DEPUTY PRINCIPAL’S REPORT

Dear Parents,

This week, I have seen so many examples, of noteworthy Newport school spirit with students showing initiative and thinking and acting for others first, for no reason other than it is “the right thing to do.” These good news stories are some of the talking points we like to share and celebrate, each week during our student assemblies.

Success at Newport

Last week, our Snowsports team travelled exactly 800kms (by Mr Tickle’s calculation) to Mount Buller, to compete in the Australian Interschools competition. This is an achievement in itself for a school located so close to the beach. Our students proudly represented Newport with many stories of courage, resilience and personal bests being shared over the past week. Newport was placed 4th in Australia, on overall results, ahead of Mt Buller Primary school and snowy mountains grammar! Congratulations to all of our representatives. Many thanks also, to our parents for their ongoing support and to Mr Tickle, for his talent and dedication to co-ordinating the team. More comprehensive results are included in this week’s Natter.

Congratulations to our Year 6 debating team who are Zone 1 winners of the Premiers Debating Challenge. The team consists of Glenn Sands, Charlie Belic, Charlie Wiles and Charlotte Labrie. These students have worked enthusiastically during lunch times this year to improve their debating skills with Mrs Clements and Miss Shoebidge.

The Premier’s Debating Challenge is open to all NSW government schools, with the aim of developing the public speaking and reasoning skills of students from Years 5 to 12. Every debate in the challenge is a 1 hour preparation debate. Teams do not know the topic or which side of the debate they are on until 1 hour before the debate starts. Once the preparation time is up, 3 speakers from each team take turns to speak, with a 4th silent speaker helping out during preparation and during the debate.
Teams are organised into zones of four or more who debate in a round-robin competition against each other. Once all of the zone debates are completed, the zone champions debate against each other in a knock-out competition until we have a state champion. The 10 teams who win their zones meet at a three-day debating tournament to decide the state champions at Collaroy during Week 10 of Term 3.

As Charli Wiles is overseas during the finals, we are grateful that Zane Farquharson is able to step up as the fourth speaker. Good Luck to the team next week!

Our Senior girls Netball Team will be travelling to the Anne Clarke Centre at Auburn on Monday, for the final of the State Knockout Competition. Three games are programmed to be played on the day and Newport is the only Sydney metropolitan team still in the competition. The girls have been training well and we look forward to hearing about the highlights and challenges of their game/s next week. Best of luck girls.

The Sydney North Athletics Carnival was held on Monday and our team were outstanding representatives and competitors for Newport. Competing at the Olympic Stadium is an honour and an incredible experience for our students. Many thanks to Mrs Keogh, Ms B and Mr G Moran for accompanying the students and to our parents who took care of transport as well as some additional training. Highlights from the day are outlined below.

Coming Up
Next week, all staff will spend some time working together in their grade teams, to develop units of work for Term 4, based around the new English syllabus, as well as planning our calendar events and teaching/learning experiences for Term 4. Throughout 2014, we look forward to sharing our knowledge of the new curriculum with you, through our Natter and parent information sessions.

Our School Disco will be held tomorrow in the school hall at the following times;
Kindergarten 4.45-5.30pm  Years 3 & 4 6.45-7.45pm
Years 1 & 2 5.45-6.30pm  Years 5 & 6 8.00-9.00pm
We look forward to dancing through the afternoon and evening.

Your response to our calls for help at our Working Bee on Saturday have been appreciated. We look forward to seeing everyone who is able to spare an hour or two, as well as those leading the major project of putting lattice around the new demountables, from 8am-1pm this Saturday.

Please Be Aware
We have been advised this week, of another case of whooping cough at Newport Public School. Included in the Natter is a factsheet from NSW Health. Please do not send students to school if they appear to be unwell.

Warmest regards,
Natalie Baldi
Deputy Principal

NEWPORT FETE
Saturday 19th October
It is not long now until this wonderful community event. Organisation for the fete is now very busy. Our last fete engendered such a community feel with an army of volunteers helping the organising committee. In true Newport spirit we ask that out parents pull together and support the efforts of our hard-working Fete Committee. They will be asking for parent volunteers for the day, to give an hour of your time to help out on your class stall. Please give of your time and support their efforts.

