Robocup Workshop – Southern Cross University

On Friday 27th of February the year 7 Endeavour class plus 8 students from years 8, 9 and 10 visited the new Engineering Facility at Southern Cross University to participate in a Robocup Workshop.

During the workshop, hosted by Lismore High School science teacher Mr Jim McInerney, students were taught how to build a basic robot and then to program their robots to perform certain tasks. Our students were phenomenal in their ability to take in the information and subsequently put it to use. Everyone is looking forward to participating in the Robocup Challenge in June 2015.

Ms Jacobs
**Year 7 2016 Information Night.**

Kadina High School will be holding an information night for Year 7 2016 students and their families on Wednesday 11th March. The night will begin at 6:30 pm in the MPC with musical performances starting at approximately 6.15pm and conclude with a tour of the school. The night should finish no later than 8:00 pm.

**Attendance Policy Changes.**

As you may have seen in the media recently, there have been some changes made to the Attendance Policy. Travel or holidays taken by students outside of school holiday times will now be included as absences rather than exemptions. Parents will be required to complete an Application for Extended Leave-Travel. This form can be collected from our office. The policy states that where a Principal considers that the holiday is appropriate during school term, the school will issue a Certificate of Extended Leave-Travel and record the absence as approved leave. If the leave is considered inappropriate, the absence will be recorded as unjustified. In both cases, the absence will be recorded and remain on the student's record. Exemptions will still be granted for students involved in elite sport or the entertainment industry. A flyer regarding the changes was attached to our last newsletter.

**Late for school, leaving early or absent.**

School starts at 8.30am every morning for years 11 and 12, and 9.10am for years 7-10. Please support your children by encouraging them to arrive on time. All late arrivals, early leavers and absences must be supported by an explanation note from a parent/guardian or the student will be marked as truant. Early leavers need to bring their parents' permission note first thing in the morning to allow time to process those leave passes. If for any reason, a parent needs to pick up a child earlier from school, please call the school beforehand to give us enough time to call the student. Regular attendance at school is essential to assist students to maximise their potential. Schools, in partnership with parents, are responsible for promoting the regular attendance of students. It is the duty of the parent of a child of compulsory school-age to cause the child to be enrolled at, and to attend, a government school or a registered non-government school. Parents are required to explain the absences of their children from school promptly and within seven school days to the school. An explanation for absence must be provided to the school within 7 days of the first day of any period of absence. Parents can contact the school if they require more information.

Please refer to the letter sent home last week to all families requesting update to student records and in particular the section requesting your mobile number to receive absence notices. Kadina High School will be moving towards electronic notifications of absence once this system is in effect. This information becomes vital.

**Common childhood infectious diseases.**

In particular when students start a new school year they may be susceptible to common infectious diseases, for example: School sores, Conjunctivitis, Influenza etc. Attached to this newsletter is a NSW Government Health Fact-sheet of common childhood infectious diseases. I ask that you make yourself familiar with this document so that if your child does seem unwell you have an initial fact-sheet to refer to.

Ian Davies
Principal
A proud member of the Rivers P-12 learning Community and The Rivers Secondary College
Lismore Storm Basketball stadium was the venue for Northern Rivers Zone Trials and Knockout on Thursday 12th February. Kadina High School was well represented with both boys and girls teams playing.

Congratulations to our girls team who made it through to the semi-finals. Whilst our side is very young, with our oldest player being in year 10- we competed against larger schools and were unlucky not to progress further. Our Wednesday morning sport trainings and goal setting for 2015 has paid off. Congratulations to the following girls who demonstrated excellent team work, great sportsmanship and excellent direction for the under 15’s knockout in term 3.

Tywana Caldwell, Maddie Meufells-Pethers, Marlie-Lee King, Olivia Gellatly, Alisha Herington, Amelia Jones, Tuscany Keyte, and Noelene Monsell. All except Tywana, are eligible for the under 15’s knockout in term 3. I look forward to working with you in Sport time during term two.

Tywana Caldwell and Maddie Meufells-Pethers were selected as part of Northern Rivers Zone team and Marlie-Lee King following a late call up went on to play at the North Coast Carnival. These students travelled to Coffs Harbour with Tywana making it through as a North Coast representative. She will travel to Sydney in May as one of the starting five.

