



Peterborough High School

Queen Street, Peterborough SA 5422

Ph: (08) 8651 2306 Fax: (08)8651 2835

Email: dl.0789.info@schools.sa.edu.au www.phs.sa.edu.au

Points of interest

At times the school may need to ring Parents/Caregivers if a child is sick, suspended or an appointment has been requested by a teacher.

The number will show up as a private number, so please make sure you reply to our calls.

**Monday 13th
March**

Public Holiday

Adelaide Cup

Upcoming Student
Free Days

Friday 9th June

Monday 4th
September

SPORTS' DAY ARRANGEMENTS

Sports' Day will be held entirely at the town oval on Friday 10th March. Students will need to meet at the oval at 9am. Bus students, will be dropped off at the oval by the driver.

There will be a pre-ordered lunch available for parents and students on the day. Orders and money need to be completed and returned to the school by 9am, Monday 6th March. There is a lunch slip provided on the last page of this newsletter or from the counter at the front office of the school. (Students will need to bring a pre-packed lunch and drink if not pre-ordering as there will be no canteen facilities). Lunch will be at the Footy Clubrooms at approx. 12:00.

SRC will be selling drinks and chips through-out the day. Students will be dismissed from the oval (this may be before the usual school time) and bus students will be returned to the school in time to catch the bus.

Mel Randall

Jamestown Peterborough Junior Colts Training

Training starts 16thth March 2017 at 4:00pm at the Jamestown Oval

To play Junior colts you need to be under 14 years of age as at the 1st January.

Any questions please contact coach David Leese 0417851831



House / Music Captains and SRC Reps.

Congratulations to the students named below, who have been elected to the following positions in 2017.

Goyder

Captains: Matthew , April

Vice Captains: Andrew, Abbi

Junior: Alex , Max



Webb

Captains: Ethan, Chloe

Vice Captains: Henry , Montana

Junior: Alyssa , Meg



Music Captains

Chloe, Matthew

SRC

Year 8: Meg, Matthew

Year 9: Chad, Abe

Year 10: Alyssa, Eli

Year 11: Chloe, April

Year 12: Matthew, Cassandra

LC: Aileen, Hayden





High Energy/Caffeinated Drinks - Guidelines



Peterborough High School:

- Actively discourages the consumption of these drinks, especially in the morning before coming to school
- Drinks containing these additives such as V, Red Bull, Rockstar, Mother and others are banned on school premises

The consumption of these drinks affects students ability to learn effectively by impacting on:

- Attention and concentration rates
- Interaction with other students
- Interaction with staff and school procedures
- Health and well being

Consequences for not following the guidelines:

The energy drink will be confiscated and handed to a member of the Leadership Team (Principal, Deputy or Coordinator).

The incident will be recorded in Sentral.

The student will report to the front office to collect the confiscated item at the end of the school day. If not collected by the end of the day the can and its contents will be disposed of.

A letter, with tear off slip, will be given to the student for signing by the parent / guardian and returned to the front office the next morning.

If an energy drink is confiscated a second time the parent / guardian of the student will need to collect the confiscated item from the school in person. This will include any subsequent confiscations.

Any further breaches to this procedure will result in the school's Code of Conduct (2017) being implemented.

Updated: Feb 28th 2017



PHS Swimming Carnival Results

HOUSE RESULTS 2017

Goyder 358

Webb 308

Junior Girls

Winner: Logan

Runner up: Ellen

Senior Girls

Winner: April

Runner Up: Abbi

Junior Boys

Winner: Jaxon

& Jordan

Runner up: Carlos

Senior Boys

Winner: Matthew

Runner Up: Diesel



Logan



Jaxon & Jordan



Carlos



Abbi

MNSEC Swimming Carnival

Handicap shield

1 st Orroroo	449
2 nd Quorn	382
3 rd Peterborough	381
4 th Jamestown	362
5 th Booleroo	352
6 th Gladstone	331

Overall Shield

1 st Booleroo	349
2 nd Quorn	340
3 rd Gladstone	331
4 th Orroroo	299
5 th Jamestown	281
6 th Peterborough	33

On the 21st of February, 6 Peterborough High School students along with the 5 other MNSEC schools went to Booleroo and competed in the annual MNSEC Swimming Carnival. It is always a well-run night with excitement and a great atmosphere. Matthew, Katie, Alex, Joel, Jordan and Max. Most students competed in two or more events and swam really well in their divisions.

