Thursday 19 August, 2015

Dates to Remember

Term 3 - August
21 Science Day K-6
23 Tournament of Minds Competition (Sunday)
24-27 Swim School Yrs 1&2
26 Rocks Excursion Yrs 3&4
27 2016 Kindy Tour 9.45-11am
31-3 Swim School Yrs 1&2
31 Special Group Photos (Band/Sport etc.)

September
2 P&C Meeting
4 Fathers’ Day Breakfast
3 Interrelate Y6
7 Police Cyber Safety Talk Yrs 5&6
Premiere’s Spelling Bee
7-10 Swim School Kindergarten
8 Opera House Choir Rehearsal Yrs 5&6
11 K-6 Pyjama Day (gold coin for Yr 6 fundraising)
12 P&C Trivia Night
14-17 Swim School Kindergarten
15 Japan Day Yrs 5&6
16 Primary Proms Rehearsal/Concert
17 DigiEd Yrs 5&6 (Day1)
Cyber Presentation Yrs 3-6
Parent Cybersmart Presentation 6:30pm
18 DigiEd Yrs 5&6 (Day2)
K-2 Pet Education Program – Incursion
LAST DAY OF TERM 3

Principal’s Report

SICK BAY

Student Health Reminders

➢ When children are sick at school we may need to contact parents to collect them. We understand that parents work and have other commitments, however the wellbeing of all students is a priority and we take our duty of care seriously. For this reason it is imperative that parents or an emergency carer is available to collect a sick child.

➢ If your child develops a health condition, such as an allergy or asthma, please inform the office as we have strict policies regarding action plans and medication.

➢ If your child requires short-term medication please ensure you bring the medication (labelled with the accurate dose and student name) to the office and complete the short-term medication permission form. An adult must bring and collect medication from the office.

CHICKEN POX

We have had a confirmed case of chicken pox. Please see information further on in the newsletter.

Next week’s value is:
For K-2 ENDEAVOUR
Listen carefully at swim school and swim your best
For 3-6: RESPECT
Listen attentively during assembly

Please remember we are a ‘nut free’ school. As we have anaphylactic students, it is imperative ALL school lunches are ‘nut free’.
BOOK WEEK
Students have enjoyed the book week activities and raised approximately $500 for the Indigenous Literacy Foundation by wearing beanies. Students in Years 3-6 were inspired by Francis Watts and the K-2 students looked amazing dressed as their favourite book character. Even the teachers were involved, dressed as the Little Miss and Mr Men series. Thank you to all the parents who came to the parade!

CINDERELLA VISIT
The Oz Opera Cinderella performance has been rescheduled for Friday 9th October. Students are looking forward to this visiting performance.

NAPLAN
The NAPLAN results for students in Years 3 & 5 were sent home today. Our school has again performed well and all students should be proud of their efforts.

FAMILY STATEMENT REMINDERS
Thank you to all the families who have paid the Term 3 Family Statement. Reminders were sent home this week. Please try to pay these as soon as possible as the students have participated in many activities that have already been paid for. The large number of outstanding Family Statements is resulting in a review of our current systems, and we may need to charge parents well in advance for school activities, or possibly enforce a ‘non-payment, non-participate’ policy in the future.

ENROLMENT REMINDERS
If your child is eligible for Kindergarten 2016, we have one more tour date, Thursday 27th August. Please use the link below to book and secure a spot.

Enrolment application forms are available from the school office or can be downloaded from the school website. Please return these as soon as possible. www.lanecovew-p.schools.nsw.edu.au

In addition to being aware of new enrolments we also need to know if your child will be attending another school or moving to another area in 2016. Please contact the school office via email to let us know if your child will not be returning to LCWPS in 2016 (this does not include Year 6 students).

CYBERSMART OUTREACH—INTERNET SAFETY AWARENESS PRESENTATIONS
Don’t forget to register for the upcoming special parent presentation on Cyber Safety by the Australian Communications and Media Authority.