Congratulations Kadina Girls basketball team, we are so proud of you!

Thanks, Mrs Laverty.
Leos planning day; students from Years 7-10 strategising for our fundraising and community service this year. At three levels: our school, our community, the world. We spent time celebrating all we have achieved in 2014, looking forward to 2015. Katie Watts, Leos Club Coordinator

Successful access to 2 Academic Databases

Mrs Vicki Fitzpatrick, Kadina's Teacher Librarian has been successful in accessing 2 Academic Databases for Kadina High School. Thankyou and congratulations to Mrs Fitzpatricks.

1. RMIT Publishing; a 12 month gratis subscription to Informit Humanities and Social Sciences Collection. Quote “We would like to congratulate Kadina High School for being the successful applicant to be part of the 2015 UQL Cyberschool Outreach Program”

2. Echo Contemporary Issues; has also been provided free of charge for 12 months to our students for researching current global issues.

Staff and Students can ask the Teacher Librarian for the usernames and passwords for accessing these databases.

UQ LIBRARY CYBERSCHOOL
A program for senior secondary school students www.library.uq.edu.au/schools
Last Wednesday, Mr Sassi and Ms Johnstone were privileged to take 40 students to watch a matinee performance of Wicked at QPAC. The excursion was to supplement studies in Music, Drama, Entertainment and Textiles. There was something for everyone with brilliant music, acting, costumes and staging.

Some student comments follow:

"On Wednesday 25th February, 40 students from Years 8 to 12 had the opportunity to go and see Wicked, a stage production describing the story of the Witches of Oz. All of the people watching were transfixed by the amazing performance and came out of the theatre raving at how impressive it was. We would like to thank Ms J and Mr Sassi for providing this opportunity for us, and of course the cast of “Wicked” who made our day so special". Beatrice Hogan (Year 10)

"Amazing in every way. Would watch it again. Can’t wait to see another one.” Laetitia Binetruy (Year 10)

"Such an amazing experience. The songs were breathtaking and I would recommend it to anyone”. Hannah Oliver (Year 10)

“Wicked was fun and the performance was amazing.”
Asher Cooper (Year 12)

“It was a pretty wicked performance.” Jacqui Payne (Year 12)
UNIFORM POOL
If you have outgrown school uniform tops and jumpers, the school can take them off your hands to place in the school uniform pool. Just drop them off at the school canteen. Your support is appreciated!

SICKNESS PROCEDURE
If a student becomes sick at school they should:
1. First inform their teacher or any teacher if in the playground.
2. If directed to, the student should then report to the main office with a note.
3. If the student is unable to immediately return to class it is policy that parents are contacted by the school and asked to pick up their child.


LISMORE GIRL GUIDES: Would you like to get involved in your community and help girls develop skills for life? Lismore Guide District is looking for women 18 years and over interested in leadership. You will be supported in becoming a Leader of Guides: training, mentoring, resources and friendship. Challenge yourself as you enable girls and young women grow into confident, self-respecting, responsible community members. Call Jacki Scutt on 0427728269; please leave a message if unanswered Or email jackiscutt@bigpond.com OR www.girlguides-nswact.org.au

LISMORE SWANS JUNIOR AUSTRALIAN FOOTBALL CLUB: Boys & girls players wanted; Auskick, U8, U10, U12, U14 & U16. Training to commence 25/2, Mortimer Oval at 4pm. Contact Ian Salked 0266 241393, 0418664481, email isalkeld@bigpond.com

2015 NATIONAL NAIDOC POSTER COMPETITION: Open now to indigenous artists—closes 27/3/15. The winning artwork will be used to create the 2015 National Naidoc Poster to promote NAIDOC WEEK 2015 across the country. The winning entry also attracts a $5000 cash prize. This years theme We all stand on Sacred Ground: Learn, Respect and Celebrate. Enter via www.naidoc.org.au

SURVIVING ADOLESCENCE TOGETHER
Are you a parent or carer of a teenager?
Are you looking for some information or support in parenting your teenager?
Are you concerned about how your relationship with your teenager is changing?

