



## **Ironbark Ridge PS**

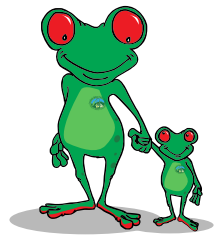
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*Nurturing personal growth through inspired learning...*



# **Newsletter 2020**

**Term 1**

**Week 5**

**28<sup>th</sup> February, 2020**

***Be Safe, Be Responsible, Be Respectful***

## **DATES FOR THE DIARY**

3<sup>rd</sup> – Ridges PSSA Zone Swimming Carnival

5<sup>th</sup> – School Photos

10<sup>th</sup> – 1R & 6E Assembly – 2.20pm

### **MARCH**

4<sup>th</sup> – 2C & 6/5M Assembly – 2.20pm

6<sup>th</sup> – PSSA Sport

13<sup>th</sup> – PSSA Sport

*\*\* Subscribe to our 'Ironbark Ridge – Events' Google calendar (see the app or the school website)*

## **PRINCIPAL'S REPORT**

### **Happy, busy students**

Walking around classrooms and the playground this week has been a great experience. Our Ironbark Ridge learners have been so engaged, happy and productive. Routines and expectations are well established and students are working hard to perform at their best – Excellence has been the word on my lips.



### **Ridgy the Frog's Learning Journey**

This will be our second year explicitly teaching our students (and teachers and parents!) about the 12 Successful Learner Habits. We will continue to practice these skills until they become habitual, adding a 'tool' to each Habit and developing descriptive narratives that help students know when and how they should use each skill. Ridgy the Frog, along with his family and friends, are journeying along *The Way*, constantly encountering obstacles like jungles and swamps, even an occasional 'learning pit' that they get bogged down in. Knowing what to try in these situations can be confusing...

"The hardest thing is knowing what to do when you don't know what to do!"

The work of Carol Dweck on *Growth Mindset* has led us to the point of **yet**; being able to say "I can't do that...yet!" However, repeating an effort over and over without any change would be crazy, as Einstein pointed out. A practical, effective next step for our learners is to have a backpack full of tools to choose from to improve the outcome of our effort. The 12 Successful Learner Habits will help us overcome all of our learning challenges as we journey along *The Way* to personal growth



### **Absences during 2019...**

Wow! Not in a good way.

Please read the comments from Ms Pho in her DPs column over the page about our students being absent from school too much in the 2019 calendar year. This is a terrible outcome for our students. Kids need to be present *every day* for the learning opportunities their teachers work so hard to create. Absences from school are detrimental to the development of good learning habits, to forming positive social relationships with teachers and peers and indeed to building self-confidence.

## Class Libraries = Reading Growth!

Inside every Ironbark Ridge classroom our teachers create a range of special spaces, particular practices and routines, and rich resources for our students to use. A classroom Library full of interesting, challenging, engaging books is critical, so over the past 6 months we have begun a journey to purchase, cover and develop a system for borrowing of books to stock class libraries.

There is a large amount of conclusive research evidence that proves that more **time** engaged in reading every day leads to improved overall educational outcomes for our learners. A *magic number* of fifteen minutes per day has been proposed by some studies, where the tipping point is reached and students start to see “substantial positive gains in reading achievement”, and half an hour per day leading to the “greatest gains of all.”

<https://www.renaissance.com/2018/01/23/blog-magic-15-minutes-reading-practice-reading-growth/>

At Ironbark Ridge we want every student to be immersed in reading for at least 30 minutes every day of the week!

With this goal set:

1. We are continuing our buying spree... to have enough new books with interesting topics, appropriate difficulty levels and engaging visual appeal for every student in every class.
2. Attractive and functional new display shelves are being purchased for every classroom to help students and teachers look after these libraries of books – our P&C is considering supporting this purchase as every classroom and every student will benefit greatly.
3. Classes of students will personally choose new books each term from our central school Library, guided by our wonderful Teacher-Librarians.