Thursday 17 September from 6:30pm – 8:00pm

We hope to see as many parents as possible at this important session. Please register for this session using the school event code 6QP7X, via https://www.schoolinterviews.com.au. This evening session is for parents only (not children), however if you are unable to find child care for your children our staff will care for these children in a designated classroom while the session is underway.

FATHERS’ DAY BREAKFAST
The annual Fathers’ Day Breakfast will be held on Friday 4th September from 7.30 am. Orders for breakfast will need to be placed through Flexischools which is now opened.

WOOLWORTHS EARN & LEARN
It is wonderful to see how many stickers have already come in. Don’t forget that we are supporting Menindee Central, Buronga, Gol Gol and Wentworth Public Schools by donating our reward points to these schools, so please keep them coming.

YEAR 6 RAFFLE
Our Year 6 students will be selling raffle tickets during lunchtime next week. This is to raise money for their gift to the school. Prizes include a brand new trampoline valued at $1000 and a $400 Kidstuff voucher from Lane Cove Kidstuff. If you would like to purchase tickets please send money with your child sometime next week.

Raffle tickets are: $2 each or 3 for $5.
STEP-A-THON

Our teachers are all currently participating in a ‘step challenge’ to improve their fitness and be more active. We have registered as a team to participate in the Step-A-Thon for Kids, supporting the Murdoch Children’s Research Institute. Your children can also register to be part of this event, taking place between the 31st August – 6th of September. Information flyers have been sent home today. This is completely optional. If you choose to register your child you can add them to the Lane Cove West PS team, by selecting our school on registration. You can also support our teachers by sponsoring us through the link below. https://stepathon.everydayhero.com/au/katherine-9

We all have the goal of achieving more than 10 000 steps a day (although many are achieving closer to 20 000).

SYDNEY GIRLS HIGH OPEN NIGHT

Sydney Girls High School is hosting an Open Night for Year 5 and Year 6 students and their families. The event is taking place Wednesday 2nd September. See the attached flyer for further information.

NORTH SYDNEY GIRLS HIGH OPEN MORNING

North Sydney Girls High School is hosting an Open morning for Year 5 and Year 6 students and their families. The event is taking place Thursday 10th September. See the attached flyer for further information.

Katherine Hurst
Relieving Principal
YEAR 6 RAFFLE

Tickets: 1 for $2 or 3 for $5
On sale from Year 6 students NOW.

1st Prize: A *Springfree* trampoline valued at $1000

2nd Prize: $400 gift card to spend at *Kidstuff*
Chickenpox

Chickenpox (varicella) is a highly contagious viral disease caused by the varicella-zoster virus (VZV). The main symptom is a blistering skin rash. Outbreaks are more common in winter and early spring. Children and adults can be immunised against chickenpox.

Children with chickenpox should not go to school, kindergarten or creche until the last blister has dried. You should tell your child’s school, kindergarten or creche if your child has chickenpox, as other children may need to be immunised or treated.

For most healthy people, chickenpox is mild and the person recovers fully without specific treatment. Complications do occur in approximately one per cent of cases. Chickenpox is more severe in adults and in anyone (of any age) with impaired immunity. Immunisation is the best way to prevent chickenpox.

Symptoms of chickenpox

The symptoms of chickenpox include:

- Low-grade fever
- General discomfort, illness or lack of wellbeing (malaise)
- Intensely itchy skin rash – appears as small blisters surrounded by irregularly-shaped patches of inflamed skin known as ‘dew drop on a rose petal’ (blisters first form on the body and later on the head and limbs and the blisters usually burst and develop crusts after about five days)
- Ulcers – might develop in certain areas, including the mouth and vagina.