WHAT’S THIS COURSE ABOUT?
Surviving Adolescence Together is a parenting course that aims to support parents/careers through some of the greatest transitions a family must face. This course is designed to help you understand and respond proactively to the challenges of adolescence, and to help strengthen your relationship with your teenager. We all want teenagers to make it through adolescence safely and to develop into great adults. Yet, there are many factors that influence our teens for good and bad. Extensive research has shown that the most protective factor in helping teens develop into resilient adults is a close, supportive relationship with a parent or carer. Even though you may not feel it now, we believe the parent-teen relationship is key in helping families survive adolescence together.

TOPICS COVERED
Through information sharing, exercises and group discussions we will explore:
- Adolescent development and changes in the brain
- How are relationships protective?
- The risks teens face and how we can all go wrong
- The struggle parents face in coping with all this
- Reflecting on parenting styles
- How parents and teens push each other’s buttons
- How to positively influence your teen and the roadblocks to this
- Practical strategies to reduce conflict, increase relationship connection and build your ‘relationship bank account’ to influence your teen and help them make wise choices.

COURSE INFORMATION
COST: Free
DAYS/TIMES: Monday 10th March, Tuesday 7th April and Monday 13th April, 10am to 1pm
ADDRESS: Reconnect Community Centre, 20 Bongower Road, Ballina NSW 2478

CONTACT
Please call or email Steve or Monica. 8am-5pm Monday to Fridays. Bookings are essential.
Steve - reconnect@nreid.org.au
(02) 66284086
Monica - reconnectfarmer@nreid.org.au
(02) 66281549
Joanne - 0417 526 565

ABOUT US
Steve and Monica work with youth and families through the Reconnect and Getting It Together programs of the Northern Rivers Social Development Council.

For more information and regular updates don't forget to like our face book page
Lismore Youth Week
Young Songwriters competition

Opens 16th February 2015
lismoreyoungsongwriters@gmail.com
Entries Close 20th March 2015

Please submit your entry in MP3 format with
- Lyrics (attached as a word document),
- Artist photo
- Bio

to lismoreyoungsongwriters@gmail.com

Include name, age, contact details and
Category (and parental consent for under
16s)

Open to 12-25 year olds living in the
Northern Rivers

Categories:
- Pop
- Folk
- Urban/Electronic
- Punk/Metal
- Rock/Indie

Contact: lismoreyoungsongwriters@gmail.com
Youth Week 2015 Young Songwriters Competition
Terms & Conditions

1. CLOSING DATE. All entries must be received no later than midnight on the closing date of 20th March 2015.
2. ENTRANTS. All entrants must be between the ages 12-25. Entry must be in the name of an individual. The entrant must be a writer or co-writer of each song entered. Entry is open to Northern Rivers residents only.
3. COMPOSITIONS. Material submitted must be original and shall not infringe any copyrights or any other rights of any third parties.
4. PROMOTIONAL USE. By entering, the entrant agrees that entry materials may be posted on the Young Songwriters Competition Facebook site. This may include the winning lyrics. Organisers have the right to use photos, songs and lyrics for promotion of this annual event.
5. PRESENTATION NIGHT. A presentation evening will be held on Thursday 16th April. Venue to be confirmed. Finalists will perform on stage to the panel of judges, who will select a winner and runner-up in each category.
6. JUDGING. The judges’ decision is final and no correspondence will be entered into. All entries are judged after submission to select finalists in each category.
7. NOTIFICATION OF FINALISTS. Finalists will be notified by phone and email
8. ENTRY FORMS. Details provided to the Young Songwriters Competition will not be supplied to any third party nor will they be used to contact the entrants for promotional or marketing purposes. Failure to properly provide all information required on the entry form will void the entry.
9. NUMBER OF ENTRIES. There is no limit to the number submitted.
10. PRIZES. Each Category will have a winner and runner-up as well as judges Young Songwriter of the year. Prizes will be awarded on the night of presentation. All prizes are not transferable or redeemable for cash.
11. MULTIPLE COMPOSERS. In the event that any prize winning entry is submitted by more than one composer, the prize will be shared between the composers.
12. ENTRY MATERIAL. Recordings must be in MP3 format. For each song entered you must submit a separate application. An MP3 of the track with the information required on the entry form must be included in the email. Lyrics must also be included with the entry as a separate Word document attachment. Artist picture and Bio must be submitted with entry.

