Festival of Art Raffle Prizes
Thank you to everyone who participated in this aspect of the Art Show. The response was wonderful with the following winning tickets being drawn. Congratulations to:

First Prize – Painting – Meg Jones
Second Prize – Redwood Bowl – Johanna Krebs
Third Prize – Necklace – Maggie Walsh
Fourth Prize – Stained Glass Sun-catcher - Anne Williams

RT Cafe Thank you
A huge thank you to all the parents and student that helped over the weekend at the Festival of Art. It was a great success. Lesley Bland

P & F REMINDERS
TRIVIA NIGHT
The Junior School Trivia Night will be held on the 20th June. Table are of 8-10. The cost is $10.00 per head. Tickets are available on the night but you must book through Mrs Keogh in the Junior School Office. This is always a fantastic night so get in and book your table asap.

MOVIE NIGHT
On 2 July, the P & F along with Metro 5 have organised a movie night to see Ice Age 3. This is a great night for both parents and children. Tickets cost $15.00 each and include a small popcorn and a drink. Tickets are available from Mrs Keogh in the Junior School Office.

Festival of Art thank you
On behalf of the Art Show committee I would like thank all parents, staff and students who were involved in making the ASC Festival of Art such a wonderful and successful weekend. Without the help of everyone people the weekend would not be possible.

Maree Crofts, Co-ordinator,ASC Festival of Art

Spring Fair Sponsorship Needed
Sponsorship needed for slot cars and Mechanical Bull advertise your business at the Spring Fair. College family sponsors so far are Peter Rogers, Raine and Horne, Coates Mitre 10 and Kurrawong Organics. contact Lisa Coates 0417 409 384 and Lesley Bland 0408 618 185

MEDICAL ALERT
We have had a confirmed case of whooping cough at the College. For information please read the factsheet attached to the newsletter.

If you have any more questions please contact your local GP or the College Health Clinic on 6332 7300

All Saints’ family busines directory
The P & F is compiling a list of businesses run by All Saints families that may be helpful to your business or your purchasing decisions. If you would like to add your business to the list please email Susan Douglas at susan@ oracletelecom.net.au. It is intend- ed that the list will be published on the All Saints’ website.

All Saints’ College Bathurst
Eglinton Road Bathurst NSW 2795
www.saints.nsw.edu.au
ASC Bunnies
Well done to the All Saints Bunnies. The Bunnies came up against the Eglinton Unicorns for a second time and despite the very cold weather the girls played outstanding. The ball was passed swiftly and accurately down the Court. Samantha, Kate and Nadia defended with all their heart and managed to get the ball to our goal shooters time after time. Gena, Xanthe and Sara worked well together with all three girls scoring for the Bunnies making it very exciting for both the Bunnies and the mums and dads on the sideline. It is great to see the girls enthusiasm and enjoyment when playing. We are still missing the presence of Ella and look forward to her return soon. Once again girls well done on a great game. Deon and Sara Reynolds

ASC Snowflakes
On Saturday the ASC Snowflakes played an exciting game against the Eglinton Dophins. The Snowflakes played a great first and second quarter with excellent attacking and defending. The score was neck and neck the whole first half but then in the third and final quarter the Dolphins managed to get ahead by two goals leaving the score at 9 to 11 at the last hooter. All in all though it was a very good game played by both team. Report by Sophie Stockman

ASC Superfrogs
We began with a flying start against the Eglinton Angels. Isabelle Card, Libby Crampton and Catie Crampton formed a great attacking combination by getting the ball into the goal circle smoothly and quickly. We finished the quarter 5-0 All Saints’ way. The 2nd and 3rd quarter were dominated by very strong defence by Emma Michel, Hannah Armstrong, Alexandra Corbett-Jones and Sophie Cant. Excellent shooting by Katie Horne and Libby Crampton. We held onto our lead and finished with a strong result 10-2 Superfrogs way. Coach Crampton and Coach Cant deliberated and couldn’t decide who should be layer of the week so they awarded it to the whole team. Well done girls. Excellent Effort. Report by Sophie Cant

HOCKEY REPORTS

UNDER 11’S HOCKEY
All Saints had a great win over Kelso on Saturday 13th June. The score was 2-0, All Saints victory. Two great goals were scored by Maddie Cox in the first half and Erin Cobcroft just before the full-time siren. Maddy got the Player’s Award, a small blue hockey stick, for her first goal. Well played everyone, a well deserved win. Report by Ella Menzies