For the full write up and results, purchase the 2017 Peterborough High School Year Book. More information later in the Year.

PHS Swimming Carnival



Boys backstroke



Trumayne enjoying the day



Trey supporting Webb



Baton Relay



Senior Boys tube race



Webb supporters watching on

Gastroenteritis is an illness triggered by the infection and inflammation of the digestive system. Typical symptoms include abdominal cramps, diarrhoea and vomiting. In many cases, the condition heals itself within a few days.

The main complication of gastroenteritis is dehydration, but this can be prevented if the fluid lost in vomit and diarrhoea is replaced. A person suffering from severe gastroenteritis may need fluids administered intravenously (directly into the blood-stream via a vein – **the setup is often referred to as a 'drip'**). **Some of the causes of gastroenteritis include viruses, bacteria, bacterial toxins, parasites, particular chemicals and some drugs.**

Symptoms of gastroenteritis

The symptoms of gastroenteritis can include:

- loss of appetite
- bloating
- nausea
- vomiting
- abdominal cramps
- abdominal pain
- diarrhoea
- bloody stools (poo) – in some cases
- pus in the stools – in some cases
- generally feeling unwell, including lethargy and body aches.

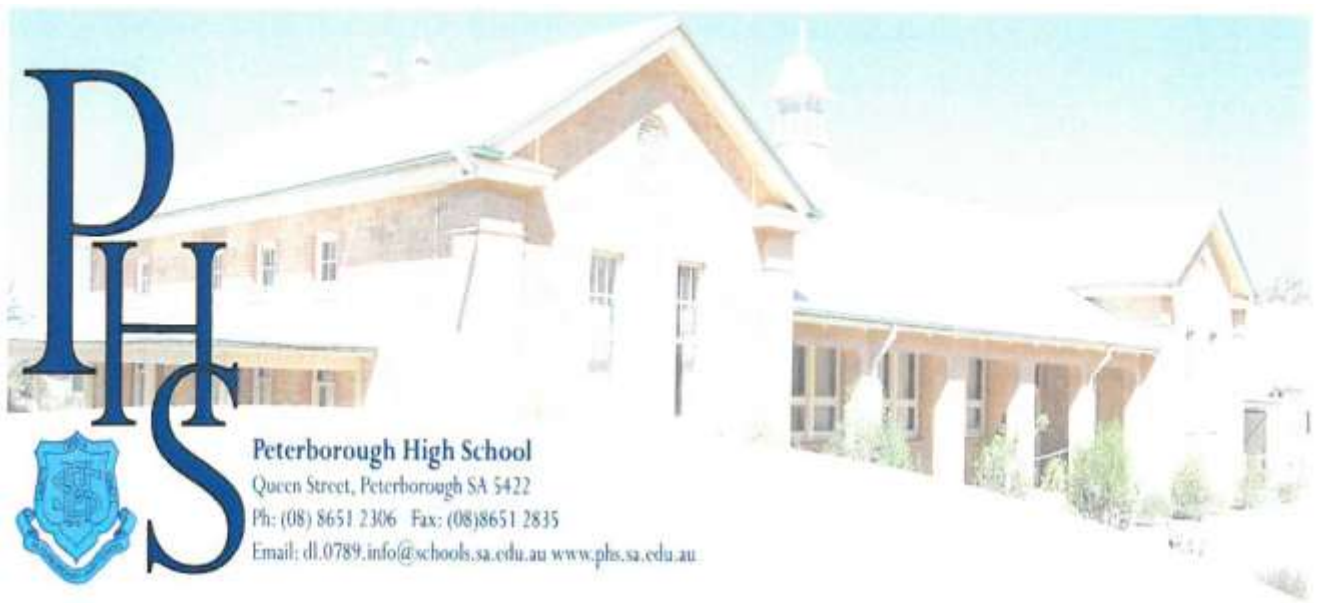
Prevention of gastroenteritis

General suggestions on how to reduce the risk of gastroenteritis include:

