This week I was very proud of our students as they represented the College at various events. Seeing our students in College uniform has made me reflect on reasons why we wear school uniforms and I would like to highlight some of these today.

The benefits of wearing school uniforms well are many and include:

• defining an identity for the school within its community;
• developing a student’s sense of belonging;
• providing an opportunity to build school spirit;
• enhancing the health and safety of students;
• promoting a sense of inclusiveness, non-discrimination and equal opportunity;
• reinforcing the perception of the school as an ordered, safe environment;
• increasing safety by allowing easier recognition of visitors and potential intruders in the school;
• and eliminating the risk of peer pressure to wear fashionable, expensive clothes.

School uniforms are great social levellers. They minimise socioeconomic status between students by removing the option for different types of clothing. School uniforms promote a single standard of dress. As a result school environments become less competitive and more focused on learning.

Some people would argue that school uniforms limit the ways in which students can express themselves visually. Clothing is a major way in which human beings -- especially young people -- communicate their personalities to the world.

However, I would much rather our students are known for who they are as individuals rather than by what they wear. I want students to be known by the way they express their personalities and characters through their artworks and essays, by the way they debate an argument, by the way they help their peers and by the way they serve the community in raising money for charities or making a
The Courage to forgive

“Forgive and forget”, they say! “I could never forgive them”, comments another. “Let them die” might be one’s view about the Bali 9 drug smugglers. Forgiveness sounds a nice, easy gesture but when we understand the profound nature of forgiveness we might see how undeserving we are and how powerful forgiveness is.

Are you familiar with the film The Railway Man starring Nicole Kidman and Colin Firth? It features the story of Eric Lomax and Nagase Takashi. As punishment for having a secret radio, Japanese POW Eric Lomax and six other prisoners were forced to stand in the searing heat for hours without food or drink. As the sun began to set they were tortured and some prisoners died. He continued to be treated harshly. He was sentenced to five years’ hard labour and spent the rest of the war in a disease-ridden jail.

Yet Eric Lomax survived and many years after forgave his Japanese tormentor! He was meeting to kill him but instead did something unthinkable – he forgave. Can you imagine that; forgiving your tormentor in such circumstances? Not only that, they became lifelong friends. Lomax said six words which summed up everything about him: “Sometimes the hating has to stop”. You can see a clip of Lomax and Takashi at http://tinyurl.com/qa2tfy3

CHAPLAIN’S CHAT

“Forgiveness brings many benefits”

As Nowra Anglican College continues to expand their facilities a key property development focus over the next three years will be on sport.

Stage one in the development of a contemporary sporting precinct has been the recent arrival of a re-purposed classroom block comprising full bathroom facilities, learning areas and storage. NAC is grateful to fellow Sydney Anglican Schools Corporation School – Thomas Hassall - who contributed the building, allowing for sustainable development.

This building is to make our oval more accessible to all students at the school. Currently our Junior School don’t use the oval often as a lack of bathrooms and shade has been prohibitive. This new building opens a broader range of opportunities to all of our students.

The long-term plan is to continue to develop excellent facilities including a gymnasium, cricket nets and an outdoor multi-purpose hard court. This will allow every student at NAC the opportunity to excel both inside and outside the classroom. Along with the recent funding for the Senior Studies Centre, our future building program will allow us to offer rigorous academic opportunities, supported by a wide range of options that will cater to the individual strengths of each child.

Stand for the environment. Students find ways to express themselves creatively through the arts, music, sports, personality and academic achievement rather by what they wear.

School uniforms help students identify with one another. Uniforms can help to unite a school population and increase a sense of belonging among students. Just as team uniforms do the same in sport, school uniforms help students to feel like part of a group, without needing to set themselves apart by focusing on outward appearance. This translates in more successful school group activities. As a whole, school unity is promoted by a culture that focuses on the group instead of the individual.

Finally wearing of school uniforms has an impact on student safety. It is easy to pick out those students from other schools when they enter onto our school property as they are not wearing our uniform. Strangers and those who don’t belong stand out and can be identified immediately. Teachers can then quickly enact safety protocols depending on the situation.

I would like to thank you, the parents, for working with us to keep our uniform standards high.

Lorrae Sampson
College Principal

Invitation to view our latest property development

As Nowra Anglican College continues to expand their facilities a key property development focus over the next three years will be on sport.