## Class Contacts system

Our annual Class Contact email system is almost up and running, so if you want to be included in these email groups (your details will be hidden in the ‘bcc’ function) please email or phone the school office and provide you details for us to add to the list used by your Class Contact.

For our Class Contacts only, we will be hosting an information session for about half an hour. We will clarify the role and processes used to ensure the CC system remains secure and helpful to all families involved. Class Contacts will receive a personal invitation to this meeting soon...

## Term Account Statements

A gentle reminder that all payments for Term 1 Accounts are due in a week, on next Friday 6<sup>th</sup> March. (Wow! March already??)

Thankyou in advance for your support of the ongoing extra learning programs and resources your voluntary financial contributions make to Ironbark Ridge PS.

## Teacher Profile

This fortnight I’m introducing the awesome Ms Ingrey, teacher of Year 4 Ivy. Ms Ingrey has been teaching at Ironbark Ridge since 2014... although we could also mention that she completed her university studies with a practical teaching experience in 2013 here just before that ☺

Ms Ingrey is particularly passionate about teaching Reading, and in fact is always looking for ways to develop her own skills and understanding of the most effective classroom practices in all subjects. Ms Ingrey is currently raising the bar with the use of student-to-student feedback as an *Assessment As Learning* tool in her classroom. She has put her love of dance to good use in choreographing outstanding dance routines for our school dance groups over a number of years. Ms Ingrey is always keen to discuss the amazing learning and growth her students are showing.



## Morning arrival time – no earlier than 8.30am

We have recently noticed students arriving at school before 8.30am. Teachers are not supervising the playground until this time, so please ensure you do not drop your children off this early. Any students who arrive before this time, perhaps because their bus is a little early, must keep their bag with them and sit quietly on the metal seats at the E Block and G Block brick COLAs. There *is* availability in KTOOSH Before School Care on all mornings of the week if work commitments mean you *must* drop your children before 8.30am. Thanks for your support in keeping our students safe and cared for.

## School Executive Profile



**Ms Williams (Rel. Assistant Principal – Stage 2)**

Ms Williams, class teacher of 4 Wisteria, has been at Ironbark Ridge as a classroom teacher since 2011 and has relieved in a leadership position as Assistant Principal a number of times, including for all of 2018 and 2019 while teaching Year 2. Ms Williams is relieving currently as leader of the Stage 2 teaching team while Mr Brent is on leave, and her contributions to the management of those students' wellbeing and to the directions of Ironbark Ridge as a whole are hugely valuable. She is an outstanding author of teaching programs and cares deeply about her staff as well as her students. Ms Williams is an expert at keeping her class parents informed through the Class Contact system and her eye for aesthetics has contributed greatly to the design of a wide range of school products and resources. We are extremely fortunate to have the sensational Ms Williams on our Ironbark Ridge Executive team.

## Safety online

Considering the time our children spend on digital devices that have access to the internet, we must as parents always be vigilant in keeping them safe, and teaching them safe behaviours for those times when we aren't able to be literally looking over their shoulders. Every time a student uses a digital device at Ironbark Ridge they are required to log on using their NSW Department of Education (DoE) student username and password. Part of this logon process is to click that they agree to the rules of use when accessing the internet. Students are taught skills in managing passwords, as well as to "*Close-Go-Tell*" if something appears on a screen or they see another student acting inappropriately. Conversations at home about internet dangers are important, too.

## Chicken Pox

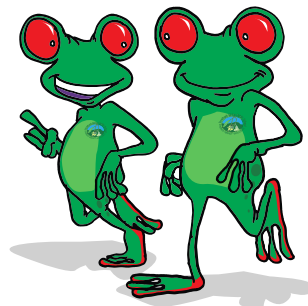
We have today been informed of a confirmed case of Chicken Pox in our classes at Ironbark Ridge. Although not a notifiable condition or illness, parents should all be aware of the symptoms of infection and dangers of exposure. A NSW Health Fact Sheet has been included at the end of this Newsletter for your information.