Improving our Communication
Our school is conducting a trial of our own iPhone App to help us communicate more effectively with our community. We are trialling the iPhone version for 30 days. If we continue with the App after the trial we will then get the Android version in the Google Play Store. We are asking parents to install our App. To install it, just look for our school name “Newport Public School” in the Apple App Store, and install it on your iPhone. If you require any assistance please phone 1300 661 031 or email support@skoolbag.com.au.
### Dates for your diary

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
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<tbody>
<tr>
<td>Tuesday 17&lt;sup&gt;th&lt;/sup&gt; Sept</td>
<td>Fete Meeting 7.30pm</td>
</tr>
<tr>
<td>Tuesday 8&lt;sup&gt;th&lt;/sup&gt; Oct</td>
<td>Fete Meeting 7.30pm</td>
</tr>
<tr>
<td>Tuesday 15&lt;sup&gt;th&lt;/sup&gt; Oct</td>
<td>Last Fete Meeting 7.30pm</td>
</tr>
<tr>
<td>Saturday 19&lt;sup&gt;th&lt;/sup&gt; Oct</td>
<td>9am-2pm SCHOOL FETE</td>
</tr>
<tr>
<td>Friday 6&lt;sup&gt;th&lt;/sup&gt; Dec</td>
<td>2014 Swimming Carnival</td>
</tr>
</tbody>
</table>

### MERIT AWARD WINNERS

- **KSO** Lexie McCoy, Mia Pettitt
- **KAJ** Jack Jones, Grace Osborne
- **KEE** Jemima Moran, William Miller
- **KDF** Fabian Stacey, Sophia Urban
- **KJP** Eva Bell, Lachlan Glew
- **KEJ** Haddon Bateman, Olivia Lisle
- **KMG** Ned Parker, Zara Leslie
- **1SN** Will Phelan, Summer Brennan
- **1JJ** Ahren Langton, Jack Langton
- **1DD** Asha Watkin, Jada Driscoll
- **1JG** Brooke Flynn, Oliver Griffiths
- **1/2JF** Toby Anstey, Jemima Johnson
- **2BN** Will Bensley, Aiden Russell
- **2AM** Amelia Maric, Brody Reeves
- **2SC** Will Malian, Anna Le Blang
- **2BG** Jocelyn Carter, Harry Riddle
- **3GB** -
- **3LS** All of 3LS!
- **3AR** Jully Hunt, Kiara Dolphin
- **3BF** Anna Hill, Charles Bentley
- **4NE** Jodie Louw, Amity Cox
- **4KH** Alberto Meucci, Eleanor Harrison
- **5NE** Jodie Louw, Amity Cox
- **4LG** Jasmine Adams, Aja Phelps
- **4SC** Violet Haylen, Hayden Gorsuch
- **5LH** Luc Power, Seb Mills
- **5DH** Billy Capewell, Madison Walsh
- **5RH** -
- **5/6AH** Max Donohoe, Charlotte Labrie
- **6GM** Alex Symington-Jones, Caitlin Rogan
- **6KH** Sebastian de Smeth, Tara Stuart, Charli Wiles
- **6IW** Alex Magno, Britney Spinks

### REGIONAL ATHLETICS CARNIVAL

On Monday, a handful of Newport students attended the Sydney North Athletics Carnival out at Homebush. All of our students participated in their events to the best of their ability and with great sportmanship, but were up against some extremely talented athletes from the region. Some of Newport's strong results included:

- Jaimon Smith came 5<sup>th</sup> in the final of the 200m.
- Ashlie Edwards and Mac Omm both came 4<sup>th</sup> in the 800m.
- Marlie Smith came 5<sup>th</sup> in the 800m.

The junior girls relay team consisting of Olivia Alvarez, Emma Lowry, Marlie Smith and Grace Carroll finished an extremely close 4<sup>th</sup>, by less than a bee's whisker.