We’d like to extend an invitation to all parents to join us on the oval to have a look at the new building, this Monday 9th March 3.00 – 3.30pm

To forgive others might seem impossible. We might confuse forgiveness with condoning someone’s behaviour or casually saying its ok or it doesn’t matter. That is not real forgiveness. Forgiveness acknowledges what is wrong and treats people better than they deserve; it frees people from the burden of their wrong doing.

Forgiveness brings many benefits. Experts say that forgiving those who have wronged us helps lower blood pressure, cholesterol and heart rate. One study found that forgiveness is associated with improved sleep quality, which has a strong effect on health. Duke University researchers report a strong correlation between forgiveness and strengthened immunity among HIV-positive patients. The benefits aren’t just limited to the physical, either: letting go of old grudges

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A message from Serena, P&F President..

It’s hard to believe that we are half way through Term 1! There are a lot of things coming up before the term comes to an end so please make some notes in your diaries.

Mark it in your diaries:

● School "Bunraiser", a note will be coming home in a few weeks so we can order our Hot Cross Buns for Easter. The Bunraiser is a great opportunity for us to raise money for the school and get some delicious Hot Cross buns.

● “Open Door to a School of Opportunities” Calling all BBQ guru’s.. can you spare some time to help sizzle some sausages at the college open day on 28th March?? If so, please contact us so we can get a roster up and running. Let us know what times you can make it. We need people from 9.30am – 2.30pm (to set up and pack up as well)

● 2015 P&F Meeting Dates – All welcome.. come along and be part of the school community... Meetings commence at 7pm in the staff common room.
  Term 1: Monday Monday 16th March
  Term 2: Monday 18th May and Monday 15th June
  Term 3: Monday 20th July and Monday 24th August
  Term 4: Monday 19th October and Monday 16th November

We have a new email address.
If you wish to get in touch with the P&F please send us an email: nac-pandf@sras.nsw.edu.au
If you have sent us an email in the past don’t forget to update your contacts

Tuesday 31st March - 2pm until 4pm Second Hand Uniform and Clothes Sale
Undercover in Canteen Area.
Any donations of uniforms to the P&F are welcome, please leave at student services. Please... feel free to come along and sell your own uniforms – No charge.
We have a great range of Junior, Senior and Collegians uniforms.

Year 11 Dinner
Last Friday night we held our Year 11 Ball. It was a spectacular occasion and a great evening. My congratulations to Year 11, you all carried yourselves with class and style! My thanks to Mrs Sue Sproule and Mrs Laura Turner who organised the event.

Year 9, 11 Camps
Each year students in all years go on camps. This activity isn’t just meant to be a good time (although it definitely is). Like all things we do at NAC, we do them for an educational purpose. The camps provide great opportunities to develop cohesion among the students and provide them with great memories of shared experiences to look back on in future years. Camp activities seek to develop in students

● A strong positive social identity
● Self confidence
● Independence and self reliance
● Social/community interdependence
● Seeing the benefit of challenges
● Personal growth
● Insight
● Teamwork
● Environmental appreciation
● Understanding of the gospel
● Reflection on personal faith

Just a reminder to please get camp notes and medical forms in as soon as possible.

Jim Dayhew
College Chaplain

FROM THE HEAD OF SCHOOL

“I would like to invite all parents/carers and their families along to the NAC Open Day”
College Open Day

I would like to invite all parents/carers and their families along to the NAC Open Day on Saturday 28th March from 10am to 1pm. It will be an action packed 3 hours with numerous activities to choose from including a sneak peek at our musical for 2015 - Hairspray! PowerFM will be broadcasting from the College, there will be musical items, art displays, a café with great coffee, and much more. If you know of a family that are looking for schooling for their children please forward these details on.

Mr D Hamaty
Head of School

Enrolments are now open for 2016.

We are experiencing a healthy level of enquiry for Kindergarten and Year 7. Please encourage any family and friends who are considering joining us at NAC to apply soon!

www.nac.nsw.edu.au | 4421 7711
Introducing

2015 Pastoral Care Leaders

Kelurah Jones

Pastoral Care Coordinator

Colin Mitchell

Year 7

What are the best things about your job? Working with people (students and staff), making things happen, creating positive changes in people’s lives.

What's the best piece of advice you could give someone? It doesn’t matter what people think about you – it only matters what God thinks about you.

What’s the skill you’d most like to have? I’d love to play the piano well.