## Assembly

This week we had our first class assembly, with the sensational 5C and 2N performing a wonderfully effective and entertaining *body percussion* '*Thunderstorm*' as well as singing a song. Just a reminder that our class assemblies begin at 2.20pm on Wednesday afternoons, and will finish just before 3pm. Congratulations, by the way, to all of our students who received Ridgy-Didge Awards for their excellence in *Focus* over the past fortnight.

Yours in learning, along *The Ironbark Way*,

Nick Thomson  
Principal





# DEPUTY PRINCIPALS' REPORT

## Meet the Teacher Evenings – 2020

Thank you to all parents and carers who attended our Meet the Teacher Information sessions last week. Every class was extremely well attended, reflecting the interest that you have in your children's education and the support you give to our school. We would also like to acknowledge and thank all of our teaching and specialist staff for their organisation, attendance and leadership of the sessions and for their preparation of slideshows, handouts and overviews to provide parents and carers with information about teaching and learning programs for 2020. Stage information slideshows can be found on our school website under Notes – 2020 Classroom Information.

## Collaborative Practice – Data Talks

This week, in Collaborative Practice Conferences (CPCs), teachers are sharing reading data with their colleagues. This practice of sharing data is based on the evidence-based research that students' learning is improved when teachers work together. We aim for continual improvement by regularly analysing data, and using this information to make collective decisions around student learning needs and professional practice. At Ironbark Ridge, we work with committed, highly effective teachers who are unwavering in their focus on student learning.

## Student Leadership

Congratulations to our Semester 1 Student Representative Council (SRC) members who were presented with their badges at last Wednesday's Student Leadership Induction Assembly. We have a team of teachers working with our SRC students in planning new initiatives and events to support our school local community.

Our 2020 Student Leadership team are already hard at work, meeting every week to drive positive relationships and a sense of belonging for every child at Ironbark Ridge PS. They have already started to organise and lead our weekly House Spirit Meetings, and their impact is already being felt across our student population. Thank you to our student leaders, Mrs Sayer and Mrs Barton for their leadership.

Alina and Angelina have written a report on the actions of the Student Leadership Team thus far – to be found later in this newsletter.



## Student Attendance

We received a shock when analysing our 2019 student attendance data recently. In 2019, we have had a total of **13149** whole day absences recorded from students – that's an average of over 13 days per child! Of these, over 2000 days were left unexplained, despite our regular newsletter reminders, phone calls and daily emails asking to explain non-attendance. Attendance at school is vital for our students' sense of belonging, wellbeing, academic growth and overall development. Students do need to be cared for in the comfort of home when they are unwell, under GP guidance, but if students are able to be at school, then there is no justifiable reason to keep them at home.

Alarmingly, our data also shows **6132** partial absences from school in 2019. These are children who arrive late or leave early, missing vital minutes in their classroom learning program. Over recent years, we have worked hard to minimise disruptions to classroom learning time by reducing assembly times, streamlining arrangements after break times and enhancing face to face time with their classroom teachers. This work is wasted with so many students out of school during school time. Even a few minutes every day adds up to hours or even days missed over the course of a term or a year. We meet regularly with our Home School Liaison Officer who will be working with us to improve these numbers for 2020.

## Traffic Safety

Each afternoon, we work outside the school on Ironbark Ridge Rd to help manage the traffic flow and pedestrian safety. We have a school bus that needs to depart our school at 3:05pm, so blocking the traffic by waiting for a space to appear outside the school is not only illegal, but impacting on the ability of our students to catch their connecting transport services home. Cars parked outside the school do not have to move until the following morning, so no cars should be waiting in the queue in the road unless a parking space is created. Can we please ask that where possible, you should park legally in the streets around the school and walk the short distance to collect your child.



We also ask that if you need to cross Ironbark Ridge Rd, to please use the pedestrian crossing which is staffed by the RMS. Mrs Kim Pickett works every morning and afternoon to ensure our children and families can cross the road safely. Please teach your child the safe way to cross the road by using the crossing provided. Thank you in advance for your co-operation.