UNDER 9’S HOCKEY
What a glorious day, we had for hockey. Everyone was eager to play as usual. Our 1st game we played, was against St Pats. We won 1-0, thanks to the combination of Chelsea, Hanna & Rachel. Everyone attacked & defended well, keep up the good work. Thank you, to Niamh for playing for the other side. Our 2nd game was against Oberon. It was a tight game. We had several attempts at goal but none of them find the goal. It ended up being 0-0. The twin combination in our team are proving to be a great success in attack & in defence. Well done everyone in the team. We are improving every week. Thank you, to Bradley, Chris & Tim for helping the Oberon team out. Congratulations, to Phoebe for getting the award for this week.

UNDER 6’S HOCKEY
The sun was shining and so were the under six hockey team on Saturday morning. Mr Cacobft and Emily did a fantastic job going through the drills and all the children did a great job of listening and following instructions. Charlie put his ice hockey experience into practice and showed everyone his powerful hits while Joanna and Phoebe mastered pushing and stopping the ball. This game weeks was short and fast. As always Isabelle and Georgie were in the pack with sticks swinging. Ethan and our friend Shiney from Oberon where the goal scorers this week. Congratulations to Charlotte who won the award for best overall improvement.

TAKING OPPORTUNITIES
We focus on the family this week in Peer Support. In order to encourage young people to be resilient, we need to help them find the people who can support them.

The children are asked to remember the things they have learned to do with the help of various family members.

This leads to an activity that shows the children how the support of members of their family can help them to be more resilient.

Thank you child for something they have done for you and discuss all the people within and outside your family that your child can turn to for support.
**11 YEARS PUMAS**

The 11 Years Pumas played an entertaining match against Eglinton Eels on Saturday. The match was played in a fine spirit and all of the boys in the team played extremely well. The game was a see-sawing battle with play moving quickly from one end of the field to the other. Our backs were solid throughout the match with Matthew Jackman, Lachlan McAloney, Victor Chua, Henry Morgan, Marcus Milton and Alexander Miller all combining to provide an impenetrable wall for the Eglinton attackers. Similarly goal keeper, Baden Sinclair, produced a flawless display which was highlighted by his excellent positional play. The midfield of Ben Griffin, Matthew Evans, Sam Rosen and David Cant ran tirelessly and constantly helped move the ball into our team’s attacking zone. Forwards Cameron Redpath, Lachlan Wilkinson and Tom Card were a strong focal point and threatened the Eglinton goal mouth on numerous occasions. Unfortunately we were unable to produce a goal to break the scoreless deadlock, but a draw was a fair result and our players can take heart from their enthusiastic performance. Congratulations to Matthew Jackman who won the Player of the Match award for his wonderful display in the backline. *Mr Cant*

**10 YEARS JAGUARS**

This week saw the team take to the field against City Red Tops. With much enthusiasm and great team spirit the team took an early lead. Of note this week was Thomas with some good attempts at goals, Riley with solid and confident kicking and Jack in the back line up. Lachlan, Henry, and David provided good defense and passing that helped the team to four nil win. Sam scored the 1st and third goal with Cameron scoring the 2nd and fourth goals. Thanks again go to Ben Cant on the wing and Matthew Jackman with solid defence and congratulations to Sam who earned the Player of the Week award. *Mr Pike*

**8 YEARS PANTHERS**

The Panthers played a good game against the Eglinton sharks on Saturday, 13 June 2009. The Sharks won the game, but all the Panthers played aggressively. Sam, Charlie, Kian fought well to control the ball. Lachie did some powerful kicks and moved the ball ahead. In particular, the Panthers did good defensive play. Charles was player of the game for putting on a particularly great defense. Congratulations to Kian, too, for showing great manners several times. Kian also stopped to check that a player for the other team was alright after Kian accidentally bumped him. The player of the match was Charles for his great defensive work. *Mr Redpath*

**8 YEARS LIONS**

What a fantastic game this was! The Lions were finally fielding their original team after weeks of absent players. An early goal by Simon inspired the team and each player lifted their performance accordingly. A pleasing feature of this game was the improved passing and general teamwork. All players are congratulated on their excellent game and special congratulations to Anna for receiving the medal of honour. *Mr Hines*