Link Beggs came 1<sup>st</sup> in shotput and will progress to the state athletics carnival.

Congratulations to all our students who attended. Well done.

Greg Moran

### MUSIC NEWS

**Fundraising.** Thank you to those who have volunteered to help at the Disco BBQ on Thursday. The Election Day BBQ raised nearly $1200.00, well done everyone, especially our great fundraising team! If you are coming the School Disco make sure you come and buy a sausage sandwich.

### Dates for Diary

**TERM 3**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>12&lt;sup&gt;th&lt;/sup&gt; Sept</td>
<td>Concert Band playing at assembly</td>
</tr>
<tr>
<td>12&lt;sup&gt;th&lt;/sup&gt; Sept</td>
<td>School Disco - BBQ fundraiser</td>
</tr>
<tr>
<td>17&lt;sup&gt;th&lt;/sup&gt; Sept</td>
<td>Violin 2s playing at assembly</td>
</tr>
<tr>
<td>19&lt;sup&gt;th&lt;/sup&gt; Sept</td>
<td>Violin 1s playing at assembly</td>
</tr>
</tbody>
</table>

**TERM 4**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>15&lt;sup&gt;th&lt;/sup&gt; &amp; 17&lt;sup&gt;th&lt;/sup&gt; Oct</td>
<td>Training Band playing at assemblies</td>
</tr>
<tr>
<td>19&lt;sup&gt;th&lt;/sup&gt; Oct</td>
<td>School Fete, all ensembles performing, details to be given shortly.</td>
</tr>
<tr>
<td>14&lt;sup&gt;th&lt;/sup&gt; Nov</td>
<td>Music Information Evening</td>
</tr>
<tr>
<td>16&lt;sup&gt;th&lt;/sup&gt; Nov</td>
<td>Avalon Market Day – All 4 wind ensembles playing</td>
</tr>
<tr>
<td>9&lt;sup&gt;th&lt;/sup&gt; Dec</td>
<td>Twilight Concert</td>
</tr>
</tbody>
</table>
NSSWE Spring Music Festival - Chatswood Concourse Sunday 8th September

We were very proud of our Stage Band and Performance Band members who represented Newport School with musical talent and impeccable behaviour on Sunday afternoon and evening. The Stage Band played outside to an audience of parents from Newport and other participating schools as well as onlookers passing through or sitting and eating at the Concourse in Chatswood - part of a beautiful new theatre and library complex.

Later the Performance Band played inside the amazing new and acoustically divine venue as part of an evening of music from some very talented primary and high school students, culminating in the awesome NSSWE Intermediate Band. It was a late night but the experience up on stage was inspiring for our musicians - and their performances on both occasions got huge appreciation from the respective audiences.

Thank you to all parents involved in transporting and supporting the children and a huge, huge thank you to Fiona Gudmunson who as usual exceeded all expectations in her organisation and input to make the event a success as well as conducting the Stage Band to great effect - and also thanks to Andrew Laurich who conducted the Performance Band, took the warm up and helped out in the holding rooms.

Finally, thank you to the Newport PB and SB musicians from all of us - parents, committee members, conductors - YOU WERE AMAZING! Jude Knott

A view of some of the Stage Band on the Concourse at Chatswood

Newport Performance Band on stage at the Chatswood Concourse Concert Hall
CHESS NEWS

Newport’s semi-finalist representatives (Finn Lindley, Thomas Poppleton, Thiago Ortiz, Aaron Hughes and Rafael Ortiz) recently placed 4th overall in the second round of the Sydney Academy of Chess’ Interschool Challenges. The boys narrowly missed a spot in the finals with the top three teams progressing. Thiago was our highest placed individual receiving a trophy for 5th place, quite an achievement for a year 3 student. Well done Thiago!