Complications of chickenpox

The possible complications of chickenpox include:

- Scarring – chickenpox can leave pockmark scars on the skin
- Cellulitis – a type of bacterial infection of the skin
- Pneumonia – infection and inflammation of the lung can occur in adults and can be fatal
- Encephalitis – inflammation of the brain, usually mild, but sometimes severe
- Bleeding disorders – rare but can be fatal
- Death – in rare cases.

Complications of chickenpox during pregnancy

Nine out of ten pregnant women have immunity against chickenpox. Although contact with chickenpox is common during pregnancy, few women become infected during pregnancy (approximately three in 1000 pregnancies have complications caused by chickenpox).

If you have chickenpox for the first time during pregnancy you can become seriously ill with conditions such as pneumonia, hepatitis and encephalitis. If a pregnant woman is infected with chickenpox in the first 20 weeks of pregnancy, there is risk of congenital varicella syndrome, which can cause abnormalities. After 20 weeks, the risk is lower.

The complications for the unborn and newborn baby include:

- Scarring of the skin, eye defects, small limbs and neurological abnormalities – if the mother is infected in the first 20 weeks of pregnancy
• Shingles in the first few years of life – if the mother is infected between weeks 20 and 36 of pregnancy
• Chickenpox in the newborn – if the mother is infected up to four weeks before the birth
• More severe effects for the newborn – if the mother is infected within seven days of the birth.

Shingles occurs in people who have previously had chickenpox but it does not appear to cause complications to the unborn baby.

Causes of chickenpox

Chickenpox is spread by air-borne droplets from the upper respiratory tract (droplets are caused when the infected person coughs or sneezes) or from touching the fluid from the blisters on the skin. An infected person is contagious for one to two days (possibly five days) before the onset of the rash and remains infectious until the blisters form scabs (usually around day five of the illness).

For chickenpox, the time from infection to the appearance of the rash (incubation period) is around 14 to 16 days. A few days before the appearance of the rash, the person may feel feverish and have a sore throat and headache. The skin may be marked for some months after the rash has cleared.

High-risk groups

People at increased risk of catching or having complications from chickenpox include:

• Newborn babies – there is an increased risk of severe illness in the first 28 days of life.
• Pregnant women – who have not had chickenpox or been immunised for chickenpox.
• People who have a weakened immune system – people with leukaemia or Hodgkin’s disease, or those taking immunosuppressive medications, are at risk of longer and more serious illness.

Diagnosis of chickenpox

Chickenpox is usually diagnosed by physical examination. The diagnosis can also be confirmed using tests such as taking a sample of the blister fluid to check for the presence of the virus.

Treatment for chickenpox

In cases of severe illness, treatment with an antiviral medication may be needed. In most cases, chickenpox is mild and gets better without the need for specific treatment. Treatment aims to relieve symptoms and reduce the risk of complications. Options may include:

• Bed rest
• Extra fluids to drink – to avoid dehydration
• Paracetamol to bring down the fever – aspirin should be avoided because of a possible increased risk of complications
• Lukewarm baths with baking soda or oatmeal added to the water – a cup of oatmeal can be put into an old, clean pair of panty hose, then tied and left in the bath while the water runs
• Cream, such as calamine lotion, to reduce the itching – if you have a skin problem like eczema, you may need to ask a health professional about other creams you can use
• Avoidance of salty or citrus foods
• Mittens to prevent scratching – can be worn by babies and young children.

Chickenpox and shingles

As well as causing chickenpox, the VZV can cause shingles in some people who have had chickenpox. Following an attack of chickenpox, the virus becomes latent (lies dormant) in nerve cells in the body. The dormant virus may reactivate and give rise to an attack of shingles later in life.

People who have never had chickenpox illness or been immunised against chickenpox can get chickenpox (not shingles) if they come into contact with the fluid in the blisters of a person with shingles.
Immunisation against chickenpox

Immunisation against chickenpox can be achieved with either of two vaccines. The first is a combined immunisation containing vaccines against measles, mumps, rubella and varicella (MMRV). The second is the varicella vaccine (VV), which immunises only against chickenpox.

