Coffs Harbour District Swimming Carnival
The Coffs Harbour District Swimming Carnival will be held on Monday 22nd February. We have a number of students participating. We look forward to hearing how they went on Monday!

Mid-North Coast Swimming Carnival
The Mid-North Coast Swimming Carnival will be held on Thursday 25th February. Students who have made it through will be notified at the Coffs District Carnival on Monday.

Meet the Teacher Night
Thank you to those parents who attended our Meet the Teacher on Wednesday night. We trust that you found the night informative. If you have any questions regarding your child’s learning please feel free to come in and meet with your child’s teacher. We have an open door policy at Karangi PS which we encourage you to use!

Orara High School Visit
On Monday 29th February staff from Orara High School will be coming to Karangi Public School to talk to our Year 5/6 students. This meeting will take place between 9:30-10:30am.

Croup
There have been a few cases of croup occurring in the school recently. Attached to this newsletter please find an information sheet on croup.

Year 4/5 News
This term we are doing an integrated Geography and History unit on Africa. Here are some facts which the students have found out so far:

Tylani and Alice have been working on South Africa. We have learnt that South Africa is the second largest exporter of fruit in the whole world.
Aaliyah has been looking at Tanzania. She has learnt that it is the home to the world’s only tree-climbing lions. She also discovered that in Tanzania the moon shines so brightly that you don’t need a torch at night!

Brianna and Lauren have been looking at Zambia. They have found out that the capital is Lusaka and that their birth rate is 43 births per 1000 population.

Will and Cody are doing their project on Algeria. It is the biggest country in Africa and the capital is Algiers.

Marley, Jesse and Charley are studying Botswana. They have learnt that there are 2 100 000 people in Botswana and 10% of the population live in the cities. Botswana is a land-locked country bordering Zimbabwe, South Africa, Namibia and Zambia. It also has the most meerkats of all the African countries!

Josh and Spence chose Kenya for their African Project. We have found out that soccer is Kenya’s national sport and that hello in Kenyan is “Jumbo!”

River and Flynn have been studying Tanzania. They learnt that their motto is, “Uhuru na umal” which is Swahili for Freedom and Unity. Also the capital of Tanzania is Dodoma.

Alexi, Lilly and Leni have been looking at Egypt. They have discovered that Egypt has the oldest dress ever found, it was 5000 years old! Also most Egyptian girls didn’t have hair so they wore wigs. The Sphinx is also the largest statue in the world!

Noah and Curtis are studying Chad. The population in Chad is 11.5 million and their life expectancy is 59.

Hannah and Jewel have been studying Madagascar. They have learnt that Madagascar is the fourth largest island in the world behind Greenland, New Guinea and Borneo. It has been an island for 88 million years since it split from India after Gondwana Land broke up!

**CANTEN NEWS**

We welcome Leah Shoobert to the role of Karangi School canteen manager!

Canteen will be operating every Friday from today with menus sent home to the eldest child in each family on Tuesday. (look out for a new menu starting in Term 2!) If you have not received a menu there are spare copies at the office counter. Please be aware of placing your child’s RECESS or LUNCH order in separate bags and marking them clearly. This saves the canteen volunteers a lot of trouble tracking unclear orders down to classrooms.

Karangi school canteen is always grateful for parent, carer, community member help to run this great service. All profits from the canteen are put back into the school via the P&C to benefit all our students. If you can spare a little time to help out in the canteen please send into school the slip attached to this newsletter or email the school.
Isn't our school community just A-W-E-S-O-M-E???

More massive thanks go out this week to all you wonderful people who have contributed your time in some way or another:

Firstly - to the staff and parents who came along and cheered our fabulous swimmers up & down the pool at the recent Orara Valley swimming carnival - thank you!

Of course - congratulations to all of those amazing Karangi kids who have now secured their place at the next carnival - very exciting and we are all extremely proud of you and know you will do your best in the pool, and at displaying a positive sense of sportsmanship as well!

Next - to those who gave up their precious weekend time & flipped some snags at the Masters BBQ: a MASSIVE thank you to you! About $500 was raised from this event and will go toward the boundary fence!

We are very grateful to Paul Killey, Jacob Joseph, Sam Geddes, Kersten & Paul Tuckey, Grace Keys, Nikki & Jak Tomasoni, Suzanne Webster, Kim & Cody Kwulik, Sharon Rovere, Paul McPherson, Brian Somerville and Andrew Goulstone.

The recent 'burger day' was a very popular addition to the weekly menu - and would not have been possible without all those who assisted. Thanks to Karyn McKenzie & Chris Clark, Jo Conway, Leah Shoobert & Kirsten Jackson-Baldwin for helping make the Burger Day a great success. Thanks also to those who attended the canteen committee meeting and helped to formulate a new menu (starting Term 2) and other canteen-related matters! I'm sure I'm not the only parent breathing a sigh of relief knowing that we have our Friday canteen operational again!