## School Photos

A reminder that our annual school photos will be taken on **Thursday 5th March**. It is important that each child is dressed in full school summer uniform including red, green or white hair pieces and clean black shoes. **(No sports uniform please.)** Please note that any sport programs on this day will be modified so that all students can wear their full summer uniform to school for the whole day. If you wish to order sibling photos, these must be ordered online by midnight the night before, so we can arrange all students to attend the sibling photo sessions on Thursday.

We have arranged a catch-up portrait session if needed on Thursday 12<sup>th</sup> March, but please note that the bulk of the photos will be taken on the 5<sup>th</sup>, so we ask that all students attend (refer to our attendance information above!). There will be no opportunity to re-take class or sibling photos.

To pre-order your child's class photo, portrait or would like to arrange a sibling photo, please log onto [www.advancedlife.com.au](http://www.advancedlife.com.au) and enter the code **BCL PXG JLJ**. ***All orders are to be processed through this site. Please note that no notes or money will be processed through the front office.***

Kerrie Pho and Kylie Robson (Rel)  
**Deputy Principals**



# Ironbark Ridge Public School

## Parent Planner Term 1 2020

\*\* Note: All dates on this planner are subject to change at the discretion of the school. **Updated 28.2.20**

Week	Monday	Tuesday	Wednesday	Thursday	Friday	Sat/Sun
6 March	2	3 <i>Ridges Swimming Carnival</i>	4 2.20pm 2C & 6/5M Assembly  7pm Class Contacts Meeting in staffroom	5 <i>School Photos</i>	6 <i>PSSA – Round 3</i>	7/8
7 March	9	10	11  2.20pm 1RK & 6E Assembly	12 <i>Selective High School Test</i>  <i>School Photos back up date</i>	13 <i>PSSA – Round 4</i>	14/15
8 March	16 <i>Stage 1 Excursion to Rouse Hill House and Farm</i>	17 <i>Stage 1 Excursion to Rouse Hill House and Farm</i>	18  2.20pm 1L & 3H Assembly	19 <i>Stage 1 Excursion to Rouse Hill House and Farm</i> <i>Sydney West Swimming Carnival</i>	20 <i>PSSA – Round 5</i>  National Day of Action against Bullying	<b>21/22</b> <i>Harmony Day</i>
9 March	23 <i>Year 4 Camp to Broken Bay</i>	24 <i>Year 4 Camp to Broken Bay</i>	25 <i>Year 4 Camp to Broken Bay</i>  2.20pm 1BR & 5B Assembly	26	27 <i>PSSA – Round 6</i>	28/29
10 Mar/April	30	31	1  2.20pm 5J & 2D Assembly	2	3 <i>No PSSA</i>	4/5
11 April	6 <i>Year 5 Leadership Day</i>	7 <i>IRPS Cross Country</i>	8 <i>ANZAC Day Assembly</i>  <i>Whole School Assembly TBC</i>	9 <i>Easter Hat Parade</i>  <i>Last day of Term 1</i>	10 <i>Good Friday</i>	11/12 <i>Easter Weekend</i>

## Administration

Just a reminder that Term 1 Accounts have now been issued and that Fees are due to be paid by Friday 6<sup>th</sup> of March.

Please note that all notes are on the School Website for printing at home.

**Allison Batten**  
**School Business Manager**

## KINDY CAPERS

Kindergarten are settling well into the routines of school and are showing a good understanding of the Ironbark Ridge School expectations of "Being Safe, Respectful and Responsible" both in the classroom and the playground.

It was lovely to see so many parents at the Meet the Teacher night and to enjoy a sausage and a chat afterwards. It was important to share individual classroom routines and expectations with many of you, as we partner together in your child's learning journey. We hope many queries were answered and it was a great social occasion for you all.

Home reader folders have been sent home today and can be returned each **Thursday** for a change of books. Reading with your child and assisting them to have a go is a great way to help them to practise the skills they are learning in the classroom. Reading Eggs and Mathseeds are well underway in the classrooms and all children have access to these at home. Please see your class teacher if your child does not have a login.