Please note entries will not be accepted without all entry requirements
Infectious diseases of childhood

Last updated: 22 July 2012

Chicken Pox

**Time from exposure to illness**
10 to 21 days, usually 14 to 18 days.

**Symptoms**
Slight fever, runny nose, and a rash that begins as raised pink spots that blister and scab.

**Do I need to keep my child home?**
Yes, for 5 days from the onset of the rash and the blisters have dried.

**How can I help prevent spread?**
Immunise your child at 18 months of age. Immunisation is recommended for children at 12 years if they are not immune.

Conjunctivitis

**Time from exposure to illness**
1–3 days.

**Symptoms**
The eye feels scratchy, is red and may water. Lids may stick together on wakening.

**Do I need to keep my child home?**
Yes, while there is discharge from the eye.

**How can I help prevent spread?**
Careful hand washing; avoid sharing towels. Antibiotics may be needed.

Gastroenteritis

**Time from exposure to illness**
Depends on the cause: several hours to several days.

**Symptoms**
A combination of frequent loose or watery stools, vomiting, fever, stomach cramps, headaches.

**Do I need to keep my child home?**
Yes, at least for 24 hours after diarrhoea stops.

**How can I prevent spread?**
Careful hand washing with soap and water after using the toilet or handling nipples and before touching food.

German Measles (Rubella)

**Time from exposure to illness**
14 to 21 days.

**Symptoms**
Often mild or no symptoms: mild fever, runny nose, swollen nodes, pink blotchy rash that lasts a short time. Can cause birth defects if pregnant women are infected.

**Do I need to keep my child home?**
Yes, for at least 4 days after the rash appears.

**How can I help prevent spread?**
Immunisation (MRV) at 12 months and 4 years of age.

Glandular Fever

**Time from exposure to illness**
4 to 6 weeks.

**Symptoms**
Fever, headache, sore throat, tiredness, swollen nodes.

**Do I need to keep my child home?**
No, unless sick.

**How can I help prevent spread?**
Careful hand washing, avoid sharing drinks, food and utensils, and kissing.

Hand Foot and Mouth Disease

**Time from exposure to illness**
3 to 5 days.

**Symptoms**
Mild illness, perhaps with a fever, blisters around the mouth, on the hands and feet, and perhaps the nappy area.

**Do I need to keep my child home?**
Yes, until the blisters have dried.

**How can I help prevent spread?**
Careful hand washing especially after wiping nose, using the toilet and changing nappies.

Head Lice

**Time from infestation to eggs hatching**
Usually 7 to 10 days.

**Symptoms**
Ichy scalp, white specks stuck near the base of the hairs; lice may be found on the scalp.

**Do I need to keep my child home?**
No, as long as head lice management is ongoing.

**How can I prevent spread?**
Family, friends and classroom contacts should be examined and treated if infected. Clothing and bedding should be washed in hot water.
Hepatitis A

**Time from exposure to illness**
About 4 weeks (can range from 2 to 7 weeks).

**Symptoms**
Often none in small children; sudden fever, loss of appetite, nausea, vomiting, jaundice (yellowing of skin and eyes), dark urine, pale stools.

**Do I need to keep my child home?**
Yes, for 2 weeks after first symptoms or 1 week after onset of jaundice.

**How can I help prevent spread?**
Careful hand washing; those that have had close contact with an infected child may need to have an injection of immunoglobulin; immunisation is recommended for some people.

Impetigo (school sores)

**Time from exposure to illness**
1 to 3 days.

**Symptoms**
Small red spots change into blisters that fill up with pus and become crusted; usually on the face, hands or scalp.

**Do I need to keep my child home?**
Yes, until antibiotic treatment starts. Sores should be covered with watertight dressings.

**How can I help prevent spread?**
Careful hand washing.

Influenza

**Time from exposure to illness**
1 to 3 days.

**Symptoms**
Sudden onset fever, runny nose, sore throat, cough, muscle aches and headaches.

**Do I need to keep my child home?**
Yes, until they look and feel better.

**How can I help prevent spread?**
Careful hand washing, especially after coughing, sneezing or wiping your nose. Immunisation is recommended for children with chronic illnesses.