SNOW SPORTS NEWS – NATIONAL TITLES

The Australian Titles of the Interschools brought together the best snow sports athletes from NSW, QLD, ACT, VIC and SA. Whilst Newport has competed in Victoria several times the school has never been to Mt Buller. Despite an early spring thaw the Victorian Interschools did a wonderful job of co-ordinating the event as did the Mt Buller race department to ensure competitors had challenging and firm race courses. Newport had 8 senior boys representing their school and state who competed in a variety of team combinations in 6 different disciplines. The week began with the Cross Country events. Newport placed 5th and 8th in both the Freestyle and Relay events. The following day the snowboarders came 2nd in both GS and Boarder Cross, pipped by a very strong Scotch College from Melbourne. Mac Omm finished 2nd overall in the Boarder Cross individually. The Alpine event held on Shakey Knees saw our boys very narrowly miss a National Title this time being beaten to the top podium spot by a determined and well trained Scots College (Sydney). Zach Zontsich proved himself to be the skier to beat by taking out the entire event individually scoring Newport’s first gold medal at Buller and a National Title to his name. On a pair of 165cm skis Zach blazed down his two runs scoring the highest two run combo of the day. Congratulations to our new Australian Boy’s Alpine champion!

With just one race left in the event the following day the boys were keen (as was their coach) to go one better in the Skier Cross. At the end of the first team scoring run, three schools had their fastest two riders clustered in the top ten. Coaches frantically added scores on their phones to determine whether it would be Scotch, Scots or Newport. With just .7 of a second separating the three schools it was Newport’s turn winning its first ever Senior Boys Ski Australian Title. Zach showed he was the fastest skier in Australia winning both of his Ski Cross runs giving him a dual Australian Title in Skiing.

Senior Boys Results
Cross Country Ski Freestyle Team – 5th
Cross Country Ski Relay Team – 8th
Snowboard GS – A team 2nd
Snowboard GS – B Team 6th
Snowboard BX – A team 2nd
Snowboard BX – B team 10th
Alpine Team – 2nd
Skier Cross Team – 1st

Primary Overall Pointscore Co-ed (29 schools)
1st Jindabyne Central School
2nd Falls Creek Primary School
3rd Geelong Grammer School Junior
4th Newport Public School

Many thanks to all our families who made the 800 km journey and particularly those who helped to marshal on the snowboarding events where they were desperately short of volunteers.

Mark Tickle

UNIFORM SHOP NEWS

Summer Uniform
Next week is the last opportunity to buy summer uniforms before the end of term.

Term 4 – First Open
Staff and students return to school on Tuesday, 8 October. Students return to school in their summer uniform and as the uniform shop will not be opening during the school holidays, the first open for Term 4 will be Tuesday, 8 October at 3pm.
Online Ordering
Orders placed online at flexischools.com.au prior to 5pm on Fridays will be delivered to your child’s class on the following Monday or Tuesday. Order forms can also be collected from the office or emailed on request. Please contact us if you have any order queries.

Opening Hours
The Uniform Shop is open Mondays 9-10am and Tuesdays 3-4pm. We accept cash or cheque. Credit card payments are accepted when ordering via flexischools.com.au. For enquiries, please contact newportuniformshop@hotmail.com or Carla Pettitt 0413-804-015 & Kate Raffles 0413-519-872.

Next Week’s Roster
Monday Sept 16th: Tiffany, L Tyndall, A Bryan, J Rodgers
Tuesday Sept 17th: R Wilson, C mcCauley, T Brennon, A Robinson
Wednesday Sept 18th: K Davis
Thursday Sept 19th: L Dawe, M Bensley, R Carter
Friday Sept 20th: M Jones, S Maunder, C Thomas
If you are unable to make your rostered day, please let Tammy know on 9979 6504 or email the canteen newportschoolcanteen@hotmail.com

Sushi - there is now a tab on the Flexischools menu for soy sauce. If you like soy with your sushi, make sure you tick this box!

Just a reminder to anyone who still has outstanding money owing to the canteen for forgotten or lost lunch if you could please fix this up with the canteen. Many thanks.

Date for next term:
Thursday the 24th October we are having a meal deal day. Hotdog & 300ml milk for only $5.00. This will be on flexi schools and you can order over the counter.