All students have been given their Parent Feedback letter from our recent Best Start Assessments. Please check your child's bag or talk to the teacher if you have not received it.

Much appreciation to the parents who are dropping their children off at school on time and leaving so that they can establish their friendships and be ready to enter the classroom in a more settled manner. Students should be placing their bags in their class line and then finding somewhere to sit and chat while waiting for the bell. We will continue to assemble on the handball courts on a Monday morning for the whole school assembly.

Thank you to the parents who have already labelled all school supplies, clothing and lunchboxes. This always helps towards a less stressful time when a hat or other property is misplaced. Lost property is kept outside the school hall.

Our school has always encouraged the children to have lunches that do not have a peanut content as we have children with severe allergies and we want to keep all children safe at school. Please ensure fruit break is in easily accessible containers or zip lock bags and kept separate to recess snacks.

Kindergarten students have been given the opportunity to borrow a book during their library lesson this week. These books are selected by the students and are for reading enjoyment. Books are to be returned in a library bag on your child's library day. This will be the only time children can return and borrow books. Kindergarten library days:

- KD, KF, KW and KA – Tuesday
- KG and KS – Friday

Some Kindergarten classes attended their first school assembly this week. Assembly takes place in the school hall every Wednesday afternoon from approx. 2.20pm. Classes attend fortnightly. Parents are welcome.

- Odd weeks – KS, KA and KD will attend.
- Even weeks KW, KG and KF will attend.



Sport for all classes will continue to be on **Wednesdays** and requires students to be in their school sports uniform. Students are also welcome to wear their sports uniform on their class fitness day. (Same day as library)

- KD, KF, KW, KA – Tuesday
- KG and KS - Friday

We have certainly had a busy few weeks and we look forward to lots more learning and fun in Kindergarten.



## Early Stage 1 Teachers

## Stage 1 Snippets

It has been a productive and fun filled two weeks in Stage 1! Students have been busy settling into routines and all learning programs are up and running.

Science and Technology has been particularly exciting for students as we are learning about living and non-living things. We are currently growing our own sunflowers and we will be working with worms in the garden. If students could please bring in gloves for these activities, this would be much appreciated.

Thank you to all parents and carers who attended Meet the Teacher night, it was great to meet you all. If you were unable to attend, all important information can be found on the Ironbark website.

Well done to 2N and 5C who were the first assembly for 2020! It was wonderfully organised and highly entertaining. We wish 2C and 6/5M the very best for their assembly next Wednesday (6<sup>th</sup> March).

In week 8, Stage 1 classes will be heading off to Rouse Hill House and Farm for their excursion as part of our History unit. Note and payment is due on Friday the 6<sup>th</sup> of March, if students have not returned permission note and payment they will not be able to attend. You can find the permission note on the Ironbark Ridge website. <https://ironbarkrg-p.schools.nsw.gov.au/notes0.html>



Stage 1 teachers are looking forward to another successful fortnight of learning!

## Stage 1 Teachers



## STAGE 2 SNIPPETS

Thank you to the parents who were able to attend our Meet the Teacher night on Tuesday 18<sup>th</sup> February. It was lovely to meet you all, put faces to names and share information about Stage 2 programs and classroom activities. Thank you also to those parents who have organised their child with the necessary classroom requirements. A reminder that every student should have their own set of headphones for use in the classroom. We greatly appreciate your support.

### Year 4 Broken Bay Camp

Year 4 camp is fast approaching!

Parents/guardians, please complete the medical online survey linked below. It is essential for this survey to be completed before students attend camp:

<https://officeofsport.ungerboeck.com/prod/emc00/register.aspx?eid=b1pHWGIxV1FjUTRqS1dDMXNaekYwdz090>

Final payment for camp needs to be made by **Friday 6<sup>th</sup> March, 2020**. All notes are found on the school website.

### Congratulations to our new SRC Representatives!

Congratulations to our SRC members for Semester 1 who took their pledge at our special assembly on Wednesday 19<sup>th</sup> February. We look forward to seeing your leadership skills develop as you represent your fellow students throughout the semester.