Also operational is our P&C Facebook page -
[www.facebook.com/karangipandc]www.facebook.com/karangipandc : 'like' to stay up to date with what's happening in the school :)

Remember - this is your school and the P&C is a great way to offer your ideas, air your concerns and play a part in the school community. You are always welcome; and if you are unable to make the scheduled meeting times, please feel free to contact our P&C president, Nikki Tomasoni who is always more than happy to discuss them at a more suitable time. Ph: 0438 378 536

Now!! ****DRUM ROLL****
The next P&C meeting is the AGM, happening Monday, March 7 at 6:30PM.
Nominations are now open for ALL executive positions - President, 2x Vice Presidents, Secretary & Treasurer. Membership to the P&C is $1, which gives members voting rights and access to all meeting minutes.

One final word before the final word: PLEASE, PLEASE, PRETTY PLEASE - respect the Van den Berg's property (across from the school).
This family have kindly allowed the school to use their land as parking space for YEARS!! BUT - this DOES NOT include crossing the cattle grid. Please be aware of this and only use the area outside the fence and before the cattle grid, always leaving clear access to the property.

Final Word (at last): "Don't let yourself become so concerned with raising a good kid that you forget you already have one." - Glennon Melton
Donna A on behalf of the P&C

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Community News

OVFC Registration days for the 2016 Season

OVFC Junior FUN DAY  Nana Glen pool
This Saturday 20th Feb 2015  10am to 1pm
(free entry for swimming, gold coin donation sausage sandwich)

or

Sign up for the Dingoes online  www.myfootballclub.com.au and visit the OVFC website for payment details

For future communications from OVFC, join our mobile app:

- Go to App Store OR Google Play Store, then search: Orara Valley Football Club – then download
- Allow all push notifications to receive important news from the Club.
- Register your details (takes about 1 minute) and link yourself to relevant team, coach or committee.
- Tick “remember your password” and then just press the OVFC icon on your phone & you are in.

Under the “more” tab you will have direct links to fixtures, results & wet weather info like field closures etc.

If any registration questions please call Jodie Thornber on 0429330245
Croup is a viral infection which causes swelling of the voice box (larynx) and windpipe (trachea). This swelling makes the airway narrower, so it is harder to breathe. Croup often begins like a normal cold followed by a harsh, barking cough. This may be worse at night when the air is cooler. It usually affects children up to five years old. Some children get croup several times. Croup can get worse quickly. If your child is having problems breathing they should be seen by a doctor as soon as possible.

**Signs and symptoms**
- Croup often begins like a normal cold, e.g., a runny nose and cough.
- Your child's cough will change to become harsh and barking.
- Your child's voice may be hoarse.
- They may have a squeaky noise when breathing in, called 'stridor'.
- The symptoms are often worse at night and reach their worst on the second or third night of the illness.
- Croup may last for three to four days.

**Treatment by a doctor**
If your child's croup attack is severe they will need to stay in hospital. Severe croup is when your child:
- Has noisy breathing (stridor) when resting.
- Muscles around the ribs suck in when breathing.
- Is very distressed.
Most children do not need any other specific treatment once they are being closely watched in hospital.
- Sometimes steroids (prednisolone) taken by mouth are given for croup. The steroids help reduce the swelling in the airway and this will make breathing easier.
- **Antibiotics do not work on viruses and are not given to children with croup.**

**Care at home**
A mild attack of croup is when your child has the harsh, barking cough but does not have noisy breathing (stridor) at rest or is not struggling to breathe. Mild croup can usually be managed at home with the following treatment:
- Try to calm your child, as breathing is often more difficult when your child is upset.
- Keep your child calm by sitting quietly, reading a book or watching a video.
- If your child has a fever and is irritable you may give paracetamol (e.g., Panadol, Dymadon, Tempra).
- Croup often becomes worse at night. Many children will be more settled if someone stays with them.

**A note about steam**
- In the past, some doctors recommended exposure to mist or steam therapy, including the use of vaporisers.
- Research evidence now shows this to be of no benefit and it is no longer recommended.
If your child's croup does not settle and they become more distressed they should be seen by a doctor.

**When to come back**
Your doctor will let you know when to come back for review. You should see a doctor or come to an emergency department if:
- your child's breastbone sucks in when breathing in
- your child is struggling to breathe
- your child has stridor (the noise made when breathing in) when at rest
- you are worried for any other reason

You should call an ambulance immediately if:
- Your child looks very sick and becomes pale and drowsy.
- Your child's lips are blue in colour.

**Key points to remember**
- There is no specific treatment for croup and it usually gets better in three to four days.
- Try to calm your child as breathing is often more difficult when your child is upset.
- Croup can get worse quickly. If your child is having problems breathing they should be seen by a doctor as soon as possible.
- In a severe attack, your child needs to be watched closely in a hospital.

**Other sources of information:**
- Your local doctor (GP).
- Your local hospital emergency or casualty department.
- **The Royal Children's Hospital Emergency Department,**
  T: (03) 9345-6153
- **The Royal Children's Hospital Sugar Glider Ward** - Level 2,
  T: (03) 9345-5559