Niangala P&C
The next P & C meeting will be held on Thursday 5th November at 1.30pm. All welcome!

Working Bee!
This Friday (30th October) there will be a working bee at the school to build a decorative wall around the vegetable garden. It would be great to have many helpers. Community members are most welcome. Morning tea and lunch will be provided.

Baby Sitting Available
$5 per hour  Overnight Negotiable
Call Breanna Worth
Mobile: 0477 477 639     Home: 6769 2291

Calendar Term 4
<table>
<thead>
<tr>
<th>Thursday</th>
<th>29/10</th>
<th>Billy Tea Band at Walcha Central School</th>
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<tr>
<td>Friday</td>
<td>30/10</td>
<td>Working Bee at Niangala School</td>
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<tr>
<td>Tuesday</td>
<td>3/11</td>
<td>Transition, hockey 1.45-3pm</td>
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<td>Wednesday</td>
<td>4/11</td>
<td>Transition</td>
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<tr>
<td>Thursday</td>
<td>5/11</td>
<td>P &amp; C meeting 1.30pm</td>
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<tr>
<td>Friday</td>
<td>6/11</td>
<td>UNE Science in the Bush Year 6</td>
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<td>Monday</td>
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<td>WCS Open Day for Year 7 2016</td>
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<td>Tuesday</td>
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Niangala Public School
NEWSLETTER
Term 4 Week 4 28 October 2015
Email: niangala-p.school@det.nsw.edu.au
Phone: 6769 2254   Fax: 6769 2287

A day in Armidale...
Niangala School had a great day in Armidale on Thursday 15th October with an action packed itinerary of swimming, gymnastics, rock climbing and robotics!

First stop was the University of New England (UNE) rock climbing centre where the children learned the essentials of rock climbing before scaling the walls. This was followed by swim basics and stroke development instruction at the UNE pool. Everyone also enjoyed practising their dives!

At The Armidale School (TAS) Niangala students joined in with a robotics class and enjoyed a delicious boarders lunch.

The day ended with a visit to the Armidale Gymnastics Centre with Black Mountain and Chandler Schools. The students rotated around all the gymnastics apparatus, with instruction on the beam, bars, vault and floor activities.
Assembly awards

Congratulations to Jayden Galvin who received his Pen Licence.

Hockey clinic

Sporting Schools funding has been able to fund a hockey program delivered by Mr Blair Chalmers a Hockey NSW staff member. The program will focus on introducing children to hockey in a fun and engaging way. Secondly the program will set the foundation in the core skills (hockey position, hitting technique, dribbling) that will enable them to enjoy any future hockey experiences. Students have learnt: hitting holding both hands together at the top of the stick. The hockey position, bending the knees with a straight back separating the hands when dribbling and when not in possession of the ball.

Whooping cough alert

NSW Health has requested us to provide the following information about whooping cough to parents and carers of children attending NSW schools. It has been included in the newsletter to encourage early diagnosis and treatment of those with the infection, and to help reduce the spread of infection in the community.

There is an outbreak of whooping cough (pertussis) in NSW, mainly affecting school-aged children.

Coughing spreads the infection to others nearby. Whooping cough can spread to anyone at home, including younger brothers and sisters. Whooping cough can be especially dangerous for babies.

Whooping cough starts like a cold and progresses to bouts of coughing that can last for many weeks. The infection can occur even in fully-vaccinated children. Older children may just have a cough that is persistent and may be worse at night.

- Children with these symptoms should see a doctor.
- If your doctor diagnoses whooping cough in your school-aged child, please let the school know and keep your child at home until they have taken 5 days of antibiotics. Keep coughing children away from babies.
- Whooping cough vaccines give good protection against infection but immunity fades with time. Check that all your children are up to date with their vaccines, due at 6 weeks, 4 months, 6 months, 4 years and 12 years of age (offered to all Year 7 students through the NSW school-based vaccination program). A booster is also recommended at 18 months of age.

A booster dose of vaccine is also recommended for adults that are in contact with young children, such as school staff and parents. Pregnant women are recommended to have a booster dose during each pregnancy and this is funded by NSW Health. Those who are new parents or carers of babies should consult their general practitioner about appropriate immunisation.

Your local public health unit can provide advice about whooping cough on 1300 066 055 or visit the NSW Health website for information for childcare and schools about whooping cough.

LEGO