Jellybean Colours Day and Disco at North Tomorrow

Tomorrow, the school will have 2 events in support of the Juvenile Diabetes Foundation. During the day, students are asked to come to school dressed in jellybean colours. A gold coin donation would be gratefully accepted, with all donations in aid of the Juvenile Diabetes Foundation.

That afternoon, students are invited to a school disco to be held in the school hall, from 3:00pm-4:15pm. Entry for the disco, is a further gold coin.

Various merchandise (proceeds to Diabetes Foundation) will be on sale during the day with items priced between $2 and $5, and including: pens, pencils, pencil cases and jellybeans ($2 per packet).

Principal’s Awards

Last week’s champions are:

- Bailey Edwards—showing enthusiasm towards his own learning
- Samara Watson—being a good worker in the classroom
- Jack Duffy— for showing a great attitude towards his learning
- Tom Charlton—excellent effort at all times
- Coby Smith—an improved attitude towards learning
- Adrian Mulham—always using his initiative
- Bella Gordon—for having a positive attitude to Reading and Writing

Golden Guy

Congratulations to Ben Dunmore, North’s very first GOLD award winner for term 3.

Good one, Ben!

Upcoming Events

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>22/7</td>
<td>Jellybean Colours day</td>
</tr>
<tr>
<td>22/7</td>
<td>Juvenile Diabetes Disco at North</td>
</tr>
<tr>
<td>27/7</td>
<td>Education Week Begins</td>
</tr>
<tr>
<td>27/7</td>
<td>Debating v South</td>
</tr>
<tr>
<td>28/7</td>
<td>Uni of NSW English competition</td>
</tr>
<tr>
<td>28/7</td>
<td>P&amp;C Meeting-6:30pm</td>
</tr>
<tr>
<td>31/7</td>
<td>North Athletics carnival</td>
</tr>
<tr>
<td>6/8</td>
<td>Leo Barry Funday-Grades 3/4</td>
</tr>
<tr>
<td>7/8</td>
<td>Leo Barry Funday-Grades 5/6</td>
</tr>
<tr>
<td>11/8</td>
<td>Uni of NSW Maths competition</td>
</tr>
<tr>
<td>13/8</td>
<td>DPSSA Athletics carnival</td>
</tr>
</tbody>
</table>
EDUCATION WEEK

Education Week will be celebrated next week, throughout NSW. As you can see from the activities below, it will be a typically busy week at the 'school on a hill'.

WHAT'S ON AT NORTH?

MONDAY
Happy Yappers Debating Team v South
The famous North Happy Yappers will match tongues with their southern cousins in a state knockout round on Monday. The debate will be in the library at 10am. All welcome to come along!!

TUESDAY
University of NSW English Competition
For students in grades 3-6 that have entered.
P&C Meeting
6:30 pm kick off in the staffroom. All welcome to attend!
Mentoring Sessions for Students Continue
Mentoring sessions which began this week, will continue throughout Education Week. These sessions are designed to extend student learning in the key areas of Numeracy and Literacy and are supported by funding from our wonderful P&C.

WEDNESDAY
Project Rockit Visit for Grades 3-6
A touring group will visit North for 2 free shows. The first performance which looks into friendships and getting along, will be at 9:15 for students in grades 3 and 4, and the second show, focussing on anti-bullying, is at 10:30 for grades 5 and 6.
Kidzlink Begins
Kidzlink sessions commence for term 3, with activities including: Working with Wood (Menshed), Karate (Dan Zrajko), Ukuleles (Chris Bodey), Paper Planes (Mr Hanns), Photoshop (Miss Smith) and Dinosaur Woodwork (Mrs Bould).
Happy Yappers Debating Team to Barham
The Yappers travel to Barham to take on the mighty Barham PS.

THURSDAY
Education Week Assembly
Please note that this week's special assembly will begin at 12:15pm and will include a special Education Week award to one of our highly supportive community groups.

Aspire Me Dance
Rosie North and Emily Manzin will represent the Grade 6 cohort by groovin' the move at the inaugural Aspire Me Dance Camp at the Deni stadium.

FRIDAY
North Annual Athletics Carnival
A busy week concludes with the annual Athletics carnival, for students in the age groups', 8yrs to 13 yrs, being held at Rams Oval. Parents that can assist on the day, please contact the school office or convenor, Miss Smith.

We Value Values
Well done to the following students who last week received awards for being top value at:

'Being Helpful'

- Megan Lawson—always helping others
- Ryder Osborne—being a helpful class member
- Matilda Dickie—always willing to help her fellow class members
- Will McKern—being a reliable helper
- Harry Dudley—always willing to help
- Rosie North—always helpful
- Mollie Maher—always being a helpful group member

This week’s value will be: Being Organised
**Canteen Roster**

<table>
<thead>
<tr>
<th>Day</th>
<th>Name</th>
</tr>
</thead>
<tbody>
<tr>
<td>Monday</td>
<td>R Napier</td>
</tr>
<tr>
<td>Tuesday</td>
<td>C Gavel</td>
</tr>
<tr>
<td>Friday</td>
<td>S Metcalfe</td>
</tr>
<tr>
<td></td>
<td>M Watson</td>
</tr>
<tr>
<td>Thursday</td>
<td>M Dudley</td>
</tr>
<tr>
<td>Wednesday</td>
<td>J Blease</td>
</tr>
</tbody>
</table>

**Canteen News**

From Maureen
Many thanks to Ron McKenzie (alias ‘The Legend’) for manfully manning the barbecue at the Big Breakfast on behalf of the North school, last term. As a result of Ron’s labours, a delightful donation to the school of $300 was forthcoming. Also, thanks to Ange Thomas for her donation of brown, lunch bags.