Protection against chickenpox is available free of charge under the National Immunisation Program Schedule. In Victoria, immunisation against chickenpox is free for:

- Children at 18 months – immunisation against chickenpox is given as the combination MMRV vaccine (from July 2013)
- Students in year seven of secondary school – students who have not already had chickenpox or have not already been immunised against chickenpox will receive the VV
- Children up to and including seven years – catch-up immunisations are available for children who have not been fully vaccinated.

Other people for whom immunisation against chickenpox is recommended (but who must pay for it themselves) are people who have not had chickenpox or have not been immunised against chickenpox. These at-risk groups include:

- People in high-risk occupations such as healthcare professionals, teachers and childcare workers
- Women prior to pregnancy, to avoid congenital or neonatal chickenpox
- Women immediately after delivery
- Parents of young children
- People who share a house with someone who has impaired immunity.

MMRV is not recommended for people 14 years and over and so people in this age range will be immunised with VV. Your immunisation provider can provide more information.

Pregnancy and chickenpox immunisation

If you are thinking of becoming pregnant or early in your pregnancy, your healthcare professional can check your immunity with a blood test. If you are not immune and not pregnant, you may decide to be immunised before you become pregnant.

If you are not immune during pregnancy, you should avoid contact with people who have chickenpox and you should contact your doctor, midwife or hospital as soon as possible if you are exposed to anyone with chickenpox. You will be advised to have an injection of varicella zoster immune globulin (VZIG).

Where to get help

- Your doctor
- In an emergency, always call triple zero (000)
- Emergency department of your nearest hospital
- Your local government immunisation service
- Maternal and Child Health Line (24 hours) Tel. 132 229
- NURSE-ON-CALL Tel. 1300 60 60 24 – for expert health information and advice (24 hours, 7 days)
- Immunisation Program, Department of Health, Victorian Government Tel. 1300 882 008
- National Immunisation Information Line Tel. 1800 671 811
- Your local pharmacist

Things to remember

- Chickenpox (varicella) is a highly contagious viral disease.
- In most cases, chickenpox is mild and gets better without medical treatment.
- The main symptom is a characteristic blistering skin rash.
- Treatment options aim to relieve symptoms and include bed rest, calamine lotion and lukewarm baths.
- A vaccine is available to protect against chickenpox.
SCHOOL NEWS

PHONE CALLS
While we understand there are special circumstances for parents to change pick up and drop off arrangements for their children, we do ask that these phone calls be kept to a minimum and used in emergency cases only.

ASSEMBLY TIMETABLE
3-6 Assembly: Monday, 24 August at 2.45pm – Hosted by 5Q
K-2 Assembly: Tuesday, 25 August at 2.45pm – Hosted by KS

MERIT AWARDS
Congratulations to the following 3-6 Students who received a Merit Award this week

Tom G. Working well with his peers in History lessons.
Hannah A. Excellent focus in writing tasks.
Audrey L. Valuable contributions to class discussions during our Captain Cook study.
Makenzie M. Always giving her best effort during classroom activities.
Natasha P. Excellent Maths assessment results.
Campbell B. Brilliant watercolour artwork.
Ethan G. Excellent organisation when returning notes this term.
Lachlan M. Showing kindness and appreciation towards his teacher.
Spencer G. A great improvement with homework.
Ella P. Beautiful bookwork.
Maddy B. Insightful contributions in art appreciation lessons.
Ben L. An excellent word research presentation on unicorns.
Maddie H. Being very welcoming to a new classroom member in maths.
Jake M. Assisting others in the classroom.
Ella M. An amazing model of a Japanese Bonsai tree.
Sam M. An excellent presentation on Japanese flora and fauna.
Neve C. Always being a fantastic help.
Max W. Clever Japanese crossword questions.
Flynn Mc. Great responses in science.
Zara P. Displaying a mature Yr 6 approach to all tasks.
Ethan W. Pleasing effort and application during maths lessons.
Monique H. Consistent effort during literacy tasks.
Archie M. Consistent application to school work.
Sophie T. Displaying determination during maths lessons.

