What is the Truth in a World of Spin Doctors?
With all the media coverage of the American election, it leaves me wondering about the desires of people i.e. the electorate versus the messages in the media. It is evident that “the polls” have got it so wrong with both Brexit and recent elections here and abroad. There is definitely a need for each of us to be discerning and aware of what information the media is pushing on us. Truth has become what is read on a Facebook feed or a personal opinion.
As a Christian community it is vital for us to keep referring back to the truth. Let us remain committed to taking time to read the Bible and pray. Let us not be swayed by media and opinion but keep our focus on our own relationship with Christ.

Jesus said to him, “I am the [only] Way [to God] and the [real] Truth and the [real] Life; no one comes to the Father but through Me. John 14:6-7

Growth in 2016
Things continue to move at a fast pace at Palmerston Christian School. We are in the last part of the year where the final opportunities for learning are occurring and students go through a lot of assessments to demonstrate their growth and knowledge. We are also preparing to celebrate the end of the year with events such as our Thanksgiving Service and there is a lot to celebrate at PCS. We have invested nearly three million dollars in capital works and recently enjoyed dedicating these new facilities. We have totally refurbished the original primary toilets as the first step to upgrading all the student toilets. It has been wonderful as a school to be in such a strong position and growth phase which has enabled us to invest into the school so substantially. Ultimately all this development is about creating an environment where student education and development can occur. I am very pleased with the wonderful progress occurring in every student’s life.

Ahead in 2017
Planning for 2017 is well underway. We are excited to announce that we will be opening another class in the Primary section next year. There are limited places available with some year levels already full.
If you know someone interested in moving to PCS, please encourage them to act now, as places are limited to keep class sizes effective.

Home room teachers will be announced in the next newsletter.
We will have three new teachers in the Primary area as Mrs Higgs will be taking time off to have her first child, Mrs Dempster will be taking time to study and a third new teacher for the extra class. In the Middle School, Ms Taylor and Mr Carter are leaving PCS for new endeavours and Ms Doyle, our Education Support Teacher, will be moving interstate.
All these wonderful teachers have significantly invested and contributed to Palmerston Christian School and we appreciate their role in enabling students to thrive at PCS.
I look forward to seeing you in the near future as we celebrate the end of a very successful year at PCS.

In Christ
Ken McAllister
Principal
• **PRIMARY ASSEMBLY**
The next assembly will be hosted by 5/6K on Friday 18th November at 8:45am. All are welcome to attend.

• **FOOD DRIVE**
PCS is assisting Food Bank for the month of November, collecting non-perishable food items. PCS aims to match or exceed the 95kg worth of food from last year. Please help us reach our goal by bringing your donations into the Office.

• **ORIENTATION FOR 2017**
  Transition Orientation will be held on Saturday 19th November. There are two sessions running for 90 minutes each. Starting at 9am and 10:30 am.
  
  Year 7 Orientation morning will take place on Monday 28th November between 8:20am to 10:10am.
  Please RSVP admin on admin.pcs@ntschools.net or call 8932 3377.

• **CHRISTMAS LIGHTS**
PCS is looking to set up a Christmas Lights display in the last week of term. Volunteers are urgently needed. Please contact Paul Vaatstra or Chris Kirkham for more information.

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**Prayer & Praise**

- **Praise** God for He carries us through the challenges and walks beside us always. He will never leave us.
- **Pray** for our students, staff and families who are currently struggling with illness.
- **Praise** God for the work of Margie Carroll over the last seven years in our Office. We pray for God’s blessing upon her as she commences her new job.
- **Pray** for our 2017 Transition and Year 7 families as they come to visit us for orientation.

PCS Food Drive

95kg

Please bring all donations to the office.
Congratulations!

Primary students have been given the task to redesign their tokens that are awarded to them when they demonstrate Respect, Responsibility, Service and Maximising their Learning. The students had a chance to vote for their favourite token.

Congratulations to Jordan Fisher who received the most votes for her design and has won a Family Pass to CMax Cinema.