The canteen has 3 big sporting events to cater for in the coming weeks: – North Athletics (July 31), Leo Barry Funday (August 7) and DPSSA Athletics (August 13). We would like donations of soup, cakes and slices, as well as help to serve on each day. If you can assist, please contact Maureen (0438814799)

**Principal’s Commendations in the Post**

Postman Pat and his black and white cat will be visiting some mailboxes around the area, in the next few days, to deliver a batch of ‘Principal’s Commendations’.

These commendations are for some of our many students that are outstanding in their work habits, as well as their behaviour.

Congratulations to all deserving students!! Champions!!!

**Hannah and Charlotte’s X-Country Exploits**

Hannah Dunmore and Charlotte Strong have just returned from ploughing through the Homebush mud and slush, at the State X-Country carnival, with Hannah finishing 40th in her division and Charlotte 63rd in hers. Nice one!

**Charlie to Prop up Riverina Rugby Team**

Congratulations to Charlie (Wallaby) Slattery, who, in what may well be a first for a Deniliquin student, has been called into the Riverina PSSA Rugby team, which will compete in Sydney in mid-August. As a prop forward, Charlie is one of those rare and tough breeds that enjoys having their ears scrubbed off, in a good scrum.

**Little Athletics Training Offer**

With various school athletic carnivals occurring over the next few weeks Deniliquin Little Athletic Club would like to give any athlete who wants to practice access to equipment and facilities on Tuesday and Thursday from 3.30 for the next few weeks at the Rams oval. Everyone is welcome. Queries please call Leanne on 0447357437.

Don’t forget our Little Athletic season will commence on Friday 21st August. On-line registrations will open on 1st August. www.laansw.com.au

**Term Pointscore**

<table>
<thead>
<tr>
<th>Team</th>
<th>Pts</th>
</tr>
</thead>
<tbody>
<tr>
<td>KANGAS</td>
<td>4</td>
</tr>
<tr>
<td>THONGS</td>
<td>4</td>
</tr>
<tr>
<td>SNAGS</td>
<td>4</td>
</tr>
<tr>
<td>VEGEMITE</td>
<td>4</td>
</tr>
</tbody>
</table>

*What an amazing week! For the first time ever, all teams finished a tie.*
IMPORTANT REMINDER

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'.

As a precaution I would suggest that nut-products only be sent into school in some sort of container or packaging.

---

Our Sympathies

Our thoughts and sympathies are extended to Melissa Hamilton, Lydia Moore, Paraya Moore and families on the passing of Melissa's mother, Barb; as well as to Oliver Donaldson and family on the loss of Oliver's great grandfather.

This newsletter has been proof-read by Grade 6 students; Rosie North and Calypso McKenzie. Thanks gals!

---

THIS WEEK'S WHOLE SCHOOL ASSEMBLY
WHO IS PRESENTING AN ITEM THIS WEEK?

It is the turn of class 4/5HB to perform or present at this week's whole-school assembly. The weekly assembly will begin at 12:30pm on Thursday, and will be held in the school hall.

---

What's New on the Website!

This newsletter (in colour!)

---

Expect the Unexpected!!

72 End Street, DENILIQUIN NSW 2710
Phone 5881 1455 Fax 5881 4147
Email denirsl@deniliquinrsl.com
www.deniliquinrsl.com
For the information of members and their guests

---

Deni North Skoolbag App - IT'S FREE!!

To install the school's free app onto your phone, just search for our school name... "Deniliquin North Public School", in either the Apple App Store, or Google Play Store.
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
- 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.
**Vacancies for the 2015 BIS Clinic**

ADHC Deniliquin Behaviour/Psychology Consultation Clinics

Bookings are now OPEN for July / August 2015

The ADHC Behaviour/Psychology Consultation Clinic aims to provide an opportunity for families and carers to discuss any behavioural concern.

The focus of the clinic is on early intervention. Discussing different strategies may eliminate the need for more formal behaviour intervention or psychology support.

The clinic is run by a Behaviour Support Practitioner and a Psychologist.

We currently have vacancies for the July/August Clinics. If you are interested each appointment is for 90 minutes with a limited number of 3 appointments available at each clinic.

**Who should attend?**
Parents/carers – the person with a disability who is the focus of the discussion does not attend the clinic.

Case Manager/Support Workers for the family

**Please find the selection criteria below**

This clinic is open to all individuals in the community who are and are not ADHC clients, but who meet the broader disability criteria. A school can refer a child who is not an ADHC client but does meet the broader criteria.

The Broader criteria’s relates to individuals who have an intellectual, physical, neurological or sensory disability and require significant personal help and support. If you need more information on the criteria, please contact Catherine Tinlin Behaviour Therapist from the Albury Office on 0260570400

If you have any families interested in attending this clinic, can you please make sure they contact me ASAP.

To make an appointment, please contact

Peata Smith: 0358 810900 (Tuesday, Wednesday or Thursday – between 9am & 3pm) or e-mail peata.smith@facs.nsw.gov.au

Please forward onto all relevant staff.

Regards

Peata Smith
Administration Assistant - Deniliquin, Ageing, Disability & Home Care, NSW Department of Family & Community Service

PO Box 1321 | 371 Cressy Street | DENILIQUIN | NSW | 2710, Tel. (03) 5881 0954 | Fax. (03) 5881 0999 | Email: peata.smith@facs.nsw.gov.au | Web www.facs.nsw.gov.au

Please think of the environment before printing this email