Healthy Tips
Cordials, soft drinks and sports drinks
Cordials, soft drinks and sports drinks are high in sugar, and often contain artificial colourings and flavourings as well as caffeine. For these reasons, cordials, soft drinks and sports drinks should be reserved only for special occasions. Too much of these drinks lead to excess consumption of sugar and kilojoules, which may lead to weight gain and tooth decay.

Take a look at the sugar content found in these drinks:

<table>
<thead>
<tr>
<th>Drinks</th>
<th>Teaspoons of sugar</th>
</tr>
</thead>
<tbody>
<tr>
<td>Can of soft drinks – 375 mL</td>
<td>8 to 9 tsp</td>
</tr>
<tr>
<td>Bottle of soft drink – 600 mL</td>
<td>15 to 18 tsp</td>
</tr>
<tr>
<td>Fruit juice drink 250 mL</td>
<td>3 to 5 tsp</td>
</tr>
<tr>
<td>Cordial – 250 mL diluted</td>
<td>4 to 5 tsp</td>
</tr>
<tr>
<td>Water</td>
<td>0 tsp</td>
</tr>
</tbody>
</table>

As you can see, water has zero spoons of sugar making it the best option. Choose water whenever possible.
Dear Families,

Newport will be hosting another of our FANTABULOUS discos on **Thursday 12th September**.

Tickets are **$5** each and will be sold outside the front office before school during the week of the disco or can be purchased at the door (please bring exact change). All proceeds from the disco will go to the Literacy Backpacks Project. There will be a BBQ (sausage sandwiches) with proceeds going to school bands.

The theme for the disco is ‘**Fun & Funky**’. It is an opportunity to raid your wardrobe and dress up box and come dressed in the funnest, funkiest outfit you have! (Don’t forget to wear your dancing shoes!!)

**Please note:** Glow sticks are not allowed for safety reasons. We would also ask that students wear **appropriate** footwear (no high heels and no bare chests!)

**Times for the disco are as follows:**
- **Kindy:** 4:45 – 5:30pm
- **Yr 3 & 4:** 6:45 – 7:45pm
- **Yr 1 & 2:** 5:45 – 6:30pm
- **Yr 5 & 6:** 8:00 – 9:00 pm

Many thanks,

Emily Jefferys & Brian Franki  
Disco Organisers

Anthony Moran  
Deputy Principal
Thursday 12th September

Support our School Bands!

- Sausage sandwich~$3.50
- Sausage sandwich and popper~ $5.00
- Packet of chips~$1.00

Please tear off and return slip to the office

Dear Margaret,

I would like to help at the WORKING BEE on Saturday, 14th September 2013.

Parent’s Name: _______________________________

Child’s Name & Class: ________________________________

Specific Skill or Project (if applicable): _________________________________________________
MONSTER SKATE PARK & PARKOUR

We are very excited to announce that Monster Skate Park & Parkour are coming to our fete!

Monster Skate Park will set up a series of ramps and rails on the netball court for kids to come and practice their skate and scooter skills on fete day. Skateboards, scooters, helmets and pads will be available but kids can bring their own if they wish. Parkour NSW will be setting up equipment and courses for kids to learn how to parkour. Instructors from both Monster & Parkour will be at the fete to put kids through their paces. A $2 donation for the school fete will be collected from everyone wishing to participate.

RAFFLE TICKETS GOING ON SALE NEXT WEEK

Please support our fete raffle extravaganza by selling as many tickets as possible! We have a huge list of amazing prizes sure to excite everyone. Please check them all out on the raffle books that are coming home next week. Each book will have 20 tickets that are $2 each. All books, sold or unsold and money must be returned to the office by Friday 11th October. There is a prize of an iPad and iPad stand for the student that sells the most tickets. Also, all kids that sell an entire book of tickets will go into a raffle to win a Boys Quicksilver watch or a Girls Roxy watch. Make sure your name and class is on all returned tickets to go into the draw.