Gold Awards
Congratulations to the following 3-6 students who received a Gold Award this week

Rory M. 3B
Rohan S. 6C
Liam M. 6B

Banner
Congratulations to the following 3-6 student who received a Gold Award this week

Liam M. 6B

Congratulations to the following K-2 Students who received a Merit Award this week

Or B. Fantastic work during reading groups.
Thomas L. A huge improvement in his writing.
Kaiden L. Fantastic recount in writing.
Patrick C. Fantastic recount in writing.
Bora F. An amazing weekend recount.
Harper S. An enthusiastic approach to phonics.
Grace C. Enthusiasm in class discussions.
Zoli K. Great work in literacy groups.
Kiara A. Outstanding improvement in writing.
Leo W. Wonderful improvements in reading.
Liam N. Improved neatness in handwriting.
Cleone H. Trying her best in Math groups.
Tom B. Working hard during literacy groups.
James R. Fantastic problem solving skills.
Lachlan M. Clear and concise instructions with his procedures.
Jasper H. Being an active participant during class discussions.
Grace B. Being an engaged learner during maths lessons.
Molly R. Excellent participation in History.
Kriston M. Writing a marvellous procedure.
Harry R. Enthusiasm during our Carisbrook House excursion.
Felix F. Showing enthusiasm when creating arrays.

**Gold Awards**
Congratulations to the following K-2 students who received a Gold Award this week:

- Ms Saul KS
- Bayley C. 2M
- Charlie R. 2K
- Joel L. 1L
- Ashleigh B. 2S
- Clara T. 1/2W

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**Crunch & Sip Ideas**

- Grapes and mango
- Kiwi fruit with spoon

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**LIBRARY**

- Jodie McMahon has presented sessions to K-2 students this week, about her new book 'We are Different'.
- Following each presentation, students who are interested in purchasing a copy of the book have taken an A5 order form.
- Further order forms are available from the library if needed.
- Any orders can be left with Mrs Potts in the library; they will be forwarded to Ms McMahon.
- Books will be distributed from the library.

Author, Frances Webb

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**CREATIVE ARTS**

**KINGS AND PEASANTS - Stage 3 Excursion**

In Week Three Stage 3 students travelled to the ABC Centre Concert Hall in the city to experience a performance by the Sydney Symphony Orchestra. It included five pieces of classical music they had learnt about in Creative Arts.
lessons. They ranged from Handel’s Fireworks Suite, composed in 1749, to a fanfare composed by an Australian, Andrew Batterham, in 2011.

Zara Pettigrew (6B) wrote: “The Sydney Symphony concert was very fun and educational. As we listened to all the different songs, they all told a different story. We heard all the instruments play separately and they sounded great, but when all the instruments played together it was magical!”

AUSTRALIAN GIRLS CHOIR

Free Workshop

Does your daughter love music and singing? Would she like to join a choir? Staff from the Australian Girls’ Choir are running a free 30 minute assessment workshop at our school for any interested girls from Years 1 to 6.

WHEN: Thursday 10th September at 1.15pm
WHERE: AV Room (next to the library)

All girls in Years 1-6 will receive a brochure at school on Friday. Please fill out the form and return it to the school office by Friday 21st August.

Lindsay Lamb

ROAD SAFETY

- Supervise children in areas such as car parks, school School drop-off and pick-up points, or any area where there is lots of traffic.
- When walking on the footpath, explain to children about driveway safety especially where drivers may not see them or where a vehicle may be hidden from view.
WE NEED YOUR HELP

The P&C is always in need of parent volunteers to help in different roles – please have a look at the roles below and consider whether you might be able to assist us.