**7 YEARS TIGERS**

The Tigers played against a strong team from Oberon. The match was close, with the two teams swapping goal for goal. Initially starting with only four players, the team of Ben, Hugh, Lachlan and Sean matched the opposition until being helped out by the addition of James Denovan midway through the match to bolster up the defence. Ben led the team’s scoring and also made a number of passes to set up the other team members for strikes on goal. Sean and Hugh were strong in defence, and Lachlan was voted this week’s player of the match. The Tiger’s skills are improving each week. Keep up the good work. *Mr Roach*

**7 YEARS CHEETAHS**

We had our best game yet on Saturday. Well done to the Cheetahs. All players were superstars and each week it becomes more difficult to choose the player of the match. Tyler McLennan Mason was the proud recipient this week. Tyler executed some fantastic tackles and was not afraid to race up and down the wing looking for the ball. Dun Yeo Foo, what a save! Dun yeo definitely had the save of the match under his belt. Angus McLean was stuck to the opposition like glue. Fantastic marking by Angus. Harley Goodwin was excellent inside our goal circle and he concentrated very hard throughout the match. Andrew Jackman was a sensational goal scorer. Alex Buckley called for the ball and worked well in the team. James Denovan was an extremely good sport and began play with the Cheetahs and then moved on to assist the Tigers. Well done Cheetahs you are having an excellent season so far. *Miss Keene*

**6 YEARS CUBS**

Things were a little warmer at Proctor Park this week and the All Saints’ Cubs enjoyed their game very much. Numbers were good too with 7 players in total which allowed some time out as exhaustion took hold over the course of the game. It was a very fast game this week and the kicking is becoming more accurate every week as the children’s skills and confidence build. Everyone played well resulting in a win for the Cubs with Patrick earning himself Player of the Week. Well done everyone. *Mr Redpath*

**6 YEARS COUGARS**

The Cougars lined up again for another exciting match against a strong Churches outfit. With last week’s player of the match ‘Tyrese’ out of action the remaining 5 Cougars had their work cut out. But with the loyal support crew consisting of parents, grandparents, siblings and aunts cheering almost every touch of the ball the Cougars maintained their motivation for the full 30 minutes. This week’s player of the match ‘Mitch’ received warm bear hugs from his team mates after putting one away in the first half. Joey showed his usual enthusiasm and enjoyed running on with his brother for the first 5 minutes – thanks Nicko! Lachie ran and ran and ran until he could run no longer. His eye for the game continues to prosper. Travis arrived with fire in his belly – at one point he dribbled from half way and slammed a goal in with the opposition nowhere in sight. Mr Jack attack, tackled brilliantly, gained possession and cleared it for his team mates on many occasions. The score this week went against the Cougars but was no reflection on the way they played. *Mr Nelson*

**6 YEARS LEOPARDS**

The game started strong for the Leopards obtaining possession for the first 5 minutes, rewarded by a goal from Max. 75’s gained a break away next but were unable to put it away. Strong attacking by Ethan and Angus kept the ball firing towards the Leopards goal. William showed great drive and determination as he dribbled the ball through the 75’s defense. Max put another goal in at the end of the first half followed by a goal from the counter attack of the nearly whites. The second half commenced with a goal either side. Geordi and Tyler both scored. The second half goals were determined by the pouring rain. The opposition was not a problem. The Tigers maintained their possession and controlled the game to all but one of the goals. The weather was more conducive for the Tigers with a lot of running and many long passes. The game was played with great determination. *Mrs Parsons*

**SOCCER DRAW 20TH JUNE 2009**

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<th>Opponent</th>
<th>Time</th>
<th>Venue</th>
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<td>6 Years Cubs</td>
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<tr>
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<td>Proctor Park 8</td>
</tr>
<tr>
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</tr>
<tr>
<td>8 Years Lions</td>
<td>Oberon Wolves</td>
<td>10:30 am</td>
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<td>Macquarie Tigers</td>
<td>9:00 am</td>
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</tr>
<tr>
<td>11 Years Pumas</td>
<td>Oberon</td>
<td>11:00 am</td>
<td>Oberon Rec. Ground*</td>
</tr>
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Infectious Disease Factsheet

Pertussis (Whooping Cough)

Last updated: 30 January 2008

What is pertussis?
Pertussis (or whooping cough) is a disease caused by infection of the throat with the bacteria *Bordetella pertussis*.