What’s your favourite pastime/relaxation activity? Reading, listening to ABC Classic FM and walking in the garden/bush/beach.

What's your favourite quote or motto? Words - so innocent and powerless as they are, as standing in a dictionary, how potent for good and evil they become in the hands of one who knows how to combine them. —Nathaniel Hawthorne

What’s your all time favourite book (and why)? The Bible because it has changed my life and it is the one book I keep coming back to.

What’s the thing you hate the most? Social and economic disparity.

What did you want to be as a child? A hairdresser or a ballerina.

Name one person you’d like to have dinner with (and why)? My husband because I love spending time with him.

What was your worst mistake (and what did you learn)? When I was 14 I accidentally knocked over an old man while I was rushing from a crowded train to catch my bus. I learnt that it often pays to go slow – people matter more than deadlines.

Describe yourself in 3 words: Bald, Brainy, Buff (So I’m told…)

What are the best things about your job? Getting kids into the great outdoors

Have you got any hidden talents? Fearfully wicked Spin bowler, handy fisherman

Who’s influenced your career most (and why)? My parents took me on a 3 month trip of Europe, UK and North America in 1983. How could you not want to teach global geography after that??

What’s the best piece of advice you could give someone? Whoever seeks to save his life will lose it, but whoever loses his life for my sake (Jesus) will save it.

What are you passionate about? Children discovering it’s a big world out there, and helping them understand the urgency of a fallen world needing Christ.

What’s your favourite gadget? My Hobie Kayak… and the Weather App “Willyweather”

What was the worst piece of advice you’ve been given? That (Age10) my Dad and I should wear matching sky blue safari suits to a wedding

What’s your favourite pastime/relaxation activity? Fly-Fishing on the Hobie Kayak for Bass on Danjera Dam

What’s your favourite music/musician? Matthew West (US Christian rock musician)

What’s your all time favourite book (and why)? The Magican’s Nephew, by C.S Lewis

What did you want to be as a child? A veterinary Surgeon (just like James Herriot from ‘All Creatures great and small)

What can’t you live without? Two cups of strong Arabica plunger coffee every morning

If you weren’t in your current role, what would you be doing? I could see myself writing novels and presenting my own fishing show.

 Describe yourself in 3 words: Pensive, Solicitous, Aging

What are the best things about your job? Assisting children grow into wonderful adults.

Have you got any hidden talents? I haven’t found them yet.

Who’s influenced your career most (and why)? My mum. She was always kind, gracefully and accepting of people.

What’s the best piece of advice you could give someone? Think first.

What’s the skill you’d most like to have? To be good musically

What are you passionate about? Seeing students grow as thinking then hopefully accepting Jesus.

Who’s your business or personal hero/heroine? Burnam Burnam, he was a mentor, friend and brother in Christ.

What’s your favourite gadget? Leg-rope. Without one I’d spend a lot of time swimming.

What’s your favourite quote or motto? Self-praise is no recommendation.

What was the worst piece of advice you’ve been given? “You can’t do that”

What’s your favourite pastime/relaxation activity? Hiking for a few day.

What’s your favourite music/musician? Anyone with skill.

What’s your all time favourite book (and why)? The Lord of the Rings. Every time I reread it, I learn something new that changes how I understand the story.

What’s the thing you hate the most? Racism

What did you want to be as a child? Pilot

What can’t you live without? My family

Name one person you’d like to have dinner with (and why)? Bonita Mabo (widow of Eddis Mabo). I her life she has seen so much love and hate yet remains gracefully and passionate about education and justice.
Describe yourself in 3 words: Loyal, Christian, focused

What are the best things about your job? Working with the future of tomorrow

Have you got any hidden talents? I can tap dance

Who’s influenced your career most (and why)? My year 12 English teacher, said I was the worst public speaker he had ever seen.

What’s the best piece of advice you could give someone? Love God

What are you passionate about? Family, teaching, rugby, Christianity.

What’s your favourite quote or motto? Have I not commanded you, be strong and courageous, do not be afraid, do not be terrified, As The Lord is with you wherever you go.

What’s your all time favourite book (and why)? The Hunger games, it’s all about defying the odds and keeping your integrity

What did you want to be as a child? Fighter Pilot

What can’t you live without? Doesn’t exist. Materialism is not part of my world. If I have my family, my faith and a moderately clean pair of socks all is good.

