

The heavens have certainly opened up this week. I hope the constant rain has washed away the illness-causing 'bugs' and our classrooms will be full of students again next week. If your child does happen to be away from school, please click on the link in the SMS notification to submit an explanation for non-attendance. Legally, all absences must be explained within 7 days of the first date of non-attendance.

Stage 3 students seem to have enjoyed more pleasant weather on their visit to Canberra this week. Check out the Aberdeen Public School Facebook posts if you are wondering what they got up to in the nation's capital. Students are expected back at school this afternoon and I can't wait to hear about their favourite experiences. Many thanks to Mrs Mooring and Mrs Edwards for their generosity in giving up their time with their families so our students could have this experience. Unlike other professions, teachers do not get paid overtime or allowances for overnight excursions and the offering of this as an extra-curricula activity is always reliant on the selflessness of staff. Thank you also to our parent volunteers who assisted on the excursion.



The Soccer Knockout Gala Day in Muswellbrook has been postponed until Monday 16th June at Scone. Soccer players should come to school this Monday prepared for a regular day of school. A new permission note has been emailed.

Year 6 students participated in an African drumming workshop hosted by Djembe Alchemy. This was an engaging, hands-on activity that required concentration, rhythm and a good ear. Whilst we may need to practise our body percussion skills, there was some redemption once the students started drumming. The visit from Djembe Alchemy was generously sponsored by the QEII Community Centre. Thank you to Jess for providing our school with this wonderful opportunity.



IMPORTANT DATES

- Monday 26th May - Spelling Bee
- Thursday 29th May - Athletics Carnival
- Friday 30th May - Flag Raising Ceremony
- Walk Safely to School Day
- Friday 6th June - Celebration Assembly
- Monday 9th June - Kings Birthday Public Holiday



The next Celebration Assembly will be held in the Hall at 9.10am on Friday June 6th.
Cross Country Ribbons will be handed out at this assembly.



AWARD RECIPIENTS

WEEK 4

K Lime
1/2 Indigo
1/2 Blue
3/4 Black
5/6 Magenta
5/6 Green

Willem F.
Cooper B.
Madeline R.
Emily T.
Alyssa H.
Coby R.

EXCELLENCE AWARD

Jack A.
Charles C.



Do you have a pensioner concession card? You could be eligible for Saver Plus.

For every dollar you save, you'll get a dollar from ANZ to spend on educational costs, up to \$500.
To join, you need to meet all of these requirements:

- ✓ Be 18 years or older
- ✓ Have a current Health Care or Pensioner Concession Card
- ✓ Have a child in school, starting school next year, or be studying yourself
- ✓ Get a regular income (can be you or your partner)
- ✓ Agree to join in free online financial education workshops

saverplus
1300 610 355 saverplus.org.au



CONCUSSION INFORMATION

If your child is diagnosed with concussion at any time, you must inform the school and provide a medical clearance to support their return to sport and physical activity. If your child experiences a suspected concussion during school, they will be removed from the activity and medical follow-up recommended.

What is concussion?

Concussion is a type of brain injury. It's usually caused by a knock to the head, face or neck.

Concussion causes short-term changes to your neurological function (how your brain works).

Most adults who have concussion will get better on their own within 2 weeks.

In the past, concussion was seen as a mild injury that healed quickly. However, we now know that concussions are serious.

It's important to rest after a concussion.

What symptoms are related to concussion?

The most obvious symptoms of concussion are:

- confusion
- memory problems
- seizures or jerky movements
- balance problems or being unsteady on your feet

Concussion does not usually cause you to become unconscious.

Other more subtle signs of concussion are:

- headache or 'pressure in the head'
- neck pain
- nausea or vomiting
- dizziness
- blurred vision
- difficulty concentrating
- sensitivity to noise or light

When to seek urgent care

You should go to your nearest hospital emergency department or call triple zero (000) for an ambulance if you have any of the following signs:

- neck pain or tenderness
- seizures
- double vision
- loss of consciousness
- weakness or tingling in your arms or legs
- deteriorating conscious state (becoming less awake and aware)
- vomiting
- bad headache
- increasingly restless, agitated or combative
- your skull is a different shape