Farewell

It is with great sadness that PCS will farewell Margie Carroll from the Office. Margie has served PCS for the past seven years and is now moving on to the next chapter of her life in new employment.

We thank Margie for her dedication, time and hard work and wish her all the best for the future. As Margie handles finance in the PCS Office, we ask that all account enquiries and invoices are sent to our new finance email address,

accounts.pcs@ntschools.net

Somerville Choir

On Monday 7th November, the PCS Christmas Choir performed at the launch of the Somerville Christmas Gift Appeal.

The choir sung beautifully and it was great to be a part of this worthy event. Thank you to all the parents who turned out to support this great group of Year 4,5 and 6 students! All gifts and money raised in the Somerville Gift Appeal will go to families in need at Christmas time.

ICAS

Well done to all students who participated in ICAS. Certificates were awarded to primary students in Mathematics, Writing and Reading Comprehension.
PCS recently welcomed Start Smart to deliver their free, financial education workshops to our Middle School students. Delivered in class to students by a facilitator, Start Smart changes the way young people learn about money. By making money management interactive, engaging and fun, our students were equipped with the confidence and competence they need to make smart decisions about money.

Our school has proudly joined the Commonwealth Bank’s Start Smart Program in its mission to improve the financial literacy of Australia’s young people. Overall, the program proved to be a highly beneficial experience for students and was thoroughly enjoyed by all. For more information on the program and each of the workshops we encourage you to visit www.startsmart.com.au.

**Student Reviews**

Jason talked about how we need to know whether or not we are getting paid the right amount and gave us a website and a phone number that we can ring/search to check this. He also taught us about taxes and how we should take different skills out of every job we get. He engaged with the class, asking questions about things we would want in the future and asked how some of us save our money in smart ways. He also gave many examples to make it easier for us to understand. - Lucy Cordina

Jason from Start Smart talked to us about how to save our money and also about tax. We learnt about how to achieve goals and efficient ways to save our money. He explained that it’s easier to start getting into the habits of saving money now so that we can provide for our future easier. All up it was a fun talk and it really helped our class think about what we want for the future and how we can save for it. - Anita Cercarelli

We were all listening to Jason speak about how to spend, save, and control the money situation. He told us how to check if we’re being paid properly by our boss. I learnt it takes 66 days to create a habit, and that some habits are bad. No matter how much your pay check is, always put 30% away for saving, and create a weekly balance to use for yourself for food and stuff you need to survive. Always calculate how much you need and set a goal for when you want it. - Steven Callaghan

Today Jason from the Commonwealth Bank (Start Smart) came to speak with the Year 9’s about money saving. He taught us different ways to set money aside to save up for something good and still be able to spend some of it. He suggested having a limited amount of money you can draw out each week and keep the rest in a savings account.

Jason also told us about hourly rates for jobs and if your boss told you to do extra work, then you have to get paid more than usual. Jason also told us about the fun when it comes to tax time and how that all works, with filling out the tax form, how much money to give them and how much you get back at the end of the year.

Overall Jason was very interesting and engaged with us as he made his talks fun and everyone had a great time about learning the key elements of saving money, working and tax. - Richelle Perriam
Parenting Tips- Know the Best Ways to Praise

Give appropriate praise. Instead of simply saying, "You're great," try to be specific about what your child did to deserve the positive feedback. You might say, "Waiting until I was off the phone to ask for cookies was hard, and I really liked your patience."

Cheer the good stuff. When you notice your child doing something helpful or nice, let them know how you feel. It's a great way to reinforce good behaviour so that they are more likely to keep doing it.

Gossip about your kids. Fact: What we overhear is far more potent than what we are told directly. Make praise more effective by letting your child "catch" you whispering a compliment about him to Grandma, Dad, or even their teddy.

(From: 50 Easy Ways to Be a Fantastic Parent

Originally published in the December 2008 issue of Parents magazine.


Throughout the year, our board of advisors -- a brain trust of the best pediatric doctors, developmental experts, and educators in the country -- shares the latest thinking about raising happy and healthy kids in the pages of Parents. Now we've gathered our all-time favourite nuggets of their advice in one outstanding article that will have a profound effect on your whole family.