### School Photos

Don't forget that school photos will be taken next week on **Thursday 5<sup>th</sup> March**. All students are to wear full school uniform on this day.

## Stage 2 Teachers

## STAGE 3 SNIPPETS



With Week 5 at an end, Stage 3 are well and truly immersed in their learning programs.

Thank you to all the parents who attended the 'Meet the Teacher' evening on Tuesday 18 February. Stage 3 teachers enjoyed the opportunity to discuss the upcoming year with you.

### PSSA

Congratulations to all the students who made it into PSSA teams. We thank everyone who tried out. Please remember that PSSA payment is due by Monday 9<sup>th</sup> March 2020.

### Equipment reminder

For those that have already brought in school supplies (tissues, soap, paper towel etc) THANK YOU! It is amazing how many rolls of paper towel we manage to go through. Please check our school's website under 'Notes' to find Stage 3 Classroom Equipment Requirements for 2020. It is fundamental to your child's learning needs that they have all necessary equipment.

### Scripture

Scripture commences next Wednesday. At Ironbark Ridge we offer Anglican, Catholic, Hindu, Islamic and Buddhism scripture. Non-Scripture is offered as an alternative.



## School Photos

School photos will take place next Thursday 5<sup>th</sup> March. It is important that students wear their full summer uniform.

## Collaboratively Learning

Year 5 had the chance to meet new Ironbarkers, including those students from 5J. It was wonderful to see students engrossed in activities, actively participating and making their fellow peers feel welcome.



## Stage 3 Team

## LEADERSHIP TEAM 2020

We have been continuing with our House Spirit meetings every Wednesday afternoon. Everybody has been working hard together as a big family and getting our houses altogether as a group. House Spirit meetings continue to provide a friendly sense of belonging to everyone and are definitely a great addition to Ironbark Ridge. House meetings make everyone happy, and we hope that happiness can spread all around our magnificent school! Also, it is important that the older kids look out for the younger kids in the playground, especially our new kindies.

On Friday, March the 20th, the National Day of Action Against Bullying will take place. We know Ironbark Ridge is great at being kind to each other, so bullying is not a problem at our school, but still be nice to each other and we can work together to keep our amazing school the way it is!

### A friendly reminder from your school leaders:

Please remember to wear your hat when in the playground as it is one of our school expectations. We know that the majority of the school are following this school expectation, but just a reminder to keep your hat on your head at all times like Ridgy. Being a successful learner, he is always a *\*Ridgy Didge* student.

*\*A Ridgy Didge student means a genuine, original or a good student, just like you!*

## By Alina and Angelina



# Ridgy Didge Awards

## WEEK 6

KA	Mia, Auinton, Cooper
KD	Indiana, Lucas, Maleeka
KS	Saanvi, Sophia, Terence
1B	Mysha, Naisha, Harrison
1R	Megan, Isabella, Abeer
1S	Angus, Layla, Angelika
2A	Amelia, Idhant, Gabrielle
2H	Madi, Patrick, Ishan
2N	Whyad, Sara, Smyan
3A	Emma, Zoe, Travis
3K	Hayden, Julie, Cameron
4B	Isabel, Nathan, Lincoln
4F	Lincoln, Isabel, Nathan
4W	Ben, Keerat, Cage, Taylor,
5B	Katinka, Loki, Sophie, Harshil
5C	Shyla, Sarvin, Alina
5W	Riona, Ryan, Jasmin
6C	Paige, Ben, Maddison
6E	Jonathan, Fiza, Amber
6S	Mohammad, Thiyansa, Marvin, Giana

## PSSA SPORT – TERM 1

**STUDENTS PARTICIPATING IN PSSA TEAMS ARE REQUIRED TO BE AT SCHOOL ON FRIDAY MORNINGS BY 8.45AM FOR AN 8.50AM SHARP DEPARTURE. IF STUDENTS DO NOT ARRIVE ON TIME THE BUS WILL NOT WAIT AND YOUR CHILD WILL NOT BE PARTICIPATING IN PSSA ON THAT FRIDAY.**

**Please check the draw and venues for PSSA sport on the Ridges website:  
<https://ridgespssa.com.au>**

CANTEEN



Congratulations!