- Wash hands thoroughly with soap and water after going to the toilet or changing nappies, after smoking, after using a handkerchief or tissue, or after handling animals.
- Wash your hands thoroughly with soap and water before preparing food or eating.
- Use disposable paper towels to dry your hands rather than cloth towels, since the bacteria can survive for some time on objects.
- Do not handle raw and cooked foods with the same implements (tongs, knives, cutting boards), unless they have been thoroughly washed between uses.
- Keep all kitchen surfaces and equipment clean.
- Keep cold food cold (below 5 °C) and hot food hot (above 60 °C) to discourage the growth of bacteria.
- Make sure foods are thoroughly cooked.
- Clean the toilet and bathroom regularly, especially the toilet seat, door handles and taps.
- Clean baby change tables regularly.
- **When travelling overseas to countries where sanitation is suspect, only drink bottled water. Don't forget to brush your teeth in bottled water too. Avoid food buffets, uncooked foods or peeled fruits and vegetables, and ice in drinks.**

Hand Washing Steps





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3rd March, 2017

Dear Parent/Caregiver

Many of you may be aware that students attending our school have the opportunity to participate in a number of National Competitions. Awards & certificates from these competitions can be included in a student's Personal Portfolio and are valued highly by many future employers.

We understand that some students may wish to enter a number of these competitions, and that payment for all of them is often prohibitive. This year our school will sponsor all students wishing to enter these competitions by paying 50% of the entrance fee. The fees shown on the accompanying entry form show the total cost to be paid by entrants. Deferred payment is also an option, by placing a tick in the appropriate box on the form.

Please note that the Digital Technologies Competition is only open to Year 8, 9 and 10 students.

Please ensure all forms are returned by Tuesday 1st of April and that any deferred payments are forwarded by the due dates.



Liz Panneil (Principal)



STUDENT'S NAME YEAR LEVEL

Please tick the appropriate boxes and return to school by **Tuesday 1st of April**

ICAS Digital Technologies (formerly Computing) Competition (Yrs 8-10 only)

Competition Day: Tuesday 23rd May Cost: \$4.80

I WISH TO ENTER \$4.80 enclosed

ICAS Science Competition Cost: \$4.80

Competition Day: Tuesday 30th May

I WISH TO ENTER \$4.80 enclosed

ICAS Writing Competition Cost: \$9.90

Competition Day: Week Beginning Monday 12th June

I WISH TO ENTER \$9.90 enclosed

Australian Mathematics Competition Cost: \$3.25

Competition Day: Thursday 27th July

I WISH TO ENTER \$3.25 enclosed

ICAS English Competition Cost: \$4.80

Competition Day: Tuesday 1st August

I WISH TO ENTER \$4.80 enclosed
 \$4.80 will be paid by **Mon 9th May**

ICAS Mathematics Competition Cost: \$4.80

Competition Day: Tuesday 15th August

I WISH TO ENTER \$4.80 enclosed
 \$4.80 will be paid by **Mon 9th May**

.....
(Signature Parent/Caregiver)



March/April 2017

Mon	Tue	Wed	Thu	Fri
6 Week 6	7 SSSSA Swimming	8	9	10 P.H.S Athletics Day
13 Week 7 Adelaide Cup	14	15	16	17
20 Week 8	21	22	23	24
27 Week 9	28	29	30	31 Work Experience Induction
3 April Week 10	4 Year 8 Immunisations	5	6	7
10 Week 11	11	12	13 End of Term. Early Dismissal 2:10pm	14 Good Friday

- Tertiary Studies and Careers Expo held at the Adelaide Convention Centre Sunday 9th and Monday 10th April 2017.
- Careers and Employment Expo held at the Adelaide Showgrounds Friday 26th and Saturday 27th May 2017.



Guidelines for Use of Deodorants at School

Some members of our community suffer severe allergies to aerosol sprays or perfumes that can act as a trigger to a serious asthma attack or migraine in a sensitive individual. The allergy can be sufficiently serious to trigger an anaphylactic shock if an aerosol can has been used anywhere in the staff, community member's or student's vicinity. This can be a life threatening situation, resulting in the individual being transported to hospital in an ambulance.

- Aerosols are banned from school premises, excursions, sporting events and all events where students are in confined spaces
- Staff, students and community members are encouraged to follow correct hygiene procedures by applying deodorant at home after showering. A good deodorant will last all day if applied to clean skin before dressing
- Roll-on and stick deodorants are permitted at school

Everyone needs to be aware of their own:

- Right to a safe learning environment
- Responsibility for the health and safety of others in their shared spaces

Remember : No student is to use or bring aerosol deodorants or sprays to school

Teachers have been asked to confiscate any aerosol products found at school and bring it to the Deputy Principal. Parents will be informed that the product has been collected and they can call into the school to claim it. Further infringements will be dealt with through the discipline system.

