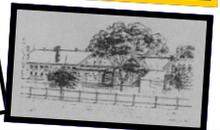


# Peterborough Primary School and Yunta Campus

Phone 86512102

## Newsletter

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Welcome to week 7!

*From the Principal*

### Helping Children and Young People Learn

When families and schools work together, children are more likely to build good relationships and do better at school.

#### Tip 5: Create a good homework environment

There are a couple of important things you can do to get the most out of homework. One is building your child's confidence and the other is to support them to learn on their own. The ways to help them will change as they get older.

#### **Create space**

Children benefit from organisation. Create a special space for doing things like homework and try to make homework a calm experience.

#### **Be available to help if your child has a question**

If you are helping your child, try to make it a positive time that you share together and minimise stress related to homework. Focus on building their confidence, rather than 'having the answer'.

#### **Talk to your child's teacher about homework and find out about your school's guidelines**

It's good to have rules about homework, but it's confusing for children to be expected to do more or less than asked at school.

#### **Praise your child for their effort and persistence when they are doing homework**

### Hand Foot and Mouth

There have been several cases of Hand Foot & Mouth throughout the school. HFMD is mainly seen in children under the age of 10 or in young adults and it is easily spread from one person to another.

The common signs and symptoms include:

- o high temperature (fever)
- o sore throat
- o small blisters on the inside of the mouth, the sides of the tongue, palms of the hands, fingers, soles of the feet and nappy area (the blisters should not be itchy like chickenpox blisters)
- o poor appetite (drinking and eating can be painful because of the mouth blisters)
- o tiredness

The main way HFMD is spread is by touching the fluid from inside the blisters or fluids from the nose, mouth and chest spread from sneezing and coughing. It can also be in bowel movements (poo) for up to several weeks after a person has been infected.

How to stop it spreading:

- o Washing hands after touching these bodily fluids is the best way to prevent the spread of HFMD.
- o Not sharing items such as cutlery, drinking cups, towels, toothbrushes and clothing will help to reduce the spread to others.
- o **Your child should stay home from school until all the fluid in the blisters have dried.**

Treatment:

- o There is no treatment for HFMD. Because it is a virus, antibiotics will not work to treat it.
  - o Give pain relief for mouth blisters
  - o Give your child frequent sips of drinks. This will stop them from becoming dehydrated.
- Leave blisters to dry naturally. Do not pierce or squeeze them.

## Year 5/6/7 Class Fundraiser



Hot Soup



Wednesday 14th June

Pumpkin and Creamy Vegetable

\$2.00 per Cup



The Year 2/3/4 Class recently spent a great day at the Yunta Campus.



### Dates To Remember 2017

Wednesday 21st June

Governing Council 1.30pm

2nd to 9th July

NAIDOC Week

7th July

End of Term 2.10 dismissal

### Governing Council

The next Governing Council meeting will be Wednesday 21<sup>st</sup> June at 1.30pm.



HATS - All Year Round

NO HAT - NO PLAY