By Barrie Gillies from Parents Magazine)

May you walk in peace, know joy and always have hope.

Dianne Jackson, Chaplain

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Christmas Treats

Christmas Cakes $5 each—Max 1 per family
Christmas Brownie Trees $1.50 each—Max 5 per family
100g of Hedgehog Slice $2 packet—Max 3 per family

More information and Order forms are available
28/10/2016

Increase in pertussis in the Top End

Dear Health Professional,

Please be alert for cases of pertussis and ensure children and pregnant women are vaccinated. There has been a significant increase in cases in the past 6 months in the NT with 113 confirmed cases, mostly in Top End children aged 10-12 years, with 1 case aged under 1 year (the age group most at risk from death and morbidity from pertussis) being hospitalised.

Pertussis commences with coryza and cough, with the typical paroxysmal cough developing a week or 2 into the disease. A history of vaccination does not exclude pertussis as immunity can wane. Please note the following about pertussis:

- **Testing** is best done by PCR on nasopharyngeal swab/aspirate (fine wire, dry swab) in the first 2-3 weeks of the cough and by serology (IgA) thereafter.
- **Antibiotics** are useful to reduce the patient’s infectiousness and may reduce symptoms if given early. People are no longer infectious after they have taken 5 days of an appropriate antibiotic. Appropriate antibiotics include azithromycin, clarithromycin, erythromycin or trimethoprim/sulfamethoxazole. Roxithromycin has **not** been shown to be effective.
- **The spread of disease is reduced by excluding cases** from childcare facilities, school and work until 5 days of antibiotic treatment is taken or 21 days have passed since the onset of the cough.
- **Contact tracing** is required and may include antibiotic prophylaxis in some situations (eg under immunised infants or women in the last month of pregnancy), according to national guidelines. CDC assists in the follow up of contacts and can provide antibiotics for contacts at no cost.
- **Immunisation** is the mainstay of pertussis control. According to the Childhood Schedule, pertussis vaccines are given at 6 weeks, 4 months, 6 months, 18 months, 4 years and 13 years.
- Note the extra dose at 18 months recently added to the schedule. Children between 18 months and 3½ years who have not received the 18 month pertussis dose can receive this vaccine if requested.
- Please ensure all pregnant women receive their FREE, NT funded, adult diphtheria, tetanus, pertussis vaccine, to be given from 28th week of every pregnancy. Vaccination in pregnancy provides transfer of antibodies to the infant to protect them in the first few months of life. Fathers and carers in the same household of infants under 7 months are also eligible for FREE NT funded vaccine every 10 years.
- Immunity following pertussis vaccination is not lifelong and other family members and those working with children, especially childcare and healthcare workers, are encouraged to receive an adult diphtheria, tetanus and pertussis vaccine every 10 years (self or employer funded). Ensure all your staff are immune.

For more information please contact CDC or visit the CDC health professional’s resource website at: [http://www.health.nt.gov.au/Centre_for_Disease_Control/Resources_for_Health_Practitioners/index.aspx](http://www.health.nt.gov.au/Centre_for_Disease_Control/Resources_for_Health_Practitioners/index.aspx)

Yours sincerely,

Dr Vicki Krause
Director Centre for Disease Control

CDC contact numbers
- Darwin 82228044
- Alice Springs 89517549
- Katherine 89730949
- Nhulunbuy 89870357
- Tennant Creek 88624259

www.health.nt.gov.au
Pertussis (Whooping Cough)

What is pertussis?

Pertussis is a highly contagious disease of the respiratory tract (nose and throat) caused by the bacteria *Bordetella pertussis*.

How is it spread?

The bacteria are found in respiratory secretions of infected people. These people can pass the infection to other people by coughing or sneezing. Pertussis can also be spread by direct contact with infected mouth or nose secretions e.g. by sharing eating utensils during a meal, sharing food or kissing.

What are the symptoms?

The symptoms generally develop 7 to 10 days after exposure, but may take up to 20 days.