Your Bidgeree Award was chosen  
at Assembly and you are now  
entitled to a free lunch from the  
Canteen to the value of \$5.00



Date  
Signature

☐ Canteen acknowledgement

Don't forget, that if your child has been awarded a \$5.00 Bidgeree Award for the canteen, the lunch order can only be ordered over the counter and not through Flexischools.



## COMMUNITY NOTICES



The Students and Staff invite you to  
*Guided tours, forums, displays & further insight into extracurricular activities offered at our school.*

### OPEN NIGHT 2020

Tuesday 3rd March

4:00PM – 6:00pm\*

\*Tea and coffee will be served from 3:30pm.

Kellyville High School

Cnr York Rd & Queensbury Ave Kellyville 2155  
8824 5955

<http://www.kellyville-h.schools.nsw.edu.au>  
[kellyville-h.school@det.nsw.edu.au](mailto:kellyville-h.school@det.nsw.edu.au)

*"We are a vibrant and innovative learning community that is committed to delivering excellence within a rich and diverse learning environment.  
Every student has the opportunity to achieve their personal best through engaged, active learning in a safe, respectful and supportive school.  
Students will grow into global digital citizens."*



Education



Rouse Hill High School

### OPEN NIGHT

MONDAY 9 MARCH

6.00pm - 7.30pm



Tour 1: 6.00 - 6.30pm (Arrive by 5.50)

Presentation: 6.30 - 7.00pm

Tour 2: 7.00 - 7.30pm (Repeat of tour 1)

We warmly invite all prospective parents and students to our Open Night. Join one of the tours of our specialist rooms, learn about our approach to teaching and learning and speak with teachers and students about Rouse Hill High School.

240 Withers Rd, Rouse Hill

Ph 9836 1890

Web [rousehill-h.schools.nsw.gov.au](http://rousehill-h.schools.nsw.gov.au)

# NURTURE YOUR CHILD'S TALENTS



**NEW TERM START  
AT IRONBARK SCHOOL  
YR 1- 2 FROM 3.15 PM  
YR 3-6 FROM 4.15 PM**

- PUBLIC SPEAKING
- CREATIVE WRITING
- DRAMA

ENROL TODAY AT

**[talentclubaus.com.au/enrol](http://talentclubaus.com.au/enrol)  
0451507606**

# Chickenpox and Shingles

***Chickenpox is a common viral infection that can reappear later in life as Shingles. Chickenpox vaccination is recommended for all infants at 18 months of age. Shingles vaccination is recommended for all adults at 70 years of age.***

**Last updated: 06 November 2019**

## What is Chickenpox?

Chickenpox is a viral illness caused by Herpes zoster virus (also known as Varicella-Zoster virus)

In children it usually causes a relatively mild illness but it may reappear later in life as Shingles.

Chickenpox in adults and immunosuppressed people can be severe. Infection in pregnancy can cause foetal malformations, skin scarring, and other problems in the baby.

Before routine childhood vaccination began in November 2005, chickenpox was a very common illness. The incidence of chickenpox appears to have decreased as more people receive the vaccine.

## What are the symptoms?

Chickenpox (varicella) begins with a sudden onset of slight fever, runny nose, feeling generally unwell and a skin rash.

The rash usually begins as small lumps that turn into blisters and then scabs. The rash appears over three to four days. At any one time, the lesions of the rash vary in stages of development.

Symptoms usually occur two weeks after exposure to the virus.

Most people recover without complications, but sometimes the infection can lead to serious complications, such as pneumonia and inflammation of the brain. Rarely, the infection can be fatal.

Persons who are previously vaccinated can still get chickenpox. If chickenpox occurs in a vaccinated person it is usually mild and less contagious than in an unvaccinated person.

