



Ross Hill School Newsletter Term 1 Week 11 2024



Upcoming Events

- 9/4 - Kinder Nursery Rhyme
Fairy Tale Dress Up day
- 9/4 - Inverell Zone Rugby
League Trials 11's & Opens
- 10/4 - Principal's Assembly
Yr 3-6 12pm-12.40pm
Yr K-2 12.55pm - 1.30pm
- 11/4 - ANZAC Ceremony
- 12/4 - K-6 RHPS Cross Country
- 12/4 - LAST DAY OF TERM 1
- HAVE A SAFE AND
ENJOYABLE HOLIDAYS.**
- 30/4 First day back for
students



Shanes's Scribbles

Welcome to Week 11 of Term 1.

It's feeling like Term 1 has only just begun, but here we are bringing the term to an end. Our school operates with 25 classes supporting the learning of 495 students. 21 mainstream classes, whilst we have 4 classes that meet the additional learning needs of students who have been formally placed in these classes. Congratulations to all students and staff on making a positive start to the 2024 school year.

Term 1 Principal Assemblies:

This week a number of students will be recognised for their strong start to the 2024 school year. Across our school we have many students who get involved in their learning and make the most of these opportunities. I give a big shout out to all award recipients, but to the many extra students who bring a positive attitude to school each and every day.

School Newsletter:

Our amazing admin team have commenced a revamp of our school newsletter and seeking to be able to deliver this electronically where possible. The newsletter will be emailed and shared on social media (our school Facebook page) to keep our community well informed of what is happening in the life of RHPS. To help us share our newsletter and to be able to contact families as needed, we ask that all families keep us updated when phone numbers, addresses and Email addresses change.

School Holidays:

Term 1 wraps up on Friday 12 April. We trust that the break from routines is well enjoyed and that students return refreshed and ready to launch into Term 2 with enthusiasm.

Until next I write.....



Our own 'School Bus'

We have our own 12 seater bus, a Toyota HIace, to help us with some of the events and happenings here at Ross Hill. The bus won't solve all our transport needs, but will help with sporting team events, small group activities and the array of activities our support classes undertake.

The bus is still in need of some school branding to make it look like a RHPS bus, which is currently being explored. Until then, the bus is a plain white bus that will start supporting our students in this final week of term.

K-6 Cross Country

The Ross Hill School Cross Country will be held for all students from K-6 on Friday 12 April.

Timetable for the day is as follows-

Mark Rolls

11 and 12/13yrs 3km - 9.30am - 10.30

8/9 and 10yrs 2km 10.30am - 11.20am

Recess 11.20 - 12 noon

Kinder 1km 12.15pm - 12.30pm

Year 1 1km Yr 2 1km 12.45pm - 1.00pm

Presentations all ages 1.00pm - 1.20pm

Lunch 1.20pm - 1.55pm

**Families and Spectators are
welcome to watch the
students on the back oval in
the allocated area.**



Cricket

Lachlan and Dennis trialed for the Northern Regional Cricket team last Thursday. Both boys played some excellent cricket. Congratulations to Lachlan who was selected in the Northern team. He will trial for the North West team early next term



School Bus Travel

School Bus Travel - To and from school

In recent weeks there have been issues of over-capacity on buses and a need to establish better processes to ensure all students who have applied for and been granted a bus pass can be assured of travel to and from school.

After some further discussion, it remains important for all children eligible for a bus pass to have applied for one. Please, if you intend to use the school bus services, make sure you have applied for a bus pass.

- Students with bus passes are the priority for transport.
- Buses will now carry a list of students who have been issued a bus pass and the date it was issued.
- Students who lose their bus passes are expected to have these replaced. (Bus passes are the easiest way to prove that bus travel has been applied for and approved).

If the above expectations are met, then it is expected that no primary-aged student who has been issued a bus pass will be left behind at school. Buses will have the capacity to provide transport for all students approved for travel,

School transport is from 'home to school' and 'school to home'. The expectation is that students will get on and off the bus at the designated locations. Parental cooperation is also appreciated when young children are being dropped off. Please make sure that suitable adult support is provided so children can safely cross roads and make their way home.



North West PSSA Touch Football Selection

Two Ross Hill students trialled for a place in the North West NSW Touch Football Team and they played amazing against many students from the North West Region.

Congratulations to Ruby Morgan who was selected for the girls North West side and will now compete in Wollongong from 6th-8th August.

We wish Ruby all the best and big congratulations on her selection.



North West Primary Boys Australian Football Team

Last Week, Cooper R, Cooper B, Evan C, and Roy W, trialled for the first ever North West Primary Boys Australian Football team. All 4 boys were successful in gaining selection and will now compete at the PSSA Championships in Albury from 22nd - 24th May. We wish the boys all the best and a big congratulations



NURSERY RHYME AND FAIRY TALE DAY

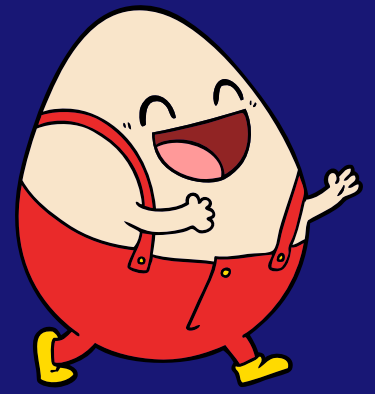
Tuesday 9th April



Kindergarten families are invited to attend a character parade and performance

9:45am in the School Hall.