Pertussis usually starts with cold-like symptoms and an irritating cough, or the cough may be the first symptom. The irritating cough gradually changes over 1-2 weeks into episodes of coughing bouts, often followed by dry retching or vomiting. These coughing bouts can be very severe and frightening.

In some people, particularly children, they may end with a crowing noise (the whoop) as air is drawn back into the chest, and the child may vomit.

Very young babies may hold their breath instead of whooping and may sometimes turn blue. Adolescents and adults may only have a persistent cough.

How serious is pertussis?

Pertussis is an important cause of infant death worldwide even in countries where many people are vaccinated. The case fatality rate in unvaccinated infants <6 months is estimated to be 0.8%. Death from pertussis is rare in people aged 10-70 years. A high proportion of hospitalisations and almost all deaths from pertussis occur in infants too young to have received the required number of vaccines to protect them. The most common complication of pertussis in infants is pneumonia that can be complicated by seizures and prolonged decreased oxygen to the head causing brain damage.

What is the infectious period?

A person is infectious during the cold-like symptoms in the early stages, through to 5 days after starting antibiotics or, if left untreated, for the first 3 weeks of coughing.

Who is at risk?

Epidemics usually occur every 3-4 years and in 2011 38,732 cases were reported in Australia. Pertussis can affect any age group. Adults can give the infection to young babies before they are fully protected by vaccination. These young babies are at risk of severe disease.

What is the treatment?

An antibiotic called azithromycin is usually prescribed to prevent the disease from being passed on to others; however it has little effect on the course of the illness for the individual. The coughing may last for weeks or months.

How can pertussis be prevented?

Immunisation works to prevent a person contracting disease or can reduce the severity of the illness. For children, the pertussis component is combined with diphtheria and tetanus vaccine (DTPa) (and sometimes hepatitis B, *Haemophilus influenzae* type B (Hib) and polio vaccine) and is given as a series of injections in infancy and in early childhood as part of the Immunise Australia Program.

Those few children who develop pertussis, even though they have been immunised, have a much milder infection with fewer complications than those children who do not receive the vaccine at all.

A booster vaccine formulated for adults (DTpa vaccine consisting of adult diphtheria, tetanus and acellular pertussis) became available for use in Australia, in 2003.
Who is eligible to receive free adult diphtheria, tetanus, pertussis (dTpa) vaccine?

- All children 13 years of age (offered to students in year 8 in the Northern Territory)
- Pregnant women – the best time to administer the dTpa vaccine is between 28 and 32 weeks of pregnancy but can be given anytime from 28 weeks of pregnancy up to and immediately after delivery. Pertussis vaccine should be given to women every pregnancy.
- All fathers and carers in the same household of an infant under 7 months of age who have not received a pertussis containing vaccine in the last 10 years. The vaccine can be given from the mother’s 28th week of pregnancy.

The booster vaccination is free for the above clients and can be obtained from a GP, remote health clinic or Community Care Centre.

Who else is the adult diphtheria tetanus and pertussis (whooping cough) vaccine recommended* for?

- Any adult working with or caring for young children including healthcare workers and childcare workers
- Adults requiring a booster dose of diphtheria and tetanus containing vaccine for wound management
- Those planning to travel overseas
- Anyone who wants to be vaccinated.

*If they have not had a pertussis containing vaccine in the last 10 years.

The booster vaccination for these people will incur a cost and is available from a GP.

Minimum interval between dTpa and other tetanus containing vaccines

The dTpa vaccine can be administered at any time following a previously administered dose of tetanus toxoid containing vaccine.

How can pertussis be controlled?

People with infectious pertussis (prior to and for the first 3 weeks of the cough) should stay away from work, school and childcare until they have completed 5 days of appropriate antibiotics.

Preventive antibiotic treatment is recommended for ‘high risk’ contacts of infectious pertussis cases e.g. young babies and for people from households or other settings who could pass on the disease to young babies.

For more information contact the Centre for Disease Control in your region:

- Alice Springs 8951 7540
- Darwin 8922 8044
- Katherine 8973 9049
- Nhulunbuy 8987 0357
- Tennant Creek 8962 4259

or