## How is it spread?

Early in the illness, the virus is spread by coughing. Later in the illness, the virus is spread by direct contact with the fluid in the blisters.

The infection is highly contagious to people who have never had chickenpox or who have not been vaccinated.

People are infectious from one or two days before the rash appears (that is, during the runny nose phase) and up to five days after (when the blisters have formed crusts or scabs)

Chickenpox infection triggers an immune response and people rarely get chickenpox twice.

## Who is at risk?

Anyone who has not had chickenpox or been vaccinated in the past can get chickenpox.

People with a past history of chickenpox are likely to be immune to the virus. Even adults with no history of chickenpox have a chance of being immune (because of past infection that was mild). Doctors sometimes perform a blood test to see if these people need a vaccination.

## How is it prevented?

A varicella-containing vaccine (MMRV – measles, mumps, rubella, varicella) is now recommended and funded for all children at 18 months of age.

Varicella vaccination is also recommended for all non-immune adolescents (>14 years) and adults. This involves two doses, at least 1 month apart. It is especially recommended for people at high risk, for example, health care workers, people living with or working with small children, women planning a pregnancy, and household contact of persons who are immunosuppressed.

People with chickenpox should avoid others (and not attend childcare or school) until at least five days after onset of the rash and all the blisters have dried.

People with chickenpox should cover the nose and mouth when coughing or sneezing, dispose of soiled tissues, wash their hands well and not share eating utensils, food or drinking cups.

Pregnant women should avoid anyone with chickenpox or shingles and should see their doctor if they have been around someone with these illnesses.

Children with an immune deficiency (for example, leukaemia) or who are receiving chemotherapy should avoid anyone with chickenpox or shingles as the infection can be especially severe.

## How is it diagnosed?

Most cases can be diagnosed based on the symptoms and by appearance of the rash. Sometimes the diagnosis is confirmed by testing samples taken from the rash or from blood samples.

## What is Shingles?

Shingles (also called Zoster) is caused by the reactivation in the body of the same virus that causes chickenpox, usually in adulthood and many years after the initial chickenpox illness.

The illness is characterised by a painful chickenpox-like rash on a small area of skin, usually on one side of the body.

Pain and tingling associated with the rash may persist for weeks or months after the rash has cleared. This is called post-herpetic neuralgia.

The virus can be spread by direct contact with the skin rash of infected people. This causes chickenpox in people who are not immune.

Shingles develops more commonly in people who are immunosuppressed.

## How is Shingles prevented?

A single dose of zoster vaccine is recommended and funded for adults at 70 years of age. Adults 71-79 years of age are eligible for free vaccine under a catch up program until 31 October 2021.

People aged 60-69 years are also recommended to have a single dose of zoster vaccine but this is not funded. The exact duration of vaccine efficacy is not known but protection does wane over time. The need for revaccination is not yet determined.

Adults aged 50-59 years are not routinely recommended to receive zoster vaccine, but they can receive it if they want to protect themselves against Shingles.

## How are Shingles and Chickenpox treated?

Shingles can be treated with special antiviral drugs such as acyclovir. Your general practitioner can advise on ways to minimise the discomfort associated with the symptoms of infection.

Chickenpox infection usually resolves without treatment.

## What is the public health response?

Chickenpox is not a notifiable condition in NSW but the incidence is monitored through the number of patients attending emergency departments and the number of patients who are hospitalised with chickenpox or shingles.

Varicella vaccine protects against chickenpox, even if given up to five days after exposure.

Short-term immunisation with varicella-zoster immunoglobulin (VZIG) - which is made from antibodies in donated blood - can prevent illness in people at high risk of complications. This needs to be given within 96 hours of exposure to the virus to be effective.

People at high risk of complications following exposure include: pregnant women who have not had chickenpox and who have not been immunised; newborn babies, and; some people with immunosuppression due to illness or treatments.

## Further information

For further information please call your local public health unit on **1300 066 055** or visit the NSW Health website at [www.health.nsw.gov.au](http://www.health.nsw.gov.au)