COUNCIL CLEAN UP – GIVE US YOUR GREAT STUFF AND LEAVE EVERYTHING ELSE ON THE STREET

Council Clean Up is on for most of Newport. We are still in need of GOOD QUALITY clothes (clean please), books, CD’s/DVD’s, bric-a-brac (no electrical). Please bring all your best stuff to the storage container for our 2nd have stalls and leave anything else on the street. The storage container is open to receive donations every Monday mornings from 9am to 10am and Wednesday afternoons from 3:15 to 3:45pm.

FETE TIME CHANGE

We have changed the time of the fete to 9am to 2pm to accommodate the needs of Monster Skate and Parkour.

LEGO SHOW – ENTRY DEADLINE EXTENDED

Entries have been coming in thick and fast. We have extended the deadline until the end of term - next Friday 20th September. Get your entry and gold coin in to become part of the Lego Show at the fete and be in the running to be the best Lego maker in your year and win a $50 Kidstuff voucher. For further details contact Vanessa Watkin on vanessa@commodoreplumbing.com.au

THANK YOU WINNINGS APPLIANCES FOR SUPPORTING OUR FETE

Huge thanks to Winnings Appliances in joining LJHooker Newport to become our other major sponsor.

NEXT FETE MEETING TUESDAY 17th SEPTEMBER IN THE SCHOOL LIBRARY @ 7:30PM

We hope to see as many people as possible to help contribute to final details – only a few weeks prep left.

GO TO NEWPORT PUBLIC SCHOOL FETE FACEBOOK PAGE FOR ALL THE LATEST INFO & DONATIONS

Find all the latest information on our Facebook page and please like us while you are there.

CHOCOLATE BOX MUFTI - THANKS TO EVERYONE WHO HELPED RAISE TONNES OF CHOCOLATE!!

Many thanks from the Fete Committee

Stalls Manager  Tessa Blaiklock  Email: tessa.blaiklock@optusnet.com.au  Mob: 0417 481 070
Organiser        Kate Long          Email: kate@goodoilfilms.com    Mob: 0413 747 109
Raffle/Donations Shani Law         Email: shanilaw@hotmail.com     Mob: 0400 654 253
Entertainment    Katrina Davis     Email: mrsdavis@iinet.net.au     Mob: 0412 366 262
Pre-Sale
Tickets only

$25
*only available at this price
till midnight Friday 11th Oct
Or $30 if you buy on the day
$5 per single ride

Unlimited Rides!!!

- Big Kahuna Surf Machine
- Windjammer Ride
- SeaWorld Adventure jumping castle
- Adrenaline Rush 2
- Turbo Tubs
- Rock Climbing Wall
- Giant Fun slide

How to buy...
Purchase your discounted tickets at the school outside the hall:
Wednesday 9th Oct  3 - 4pm
Thursday 10th Oct  8.30 - 9.30am
Friday 11th Oct  8.30 - 9.30am
(CASH ONLY)

OR...
*Purchase online now through Flexischools until midnight on Friday 11th October only!
Go to  www.flexischools.com.au
What is whooping cough?

Whooping cough can be a life threatening infection in babies. Whooping cough in babies can lead to apnoea (pauses in normal breathing), pneumonia, feeding problems and weight loss, seizures, brain damage and, in some cases, death. Older children and adults can get whooping cough too and pass it on to babies.

What are the symptoms?

- Whooping cough usually begins like a cold with a blocked or runny nose, tiredness, mild fever and a cough.
- The cough gets worse and severe bouts of uncontrollable coughing can develop. Coughing bouts can be followed by vomiting, choking or taking a big gasping breath which causes a "whooping" sound. The cough can last for many weeks and can be worse at night.
- Some newborns may not cough at all but they can stop breathing and turn blue. Some babies have difficulties feeding and can choke or gag.
- Older children and adults may just have a cough that lasts for many weeks. They may not have the whoop.

How is it spread?

- Whooping cough is spread when an infectious person coughs bacteria into the air which can be inhaled by people nearby. If they are not treated early, people with whooping cough are infectious in the first three weeks of their illness.
- Whooping cough spreads easily through families, childcare centres and at school.

Who is at risk?