Students are encouraged to dress in costume of their choice with possible change of clothes.



**OUR MOB
OUR GAME**
Come 'N' Try



GAME-BASED LEARNING

COME 'N' TRY!

AGES: 5-10

COST: \$35.00

DATE: 27TH APR 2024

TIME: 10AM - 12PM

WHERE: INVERELL SHOWGROUND
10 TINGHA RD

SIGN UP NOW

WWW.BNSW.COM.AU



Viral gastroenteritis

Fact sheet

Gastroenteritis (gastro) can be caused by many viruses and results in **vomiting and diarrhoea**. The viruses can easily spread from person to person. It is important to thoroughly wash your hands with soap and water to prevent the spread of gastro.

What is viral gastroenteritis?

Viral gastroenteritis (gastro) is a common infection of the stomach and intestines that causes vomiting and diarrhoea.

Gastro can be caused by many different viruses. Examples of viruses that cause gastro are rotavirus and norovirus.

There are many other causes of gastro including bacteria, toxins, parasites, and some other diseases.

What are the symptoms of viral gastroenteritis?

The **symptoms of gastro** can include:

- **vomiting**
- **watery diarrhoea**
- **nausea**
- **fever**
- **abdominal pain**
- **headache**
- **muscle aches**
- **dehydration** (from diarrhoea and vomiting)

Depending on the cause, **symptoms usually take between one and three days to start**. Symptoms usually **last one to two days, or sometimes longer**.

How is viral gastroenteritis spread?

Viral gastroenteritis **can be highly infectious** so it can spread very easily.

It spreads when a person comes in contact with the vomit or faeces (poo) of an infected person, including:

- person-to-person contact, for example shaking hands with someone who has been sick and has the virus on their hands
- contaminated objects
- contaminated food or drink

Infection may also be spread in the air when people vomit.

In most cases it is spread from a person who has symptoms.

Some people can pass on the infection without having symptoms. It is important to continue good hygiene for 48 hours after your symptoms have stopped to avoid passing the virus to other people.

Who is at risk of viral gastroenteritis?

Viral gastroenteritis **can affect people of all ages**, although young children and the elderly and people with reduced immune systems are most at risk of severe disease.

How is viral gastroenteritis prevented?

Wash your hands thoroughly with soap and running water for at least 20 seconds, and dry them with a clean towel:

- after using the toilet
- after changing nappies
- before eating or preparing food

How is viral gastroenteritis diagnosed?

A doctor will usually diagnose a person with gastro based on the person's symptoms. If there are a high number of cases in one place a doctor will test samples of faeces.

How is viral gastroenteritis treated?

There is **no specific treatment** for viral gastroenteritis. Most people will recover with rest and drinking a lot of fluid.

If you have gastro:

- **rest at home and do not go to work. Children should not attend childcare or school until 48 hours after they no longer have symptoms** (diarrhoea and vomiting).

- do not prepare food for others or care for patients, children, or elderly people. These precautions should continue until 48 hours after diarrhoea or vomiting stops. This includes people who prepare food in the home or work in the food industry.
- wash hands thoroughly with soap and running water for 20 seconds after using the toilet.
- drink plenty of clear fluids, such as water, or for example juice or soft drink diluted 1 part to 4 parts water, to prevent dehydration. Avoid undiluted fruit juice and soft drinks as they may increase dehydration and diarrhoea. Rehydration drinks that replace fluids and salts are available from chemists.
- In severe cases of dehydration, fluids may need to be administered through a needle or tube by a doctor.

If you are caring for someone with viral gastroenteritis:

- wash hands thoroughly with soap and running water for 20 seconds after any contact with the sick person.
- clean soiled surfaces and clothing to reduce the virus spreading further.
- when cleaning up vomit or faeces (poo):
 - wear gloves
 - wash your hands with soap and running water for 10 seconds after gloves are removed and disposed
 - use disposable paper towels or rags to remove any solid material and seal them in a plastic bag before placing in the rubbish bin
 - clean any soiled object or surface with hot water and detergent and allow to dry thoroughly
 - wear a mask.

What is the public health response?

Outbreaks of gastroenteritis increase in winter and are common within families and group settings including nursing homes, hospitals, childcare centres, and schools. Doctors and hospitals are required to notify their local public health unit when there are two or more cases of gastro that are linked.

Public health units are able to:

- advise on how to identify an outbreak
- advise on how to control the outbreak
- help investigate outbreaks to determine the source and mode of transmission
- advise on the exclusion of people with viral gastro from work, school or other public gatherings.

Further information

- [Norovirus fact sheet](#)
- [Controlling outbreaks fact sheet](#)
- [Guidelines for the public health management of gastroenteritis outbreaks due to norovirus](#)
- [How to look after children with gastroenteritis](#)

Year 6 to Year 7

If you have a child transitioning to Year 7 next year you can find the Expression of Interest forms on our school website.

rosshill-p.school@det.nsw.edu.au

- Enrolment
- Scroll down to Moving to high school
- Online enrolment - complete the online form.

There is also a lot of information on the website if you would like to scroll through and have a look.

Basketball Court Update



What a great day to test out the new Basketball Court - Stage 3 got to play some games in their sport rotations under cover today - what a great space to have in our school! SP and SB even posed for some cool shots.