Measles

**Time from exposure**
About 10 to 12 days until first symptoms, and 14 days until the rash develops.

**Symptoms**
Fever, tiredness, runny nose, cough and sore red eyes for a few days followed by a red blotchy rash that starts on the face and spreads down the body and lasts 4 to 7 days.

**Do I need to keep my child home?**
Yes, for at least 4 days after the rash appears.

How can I prevent spread?
Immunisation (MMR) at 12 months and 4 years. Childcare/school attendees who are not immune may be excluded for 14 days after onset in the last case at the facility.

Meningococcal Disease

**Time from exposure to illness**
Usually 3 to 4 days (can range from 2 to 10 days).

**Symptoms**
Sudden onset of fever and a combination of headache, neck, stiffness, nausea, vomiting, drowsiness or rash.

**Do I need to keep my child home?**
Seek medical attention immediately.

**How can I help prevent spread?**
Individuals who have had close contact with the infected child should see their doctors urgently if symptoms develop, and may need to have a special antibiotic. Immunisation with Meningococcal C vaccine at 12 months of age.

Molluscum Contagiosum

**Time from exposure to illness**
7 days to 6 months.

**Symptoms**
Multiple small lumps (2-5mm) on the skin that are smooth, firm and round, with dimples in the middle. Lumps in children are mostly on the face, trunk, and upper arms and legs. Symptoms can last 6 months to 2 years without treatment.

**Do I need to keep my child at home?**
No.

**How can I help prevent spread?**
Avoid contact sports when a child has uncovered lumps.

Mumps

**Time from exposure to illness**
Usually 16 to 18 days (can range from 12 to 25 days).

**Symptoms**
Fever, swollen and tender glands around the jaw.

**Do I need to keep my child home?**
Yes, for 9 days after onset of swelling.

**How can I help prevent spread?**
Immunisation (MMR) at 12 months and 4 years of age.

Ringworm

**Time from exposure to till illness**
Varies (may be several days).
Symptoms
Small scaly patch on the skin surrounded by a pink ring.

Do I need to keep my child home?
Yes, until the day after fungal treatment has begun.

How can I help prevent spread?
Careful hand washing.

Scabies

Time from exposure to illness
New infections: 2 to 6 weeks; reinfection: 1 to 4 days.

Symptoms
Itchy skin, worse at night. Worse around wrists, armpits, buttocks, groin and between fingers and toes.

Do I need to keep my child home?
Yes, until the day after the treatment has begun.

How can I prevent spread?
Individuals who have had close contact with the infected child should be examined for infestation and be treated if necessary. Wash linen, towels and clothing worn in the past 2 days in hot water and detergent.

Scarlet Fever

Time from exposure to illness
1 to 3 days.

Symptoms
Sudden onset sore throat, high fever and vomiting, followed by a rash in 12 to 36 hours.

Do I need to keep my child home?
Yes, until at least 24 hours of treatment has begun and the child is feeling better.

How can I prevent spread?
Careful hand washing. Sick contacts should see their doctor.

Slapped Cheek

Time from exposure to illness
1 to 2 weeks.

Symptoms
Mild fever, red cheeks, itchy rash-like rash, and possibly cough, sore throat or runny nose. Can cause foetal disease in pregnant women if they have not been previously infected.

Do I need to keep my child home?
No as it is most infectious before the rash appears.

How can I prevent spread?
Careful hand washing; avoid sharing drinks.

Whooping Cough

Time from exposure to illness
Usually 9 to 10 days (can range from 6 to 20 days).

Symptoms
Starts with a running nose, followed by persistent cough that comes in bouts. Bouts may be followed by vomiting and a whooping sound as the child gasps for air.

Do I need to keep my child home?
Yes, until the first 5 days of a special antibiotic have been taken.

How can I help prevent spread?
Immunisation at 2, 4, 6 months and 4 years of age. A particular antibiotic can be given for the patient and those that have been in close contact. The infected child should be excluded from childcare and school until 5 days after treatment begins. Unimmunised childcare attendees may be excluded from childcare unless they take the antibiotics.

For further information please call your local Public Health Unit on 1300 066 055 or visit the New South Wales Health website www.health.nsw.gov.au