Principal's Message

Orchid Art Show Success
The Manly Warringah Orchid Society recently held their annual display and competition at Dee Why RSL. As part of the celebrations, Year 5 and 6 students were invited to submit artworks inspired by real-life photographs of different varieties of orchids.

The students then visited the RSL club last Friday to view their artworks as well as the beautiful orchids which were on display. The students thoroughly enjoyed participating in this annual event, and we are delighted to announce that the following students won certificates and prizes for their efforts: 1st Nyidon Passang; 2nd Tonga Veil and 3rd Lhamo Tso.

Thank you to Mr Wylie, Mrs Langford and Mrs Barry for joining the students at the presentation ceremony on the weekend!

Mark Chaffer
Principal
Term 3 Week 4

Special Swimming Scheme 2014
For those students participating in the Special Swimming Scheme, beginning next week, please take note of the following requirements:
Please send morning tea, lunch and drinks with your child

In a swimming bag please send:
- Spare undies in a plastic bag
- Costumes
- Towel
- Jumper
- Sun cream
- Hat

Optional:
- Swimming cap
- Goggles

Please do not bring:
- A watch
- Bracelets, etc
- Money for the canteen

Used School Uniforms
If anyone has school uniform items at home they could donate to the school second hand collection, they would be much appreciated.
Please bring used clothing items to the office.

Flu season is here!
Influenza is spread from person-to-person through the coughing or sneezing of infected people. Remind your child about these good hygiene practices to minimise the spread of infection:

- Anyone who is sick with influenza symptoms should stay home until their symptoms are gone.
- Cover the nose and mouth with a tissue when coughing or sneezing. Throw the tissue in the garbage bin after use.
- Wash hands often with soap and water, especially after coughing or sneezing. Alcohol-based hands cleaners are also effective.
- Avoid touching eyes, nose or mouth. Germs spread that way.

If you or your child develops influenza-like illness, seek the advice of your family doctor as you would with any other illness.
The seasonal influenza vaccine, which protects against the pandemic influenza strain as well as two other influenza strains, is now available free to eligible people. More information about the vaccine is available from the NSW Health Immunisation Unit’s vaccination page.

Previous vaccination with the pandemic influenza vaccine, Panvax® is not a barrier to also receiving the seasonal influenza vaccine.

Quick Fun Nutrition Fact……………. Did you know?
Grapes are one of the world’s favourite fruits; regularly listed in the top 10 (others are mangos, bananas and tomatoes).
Around the world there are more than 8,000 varieties of grape.
There are 7 different grape colours: red, green, white, black, purple, blue and golden.
While grapes are 80% water, when they become raisins the water content is just 15%.
One grape vine can grow up to 15 metres long and can have about 40 clusters of grapes.
One grape cluster has on an average 75 grapes.

YMCA Out of School Hours Care
YMCA OSHC is here! The professional team from YMCA are ready to take your applications for before and after school care for your child. Drop in and have a chat with the friendly team about how best they can provide after-hours care for the children and families of the Dee Why Community.