If you weren’t in your current role, what would you be doing? I would be bored out of my brains in banking or accountancy

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What is your career goal? I am at it though)

What are the best things about your job? Watching children turn into young adults and being inspired by their ideas and dreams

Have you got any hidden talents? I do aerial circus classes, (not sure how talented I am at it though)

Who’s influenced your career most (and why)? My high school drama teacher who was sooo bad (made me want to teach in a different way)

What’s the best piece of advice you could give someone? Never underestimate how much of a difference a small offering of help can be to somebody

What’s the skill you’d most like to have? I would like to be able to sing

What are you passionate about? Helping people in vanuatu

What was the worst piece of advice you’ve been given? To not study theatre (you will never get a job!)

What’s your favourite music/musician? Blink 182

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What is your career goal? I am at it though)
Year 12 Chemistry Students are invited to attend ChemClub on Monday afternoons from 3:15 to 4:30 pm. During this time students will concentrate on developing and improving their knowledge and understanding, and skills in Chemistry. Students will also develop strategies that will assist them to maximise their marks in examinations.

Dr Shannon Marecic, Head of Science

Chess Club
The Chess Club meets every Monday lunchtime for fun social games of Chess over lunch for any student who would like to attend. The Club sees many chess variations. This week saw 3 normal games of chess, 2 games of speed chess with special chess clocks and 1 game of Zombie chess. Yes, Zombie Chess. In Zombie Chess, pieces are not removed when taken but are possessed by the opposing player, that means that the piece changes from either black to white or white to black and is used to attack. As such, one player gains pieces while the other player losses pieces. Chess club welcomes all players of any ability where fun and learning chess is encouraged.

Environment Club
The Environment Club has had a great start to the year. After looking into ways we as a school could do more about recycling, they organised to have paper recycling bins in each classroom. They sent a survey to Years 7-12 and the results indicate that most of our students see the value of recycling and believe that we should try to keep our school cleaner.

The Club are now working on ways we can improve our school environment and help care for the Shoalhaven environment. The Environment Club meets each Monday lunch time in H2.

All students who are interested in joining are welcome to come along!
House Swimming Carnival 2015
After rain and showers all week the heavens opened up and gave us a great day for a Swimming Carnival. This year saw a few changes designed to make it more fun and hopefully have more participation. We had students dress up in house colours and we had some very good outfits going around. We introduced a fun relay in the middle of the day where students needed to carry three items (a kickboard pull buoy and a pool noodle) down the pool and hand them off to the next swimmer and so on. Next year will see a tube race and a kickboard race for those non-competitive swimmers.

Age Champions for 2015
Girls
Un12 Bridie Harris
Un13 Alyssa Dilley
Un14 Tessa Marks
Un15 Sarah Barker
Un16 Eloise Lawther
Un17 Sally Woods
Un18 Erin Hughes
Boys
Max Buckham
Dante Hyam
Conor McLean
Lachlan Logan
Matthew Davison
Gus Lasker
Corey Bate

Records on the Day - Well done to these swimmers
Sophie Jones - Girls 50m Butterfly – 34.72

House Championship
The swimming carnival was hotly contested this year with the lead changing several times throughout the day. In the end Best’s winning streak has come to an end.
1st Procter 777pts
2nd Trickett 658pts
3rd Best 652pts
4th Hargrave 495pts

Great Competition, Great Spirit, Great Carnival.

State Triathlon Championships
On Thursday the 26th of February, NAC students competed against the top Triathletes in the state at the NSW All Schools Triathlon Championships. The competition was held at the Sydney International Regatta Centre in Penrith, site of the Olympic rowing races.

The swim/ride/run event was a huge challenge for every competitor and all of our NAC students showed amazing courage to complete their races. In the junior race for Year 7 and 8 (400m swim, 10km ride and 3km run) Callum DeRooy came 24th in the independent schools division in a time of 43 minutes and 51 seconds. Austin Baker came 41st in 1 hour and 14 minutes. In the intermediate race for Year 9 and 10 (600m swim, 15km ride, 4km run) Zac Hale came 32nd in the independent schools division in a time of 1 hour and 5 minutes. Troy Strickland came 41st in 1 hour and 22 minutes.

Well done to those students who were part of a wonderful day and embraced the chance to compete against the top triathletes in NSW.

Mr Hale
From the Science Lab!

