ice cream, cakes, chocolates and commercially prepared pesto sauce. It is important to use common sense and read food labels carefully. Note that beans, legumes (pulses), nutmeg and coconuts are not closely related to nuts and are usually allowed in the diet unless the child has reacted to one of these before. Where possible check labels particularly with the following foods that could contain tree nut.

Check the ingredient list of these foods:
- Baked goods Croissants Ice creams
- Biscuits, baklava Dried fruit mixes Pastries
- Pesto
- Pasta sauces
- Breads and buns Flavourings (natural) Salads/ salad dressings
- Breakfast cereals eg muesli
- Fried food (peanut oil) Sauces
- Cakes Gravy Snack foods
- Chocolates Health bars, eg muesli bars, energy bars, nut bars
- Soups
- Chocolate spreads Home made food Takeaway/restaurant foods
- Confectionery ie lollies, fudge
- Hydrolysed/textured vegetable protein (HVP & TVP)
- Turkish delight
- Crackers Vegetarian foods

What about foods with a label that says "may contain traces of nuts"?
Many foods carry a warning on the label "may contain traces of nuts". This usually indicates that the food is made in a facility that also makes a food containing tree nuts or peanuts. However unless there is a mistake the food does not usually contain any nut. Some foods are more likely to be contaminated with nuts than others, especially if they are made on the same machinery as foods containing nuts eg chocolate, icecream and muesli bars. Discuss what to do about foods labelled "may contain traces of nuts" with your doctor.
Dance classes will be held on Tuesday and Friday afternoons, Upstairs @ Wired Entertainment!

Term 1 classes:
*Friday 6th Feb - Friday 27th March
*Tuesday 10th Feb - Tuesday 31st March

Dance Timetable for BOTH Tuesday and Friday classes:
*4pm - Preschool/Kindergarten (must turn 4yrs by July 31st 2015)
*4.30pm - Grades 1, 2, 3
*5.30pm - Grades 4, 5, 6
*6.30pm - High School and Adults (TUESDAYS ONLY)

~ BOOKINGS ESSENTIAL ~
Tuesday classes are currently full—waiting list available.
Friday classes have spots available, please contact Jenna Purtill via the Facebook page (Jen's DanceFit) or phone (0407 848 727).

For more information - checkout the Facebook dance page "Jen's DanceFit"
Dear Parents/Carers

As part of its Annual School Report requirements, Deniliquin North PS is conducting a survey of aspects of its excursion program, and would be appreciative, if you could spend just a few minutes completing the survey below. **Surveys need to be returned to the front office by Friday, February 20, 2015.**

Chris Hogan (Principal)

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**DNPS- SURVEY of Student Excursions**

**FOR PARENTS :**

For each statement, tick the box to indicate your response.

<table>
<thead>
<tr>
<th>Statement</th>
<th>Agree</th>
<th>Mostly agree</th>
<th>Don’t agree</th>
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<tbody>
<tr>
<td>1. Students at Deniliquin North PS are engaged in sufficient <strong>MAJOR</strong> excursion opportunities eg. Canberra, Ballarat, Melbourne.</td>
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<tr>
<td>2. Students at Deniliquin North PS are engaged in sufficient <strong>OTHER</strong> excursion opportunities eg. local and nearby excursions.</td>
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<tr>
<td>3. The cost of <strong>MAJOR</strong> excursions is becoming a concern and can be prohibitive.</td>
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<td>4. Deniliquin North PS students have a good understanding of behavioural expectations when on excursions.</td>
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<td>5. Information regarding excursions is well communicated.</td>
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**Comments Section (If required)**

Thank you for completing the survey