What are the symptoms?
- Pertussis usually begins just like a cold, with a runny nose, tiredness and sometimes a mild fever.
- Coughing then develops, usually in bouts, followed by a deep gasp (or "whoop"). Sometimes people vomit after coughing.
- Pertussis can be very serious in small children. They might go blue or stop breathing during coughing attacks and may need to go to the hospital.
- Older children and adults may have a less serious illness, with bouts of coughing that continue for many weeks regardless of treatment.

How is it spread?
Pertussis is spread to other people by droplets from coughing or sneezing. Untreated, a person with pertussis can spread it to other people for up to three weeks after onset of cough.

The time between exposure and getting sick is usually seven to ten days, but can be up to three weeks.

Who is at risk?
- Anyone can get pertussis.
- People living in the same household as someone with pertussis are more likely to catch it.
- Immunisation greatly reduces your risk of infection, but reinfection can occur.

How is it prevented?

Immunise your child on time
- The vaccine does not give lifelong protection against pertussis, and protection is sometimes incomplete.
- Children need to be immunised at two, four and six months.
- Boosters are needed at four years of age and again at 15 years of age.
- Immunisation is available through general practitioners and some local councils.

Keep your baby away from people who cough
- Babies need two or three vaccinations before they are protected. For this reason, it is very important to keep people with coughing illnesses away from your baby so they don’t pass on pertussis or other germs.

Get immunised if you are an adult in close contact with small children
A vaccine for adults is available. It is recommended:
- For both parents when planning a pregnancy, or as soon as the baby is born
- For adults working with young children, especially health care and child care workers.

If you are a close contact of someone with pertussis:
- Watch out for the symptoms. If symptoms develop, see your doctor, take this factsheet with you and mention your contact with pertussis.
- Some close contacts at high risk (e.g., children under one year, children not fully vaccinated, and women at the end of their pregnancy) and others who live or work with high-risk people may need to take antibiotics to prevent infection.

If you have pertussis:
- Get treated early while infectious, avoid other people and stay away from young children, e.g., at child care centres, pre-school and school.

How is it diagnosed?
If a doctor thinks someone has pertussis, a swab from the back of the nose, or a blood test may be done to help confirm the diagnosis.

How is it treated?
A special antibiotic - usually either azithromycin, erythromycin or clarithromycin is used to treat pertussis. These antibiotics can prevent the spread of the germ to other people.

Coughing often continues for many weeks despite treatment.

What is the public health response?
Doctors and laboratories must confidentially notify cases of pertussis to the local Public Health Unit. Public Health Unit staff can advise on the best way to stop further spread.

Infectious children are restricted from going to pre-school and school. Unimmunised contacts may be excluded from child care unless they take the special antibiotics.
Common Colds need common sense

Colds are infections of the respiratory tract. They are caused by viruses and usually get better on their own in 7—10 days. A cough is often the last thing to improve and can last up to 3 weeks. Antibiotics work only on bacteria, not the viruses which cause common colds. Therefore, antibiotics won’t help a cold get better faster or stop it from getting worse, and they won’t stop a cold from spreading to others.

Usually children with colds don’t feel well. Symptoms can include sneezing, a blocked or runny nose, headache, a sore throat and coughing. Some children may vomit and have diarrhoea as well. Green or yellow mucus may come from the nose and is a positive sign that your child’s immune system is fighting the infection and does not mean the cold is getting worse. Fever, or an elevated temperature is generally mild when it does occur.

Colds are common, in fact:
• Children can get 5—10 colds per year; adults can get 2—4.
• Children get more colds than adults because they do not have the same immunity to many cold viruses as adults do.
• More than 200 different viruses can cause common colds.

A cold in itself is not serious but can sometimes lead to other infections such as ear infections, sinusitis, asthma and tonsillitis.

Colds are not flu

Influenza (or flu) is a serious illness. A ‘common cold’ is often called the ‘flu’ but they are different.

Influenza vaccine may be recommended in autumn for people who are at risk of serious complications. The Health Centre can arrange this vaccination if you require it for your child or you can contact your local GP. Influenza vaccine will not prevent you from getting common colds as they are caused by different viruses.

A new influenza virus that is causing illness in people is the much publicised Human Swine Influenza