Outdoor
FAMILY MOVIE NIGHT

SATURDAY
MARCH 18TH
BBQ TEA FROM 5:30PM
MOVIE STARTS - 8PM approx.
St. James School Oval
Bring your own chair or blanket.

TICKETS:
Available at St James' School
Bridlestick of Landmark
Adults \$12
Students \$8
Preschool and under free

The MUPPET MOVIE

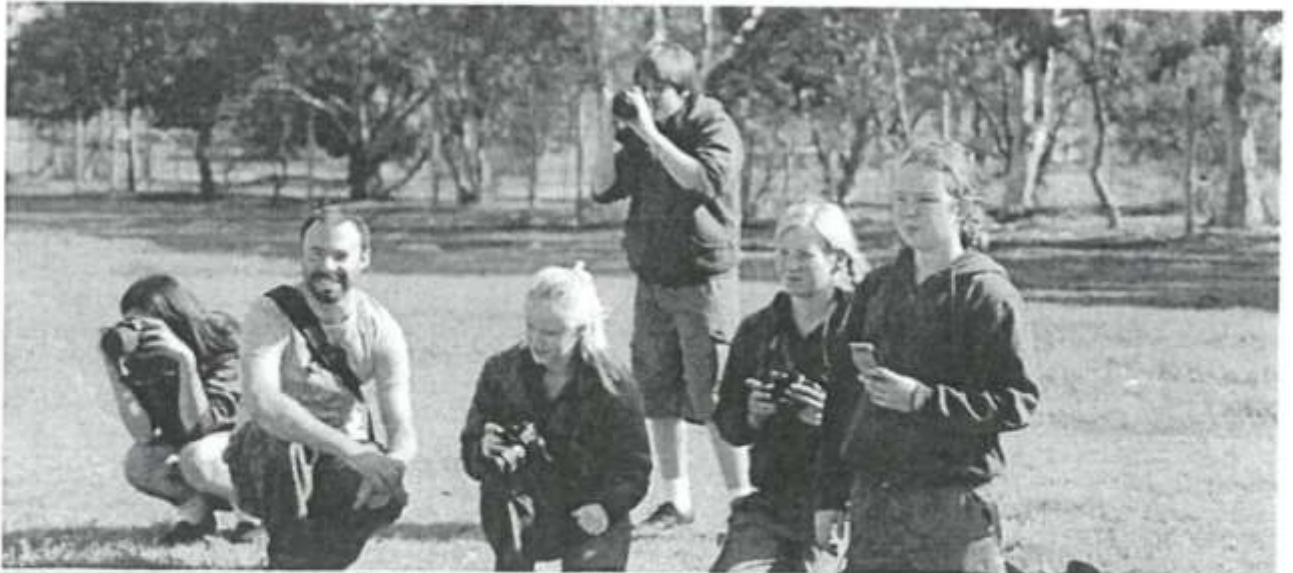
POPCORN ICE-CREAM COFFEE DRINKS

Position Vacant Peterborough High School

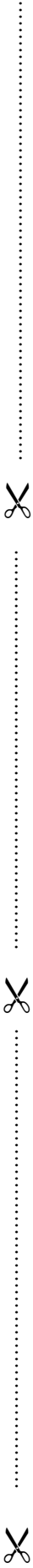
Schools Ministry Group and the Peterborough ICC are seeking applications for this 11 to 12.5 hour per week position commencing Term 1 2017.

The position exists to offer a chaplaincy service to students, staff and the school community. A Job and Person Specification and details on "How to apply" is available from SMG on 8378 6800 or mail@smg.asn.au.

Closing Date - Monday 20th March at 12 Noon



for more information go to www.smg.asn.au
or call Philip Brice SMG Regional Manager ph.: 8378 6806



Peterborough High School Sports Day Friday 10th March

Lunch Order

Sweet Chilli Chicken Wraps.

Sweet Chilli Chicken pieces combined with shredded lettuce , sliced tomato and grated carrot inside a tasty wrap.

Cost \$5 each (money needs to be paid along with this lunch order)

Must be ordered by Monday 6th March (Week 6)

Please complete the order sheet below and return to Mrs Coe by the due date above.

Name _____

_____ Sweet Chilli Chicken Wraps.

(number required)