**Auditor**

We need a parent volunteer who is an accountant, bookkeeper or financial manager to audit the P&C accounts for the last two years. This work does not need to be done by a formal auditor – just by someone with relevant financial experience. The P&C records only consist of a single A4 binder for each year, so the work is not extensive. If you think you can help (or know someone who can), please contact our Treasurer Stuart Turner on 0419 210474 or stu@kargatane.com to have a chat about what is involved.

**Chess Club Coordinator**

Unfortunately, Caroline Elsik will be unable to continue as Chess Club Coordinator in Term 4 so we need a generous person to take over so we can continue. Co-ordination of Chess Club is fun and not overly taxing; it’s about 2-3 hours a term of organising the enrolments which are all done via Flexischools, and essentially run themselves. Other than that it is managing the Google roster for the parents supervising each week and popping in for the first week or so to make sure the children are settling in well. You do not need to know how to play Chess! The Sydney Academy of Chess teach the children each week and manage a range of experience levels ably. Please contact Caroline at carolineelsik@me.com if you can help out. Caroline will manage handover with a manual and all the instructions for next term.

**BANKING**

It was great to see so many children at School Banking last week. Don’t forget the school bank must close when the bell sounds at 9.25am, so please encourage your children to come to school banking well before this time to ensure they get to class on time and to allow our volunteers to leave.

Congratulations to the following students for their consistent banking who were able to redeem their 10 tokens for a reward: Nelson L, Alaska D, Charlie C, Elliott G, Michael H, Gabriel L, James Z, Ava S, Olli S, Alexander T, Catalina T and Zimo K.

**A NOTICE FROM THE COMMONWEALTH BANK:**

Concerns have been raised regarding the ‘Cosmic Light Beam Torch’ reward item due to the inclusion of four button batteries that can be accessed by unscrewing the back of the torch. Whilst this reward has been independently tested and deemed to meet relevant product standards the Commonwealth Bank have made the decision to proactively withdraw this item from the School Banking Rewards Program.

Parents/Guardians are requested to dispose of any ‘Cosmic Light Beam Torches’ their child may have already received as part of the Rewards Program. Students who have previously received a ‘Cosmic Light Beam Torch’ are welcome to redeem an alternative reward item.

Banking is every Thursday morning 9:00am - 9:25am at the canteen windows under the Hall COLA.

School Banking Co-ordinator: Samantha Cairns Phone 0412 050 676 or email scairns51@gmail.com

**BAND**

Parents on Band Duty Monday 24th August - Wednesday 26th

**Senior Band**

Gavin/Jacqui Houchell & Deepa Karthik

**Concert Band**

Atkins Family

**Junior Band**

Cancelled due to Year 3 Rocks Excursion

If you are unable to make your listed duty can you please go through the list of rostered parents and find a replacement.
DATES FOR THE DIARY

Sunday August 23 NSW School Band Festival - All Bands Competing
Sunday September 13 NSSWE’s Spring Music Festival Afternoon of Jazz, Chatswood Concourse
Jazz Band to Perform

NSW School Band Festival - All Bands - Sunday August 23, 2015

Your co-ordinator would have contacted you regarding the times of arrival & performance. If you pre-book tickets through try booking you can save 20% by booking online, once again you can contact your coordinator for the link.
The Festival has an official photographer taking a Band Group photo, you will be given an envelope by your co-ordinator and it is up to you whether you chose to purchase one or not.
Dress: Children are to be dressed in their full band uniform, including black socks and black shoes.
What to bring: Instrument, music in their black plastic folder.
The venue for the event is the Sir John Clancy Auditorium, University of NSW. Parking is available on High Street, Kensington or on campus via Gate 11, from Botany Road, Randwick.
Please allow yourself enough time for parking, as it can be difficult.