- Anyone can get whooping cough. People living in the same household as someone with whooping cough are especially at risk.
- Immunisation reduces the risk of infection but immunity fades over time. You can still get whooping cough even if you’ve been immunised.

How is it prevented?

Whooping cough vaccines provide good protection from infection but immunity fades which means that boosters are needed.

Immunisation for babies

- Babies need to be immunised at 2 months, 4 months and 6 months. The first dose can be given as early as 6 weeks of age.
- Getting your baby vaccinated on time gives them some protection when they are most at risk of severe illness.
- If your baby's vaccines are overdue, see your GP now to catch up.
Immunisation for older children

- A whooping cough booster is needed at 4 years of age.
- Check if your child has been vaccinated. Look at their Blue Book, speak to your GP or ring the Australian Childhood Immunisation Register on 1800 653 809.
- A second whooping cough booster is given in high school through the NSW School-based Vaccination Program.

Immunisation for adults

A booster for adults is recommended for:

- Women who are planning a pregnancy, pregnant (third trimester) or post-delivery. These women should discuss their vaccination needs with their doctor as soon as possible.
- Other adult household members, grandparents and carers of infants under 12 months of age.
- Adults working with young children, especially health care and child care workers.
- New mothers in NSW are eligible for free whooping cough vaccine in the public maternity unit after the birth of their children.

If you are a close contact of someone with whooping cough:

- If you have been exposed to someone with whooping cough early in their illness while they are infectious, watch out for symptoms and see your doctor if you get a new cough.
- Some babies and some pregnant women need antibiotics to prevent whooping cough infection if they have had significant contact with an infectious person.

How is it diagnosed?

Your doctor may ask about your symptoms and whether you've had any contact with whooping cough. If your doctor thinks you have whooping cough, a swab from the back of the nose or throat can confirm the diagnosis.

How is it treated?

- Some babies may need treatment in hospital or in intensive care.
- Antibiotics are used to treat whooping cough in the early stages and can help prevent spreading whooping cough to others. People who are not treated early with the right antibiotics can spread the infection in the first 3 weeks of their illness. After 5 days of antibiotics, you are normally no longer infectious.
- The cough often continues for many weeks, despite antibiotics.

What is the public health response?

Doctors and laboratories must confidentially notify cases of pertussis to the local Public Health Unit. Public Health Unit staff can advise on the best way to stop further spread.

Infectious children are restricted from going to pre-school and school. Unimmunised contacts may be excluded from child care unless they take the special antibiotics.

Identify – Protect – Prevent

NSW Health whooping cough campaign

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
It is so wonderful to have my active, happy, motivated & confident 10 year old boy back.

Cate Latham, Go4Fun parent.

Go4Fun®
Healthy • Active • Happy • Kids

A FREE 10 week program for kids aged 7 to 13 years, and their families, to become fitter, eat healthier and improve their self-esteem.

When: Tuesdays & Thursdays, Starts 15th October, 4-6pm

Where: Pittwater Sports Centre
1525 Pittwater Rd,
North Narrabeen

Details/Registration
Free Call: 1800 780 900
Online: go4fun.com.au
CAMP ACTIVATE is an exciting and dynamic school holiday experience that focuses on building and strengthening physical skills, problem solving and communication skills. These skills are ‘activated’ through a series of innovative and thrilling team experiences.

🌟 k-6  🌟 8.30-3.30pm

Get ‘activated’ with your friends these school holidays and experience the explosive fun of CAMP ACTIVATE

Venue: Mona Vale Primary School
campactivated@gmail.com
campactivate.com.au
9979 8266  📲 0407 947 551
STAGE ARTZ PROUDLY PRESENTS

alice
- THE MUSICAL -

by PAUL BOYD

GLEN STREET THEATRE

SEPTEMBER 20TH – 28TH

SUPPORTING THE CHILDREN’S HOSPITAL WESTMEAD

‘Alice the Musical reaches the hearts, minds and funny bones of all generations!’

BOOK NOW: 9975 1455 OR www.glenstreet.com.au