Students in Year 11 have the opportunity to attend the 2016 National Youth Science Forum held in Canberra, January 2016. The NYSF is a unique program that offers students entering their final year of secondary school the chance to learn about future career options in the diverse field of Science, Engineering and Technology. Students live on campus as university students and experience a blend of scientific, formal, personal development and social activities, such as laboratory visits, sports evenings, dancing and group dynamics.

The program is run by students from the previous year’s NYSF, who have been planning and improving the forum over the course of the previous year. These students become the staff and will either have just finished Year 12 or first year of university. If you are interested in a career in Science the NYSF enables students to gain knowledge, skills and perspectives to make an informed choice about future study and career options. Applications open 1st March and close 31st May 2015. For more information click here or see Dr Marecic for a brochure.

In 2015 NAC was fortunate and extremely proud to have two students, Lucas Logan and Louise Davison attend NYSF. Both student’s kindly and enthusiastically donated their time this week to encourage year 11 students to attend NYSF in 2016 by sharing their many experiences at the forum. Lucas and Louise were undoubtedly worthy recipients of their place at the forum. Year 11 students are also encouraged to talk to Lucas and Louise about the application process and their amazing experience.

The most amazing two weeks of my life filled with crazy chanting, meeting awesome people that become lifelong friends, great networking opportunities and of course SCIENCE!! These are the only words that I believe can begin to describe the experience that is the NYSF. Lucas Logan

Before the National Youth Science Forum, my mind was set on a career in medicine, aiming to study an undergraduate Bachelor of Medicine at the University of New South Wales. My interest in this area of science, medical biology, was confirmed during the NYSF. However after being exposed to so many possibilities in this area I now have decided to study a Bachelor of Medical Science at either University of New South Wales or Monash University, and then undertake a post graduate course in an area I find interesting in this degree. Louise Davison

Dr Shannon Marecic, Head of Science

The Surfing Scientist

Ruben Meerman is a scientist and presenter on the ABC. He was born in Holland and moved to Bundaberg, Queensland when he was 9 and started surfing a few years later.

Ruben studied physics at school in an attempt to sit next to a hot girl. Sadly, this didn’t work but it was the beginning of another beautiful relationship...with science!

The Science department is very excited to announce that on the 17th March, Ruben will be visiting NAC to present two workshops with year 7/8 and year 9/10 students. For more details see your Science teacher.
CSSA Hockey championships
After a very early start our mixed open hockey team (consisting of a couple of specialist hockey players and the rest of the squad fine athletes) descended on the CSSA Hockey championships at Mt Annan. The team swept aside all in our round games before entering the semis in high spirits but lagging bodies. We knocked out Northern Beaches Christian and found ourselves surprisingly in the Final against Carinya Christian School. Coach Toole instructed the players to go out hard and fast, building a lead and then holding on to it for dear life. It worked (at least for a while) and we were ahead 3 - 0 with only eight minutes to go. However, our dynamic trio of Lloyd Herron, Callum Mackay and Sophie Jones were absolutely exhausted after playing the majority of the time.

Sophie and Lloyd could hardly walk, let alone run due to balls hitting their ankles and Callum had just completed running a million kilometres. Our younger guys couldn't quite hold on and we went unfortunately into extra time 3-3. Too many miles and a lucky goal later we went down 3-4.

Students were a fantastic bunch and represented the College with courage to excel.
As I was sitting on the sideline a wayward ball nipped my ear while I was joking with Jhie (who was awesome by the way). It was the closest I have ever come to being injured by a hockey ball and it changed my life forever.

Community Events
What a great start we have had to the term! The enthusiasm of our school community to come together and share in a variety of events with their children has been wonderful.

We began with a Picnic in the Park followed by a fantastic swimming carnival. Then we had the first of our parent mornings in the Library. Last week children, parents and staff all came early when Power FM launched their schools’ breakfasts at NAC. It was an exciting way to start the day.

I want to encourage parents, grandparents and friends to come along to as many events as they can during this year because research shows that:
- children become better learners when their parents are involved in their education
- parental involvement makes children happier
- parental involvement encourages children to pursue higher education
- parents are the most influential factor in how children view school

Lunchtime Groups
Our students have loved the various clubs that operate at break times. So many children are coming to the Knit Wit Club, reinforcements were needed to help the children cast on their stitches and get started. So it’s an excitable and happy group, including parents, grandparents, teachers and office staff that gather in the Library each week to knit.
Other clubs that children are flocking to are Chess Club, Garden Club, God Squad, Club 56, Coding Club and Drama Club. Being part of a group and learning new skills helps children to feel connected to their school and gives them an important sense of belonging.

