SCHOOL SWIMMING CARNIVAL 2014
On Wednesday 5 February the NHS swimming carnival was held at Narooma Indoor Olympic pool. Attendance was by competitors from Years 8-12, Year 9/10 PASS and 11/12 SLR students as officials, and all of year 7, who especially enjoyed the novelty events. Competition was intense in most age divisions but no records were broken this year. Fine efforts were achieved by the age champions for 2014 who are:

12 yrs ~ Rory Spurgeon
13 yrs ~ Cecilia Colom-Davis & Connor Breust
14 yrs ~ Brooke Allison & Tommy Driscoll
15 yrs ~ Crystal Czubara & Teig Wilton
16 yrs ~ Ashley Walpole & Clifford Taylor
17+ yrs ~ Maddie Czubara & Max Carter

The age champions along with other members of our swimming team competed at the zone swimming carnival, held at Narooma, on Wednesday 19 February. Results will be in a later edition. The house spirit was exceptional at this year’s carnival with many students wearing appropriately coloured outfits to support their house. Final 2014 house point scores are as follows:

1st Wagonga: 367 points
2nd Corunna: 336 points
3rd Dromedary: 180 points
4th Montague: 132 points

Acknowledgment should also go to the following teachers for their assistance in running this year’s swimming carnival: Mr Café, Mrs Café, Mrs Schroder, Mr Kenna, Mr van Weerdenburg, Mrs Swadling, Mrs Walpole, Mr Mazzuchelli, Mrs Klose, Mrs Clothier, Mrs McMillan and Mrs Thomas, as well as the students from the Year 9/10 PASS and Year 11/12 SLR programs, who assisted with the time keeping.

Well done to all on a great day and we look forward to a bigger and better event next year.

K Preston

NAROOMA REDBACKS FOOTBALL (SOCCER) CLUB
Don’t forget to register online with the Narooma Redbacks Football (soccer) Club for the 2014 season. New and returning players can go to www.myfootballclub.com.au to register. For more information contact club registrar Nicky on 44764180 or email nicky@naroomaplaza.com.au. Registrations must be completed by 28 February.

NAROOMA JUNIOR DEVILS RUGBY LEAGUE REGO
Registration is on this Friday 21 February at Bill Smyth Oval 4-6pm. Fees are $55 per player. If registered this week a $5 discount will apply. New players will need a copy of proof of age, a passport sized photo and medicare number. For more information phone Nicole Swadling 0408 447 946. Training starts this Friday also, with a free sausage sizzle to follow.

CANTEEN UPDATE
A ban on the sale of sugar sweetened drinks in NSW government schools is currently in force. This ban is an extension of the NSW Healthy School Canteen Strategy and acknowledges the vital role of schools in promoting good nutrition and physical activity. Drinks which are banned have high sugar and energy content and/or high salt content and may include soft drinks, fruit drinks and flavoured mineral waters. Narooma High School canteen will no longer be selling such drinks. Water and a range of reduced fat flavoured milks and 99% fruit juices will be stocked instead. Any queries please contact Alison in the canteen.

YR 7 & 9 IMMUNISATIONS
Immunisation Consent Forms have been sent home with all Year 7 students & Year 9 boys. Please complete the forms (even if you do not require your child to be immunised – there is a “NO” option) and return to the school by no later than Monday 25 February.

UPCOMING EVENTS

Wednesday 26 February ~ School Dance – ‘Back in Time’
Monday 17 March ~ P&C Meeting
Friday 28 March ~
Formal Assembly
Dear Parents

Whooping Cough (Pertussis)

The Public Health Unit has been notified of a confirmed case of whooping cough in a student at Narooma High School. I am writing to provide advice and ask you to watch out for the symptoms of whooping cough in your child. You may not have suspected that an illness in a person with a mild cough, who appears otherwise fit and well, could in fact have whooping cough and spread the infection to other people for up to 3 weeks, which is the time an untreated person remains infectious.

Whooping cough is a highly contagious bacterial disease that can be readily spread by direct contact with droplets from the nose and throat of an infected person. Whooping cough may start as a dry tickle or dry cough and progress to cause bouts of coughing, and sometimes breathing difficulties and vomiting. It can be a very serious infection in small children.

What should people sick with pertussis do?

If your child develops symptoms, please take your child and this letter to your local doctor as soon as possible. Your doctor can advise whether whooping cough is likely and arrange for early treatment if needed. If your child has a cough and whooping cough is suspected please do not send your child to school until a diagnosis can be determined.

To reduce the spread children who have whooping cough should not attend school until they have completed 5 days of the recommended antibiotics. If antibiotics cannot be taken, then they need to stay away for 3 weeks after the onset of the cough.

How is it prevented?

It is important to double check that your child is fully up to date with their immunisations against pertussis. If in doubt, please ask your doctor to check. Immunity to whooping cough from immunisation or infection is not life lasting. It is therefore important to seek medical attention if your child develops a cough even if fully immunised.

For more information, go to the following link


or call the Infectious Disease Surveillance Officer Public Health Unit 1300 066 055.