Senior Band in 2016

If your child is currently in Junior Band and going to continue in the school band program next year, they will be moving to the Senior Band. As such, you will need to buy your own instrument (either new or second hand). The instruments you hired this year, will be allocated to next year’s Junior Band as a priority.

At the NSW School Band Festival this weekend, Jupiter or Turramurra Music may offer discounts on instruments if purchased by a certain date.

Band Convenor: Meran Elliot
Junior, Senior, Jazz Bands Email: band@lcwps.com.au Concert Band Email: concertband2015@gmail.com
Saturday 12 September
LCWPS Hall

Doors open and set up from 6.30pm. Trivia starts 7pm sharp!

Get your tables of 10 organised!
Bookings are $250 per table

Don’t forget to... choose a team name, BYO food and alcohol, bring lots of gold coins on the night for inter-round games!!

Prize for best dressed table (be inventive!)

TICKETS ON SALE VIA FLEXISCHOOLS
Community News
OPEN MORNING

Thursday, 10 September 2015
9.30am – 11.30am

Address by Principal and performances by students 9.30 – 10.30am
Tours of the school 10.30 – 11.30am

Leading Girls’ Education in NSW

- Outstanding academic achievement
- Broad development of each child

Debating
Leadership

Music
Technology

Drama
Duke of Edinburgh

Creativity
Sport

♦ RESILIENT   ♦ CONNECTED   ♦ INNOVATIVE

Please note – there is no parking in the school grounds
Enquiries: Mrs Jenni Cooper, Telephone 9922 6666 ext 104
Sydney Girls High School
Open Night

Wednesday 2 September 2015 3.30pm-6.30pm

Open Workshops
Drama
Textiles
Table Tennis
Snow Sports

Public Speaking
Music
SRC
Water Polo
Student Leadership

Films
Science
Languages
English
HSIE

Performances
Maths
PDHPE
Technology
Visual Arts

Annual Fashion Pde
Chess
Rowing
Netball
Amnesia

School Tours
Fencing
Basketball
Multi Media
Hockey

All Welcome
Badminton
Dance

Enquiries: Phone 9331-2336

Anzac Parade
Surry Hills 2010
www.sghs.nsw.edu.au

Parking: Gate 4
Cleveland Street
Lane Cove 12ft Sailing Skiff Club will be offering two Learn to Sail programs for beginners in the September/October 2015 school holidays.

21 to 25 September and 28 September to 2 October

The courses will be run from the clubhouse located at Longueville Wharf from 10am to 4pm daily.

- Suitable for kids aged 8-12
- Club boats and life jackets provided
- Fee of $400 includes lunches, membership for the season, use of the Club boats during the season and lots more in a friendly, supportive atmosphere.
- Booking essential
- For more information and visit the Club’s website: http://www.lc12ftssc.org.au/sabot/lts.htm or contact Jack Winning on 9427 4408
Dr. Patrick Concannon
Paediatrician

Sleep Issues in children and teens with ADHD

There is an important relationship between learning and sleep. It has become an epidemic mainly because of electronic activity. Sleep disturbance is a risk factor in the development of depression and anxiety.

Dr. Concannon will talk from a clinical point of view on these aspects, including sleep hygiene, the body clock, melatonin, and when to consider a sleep assessment, etc.

Lots of time allowed for questions.

Come along and hear a professional speaker, and meet other parents over supper.

WHEN: Thur 3 September 2015
TIME: 7.00pm – 9.00pm
VENUE: Dunmore Lang College, (adjacent to Macquarie University)
130-134 Herring Road, North Ryde, NSW 2113
Waterloo Rd nearest cross street.....near Macquarie Uni railway station.
Both street and off-road parking. Allow extra travel time for congestion.

RSVP: Tue 1 September 2015
DONATION: $5.00 for catering

All welcome – parents, teachers and professionals

ADHD Centre Helpline
Ph: 02 9889 5977 / 0416 111 036
Email: parentsupport@macquarieadhd.org.au