Invitation
Our next Parent Morning is on Wednesday 25 March 2015 for the parents and carers of children in Years 1 & 2. Mrs Jodie Humphries (our school counsellor) will be talking about the mindfulness program (called MindUP™) that she has been teaching to our Year 1 and 2 classes. The children will be sharing what they have learnt.
Parents are invited to the Library at 10.30am for this special presentation and to share morning tea with their children.

MindUP™ teaches social and emotional learning skills that link cognitive neuroscience, positive psychology and mindful awareness training utilizing a brain centric approach. Students learn to self-regulate...
behaviour and mindfully engage in focused concentration required for academic success. MindUP™ has been proven to reduce stress, improve academic performance, strengthen abilities for concentration and help children and educators thrive in a setting that becomes a community of learners. MindUP™ nurtures optimism and happiness in the classroom, helps eliminate bullying and aggression, increases empathy and compassion, while resolving peer conflicts in schools. The teachers have already noticed the positive impact that this program is having on our children. They can stop and think now about their feelings and can more readily articulate their needs.

Susan Pearson
Head of Junior School

949 Power FM brought breakfast to NAC Junior School on February 26.

Thank you to our volunteers who helped serve breakfast on the day.
Preschool News

Dr Worm to the rescue!

At preschool we try to encourage the children to recycle their food scraps from lunch and morning tea. Children become socially responsible and show respect for the environment. (EYLF 2009: Outcome 1) When we checked on our worm farm two weeks ago, our poor worms did not look very happy. We were worried that our worms were not thriving in our worm farm....and there were hardly any left! Last week David Eastway (David is the grandparent of Shiuan, an ex-student), whom we nick-named “Dr Worm” came to the rescue! He showed us what we needed to do to get our worm farm back in order. Equipped with surgical gloves, trowel, shoe horn, a bucket of water containing chopped cabbage leaves, lime and a guitar, he had us intrigued!

We learned that it is very important to keep our worm farm both cool and moist. David opened the lid of our worm farm, peeled back their ‘blanket’ and used the shoe horn to gently dig through the casting. He showed us some tiny worm eggs that were the size of a grain of sand. He told us that he thought the worm eggs came out of the worm’s mouths! David tipped a container of worms he had brought from his home and sprinkled some potting mix over them too. After adding lime to the worms home to make it sweeter and less smelly, David reminded us that worms love to eat their vegetables too and placed a layer of cabbage leaves over the paper. When “Dr Worm” lifted the top section of the worm farm up to inspect the base he was worried that the worms would drown in the worm juice that was collected in the bottom. He explained that we would need to make a bridge or a ladder so that the worm could climb back up and get back to the top section of the farm. He should us how to make a bridge by cutting up an empty yoghurt container and placing it upside-down on the bottom of the base. Some children thought it looked like a boat for the worms to ride on and there was a funny suggestion of making a sail too!

After fixing our worm farm we were treated to a great song... “Old McDonald had a worm farm!” The children enjoyed singing along and pretending to be worms. What a great doctor. We have invited David back to check on our worms and sing some of our favourite songs next week.

Sustainability is embedded into practices and routines daily at Bomaderry Community Preschool.

The experiences we have in our early years provide an opportunity for life strong learning, that our habits of future years will be influenced by the actions of those around us who help us to see, to think, to question and to value our world.

Our intention is to promote a sense of responsibility, respect, empowerment, active participation, and enquiry.

Alison Bowe and Bernice Mathie-Morris
Bomaderry Community Preschool
You will have seen in the media reports about recent contamination of frozen berry products with the Hepatitis A virus. NSW Health has renewed their warnings to watch for the signs and symptoms of Hepatitis A which could occur between two to seven weeks after exposure to the virus.

Current recalls include Nanna's Mixed Berries (frozen), Nanna's Raspberries (frozen), and Creative Gourmet (mixed berries). Details of affected batches (by 'best before' dates) are included in the recall information. It is worth consulting the NSW Food Authority website for information on what to do if you have any recalled product and for the full list of recall products in case other products are added in future.

The NSW Health website provides information on the risks of Hepatitis A and links to a fact sheet on Hepatitis A which pre-schools and schools may find of assistance when discussing the issue with parents.

Schools and parents can also contact their local Public Health Unit for more information, and advice on specific cases on 1300 066 055.