



## **Message from the Principal**

We hope that everyone had a restful Friday and Monday and are ready for a busy few weeks ahead of us. Before you know it the end of the term will be upon us. We are looking forward to the Speech festivals at the beginning of April and the learners are producing some awesome speeches. The educators have reported that the level of excellence has made it exceptionally difficult to choose candidates for the finals. I would like to appeal to you to support the events as it is important to the learners.

### **The Pink Tea Cup**



### **CUPPA-FOR-CANSA**

The Pink High Tea takes place this Saturday, 10 March at 09:30. We look forward to seeing you all there! Please remember that this is a time for mom, dad, aunties, grannies etc. to relax and enjoy themselves. No children are permitted.

### **MY SCHOOL CARD**

Thank you to all the parents that are swiping their cards. A reminder that you can still hand in your forms or get a card from the office.

### **NETBALL TRIALS**

A group of our netball girls will be attending the Netball Regional Trials on Saturday 10 March. We would like to take this opportunity to wish them all the best. We know that they are going to make us proud!

### **CO-CURRICULAR ACTIVITIES**

#### **Cricket**

Sports results for the last week are as follows:

- Under 13 cricket
  - Played against Michael Mount Waldorf School.
  - Jubilate batted first and got 78 after 20 overs.
  - Michael Mount scored 52 after 5 overs.
  - The match was stopped due to weather conditions.

Upcoming Sports events:

- Thursday, 8 March 2018
  - Softball against Trinity House Randpark Ridge – away.

There will be Soccer fitness practice for U9 – U13 boys on **Monday, 12 March 2018**, from 14h00 – 15h00.

Official pre-season soccer and netball practice will start Monday, 19 March 2018 (time table to follow on D6).

## **Is Listeriosis contagious and other important facts**

*Is Listeriosis contagious? Are you at risk? These are the questions you're probably asking about Listeriosis – and we have some quick answers.*

### **What is Listeriosis?**

Listeriosis is an infection caused by [Listeria](#), a bacterium found in contaminated soil, water, vegetation, certain animals like poultry and cattle, and milk. According to [Food Safety](#), listeria, unlike other germs, grows in cold temperatures, which makes your fridge the perfect breeding ground.

### **What are the symptoms?**

See a doctor immediately if you may have consumed contaminated food and experience the following flu-like symptoms:

- Fever
- Vomiting
- Diarrhoea
- Stiff neck
- Confusion
- General weakness

### **Is Listeriosis contagious?**

According to the [NHS](#), you can catch Listeriosis:

- From someone who is infected – they can give you listeria if you eat food they've prepared if they haven't washed their hands.
- If you come into close contact with farm animals, particularly sheep or cows that are giving birth.

## Am I at risk?

You can become infected with Listeriosis and make a full recovery after about a week. [Illness](#) and death, however, may affect at-risk individuals. These include:

- The elderly
- Pregnant women
- People with compromised immune systems
- Organ transplant patients
- People with HIV/Aids, autoimmune diseases, cancer, liver disease, alcoholism or diabetes

The [Department of Health](#) says the age groups most affected are neonates (babies under 28 days old) and people between 15 and 49 years of age.

## Can I prevent [infection](#)?

- Avoid drinking unpasteurised milk. Check food labels as some foods may contain raw milk (for example feta or brie cheese).
- Always practice good hygiene in the kitchen. Wash your hands regularly, and clean cutting boards, cutlery and crockery properly.
- Cook animal foods (meat, poultry or fish) properly. If you're unsure, rather overcook than undercook. Foods need to be cooked or heated to at least [70°C](#) to prevent infection.
- Don't consume foods that have expired.

## Can Listeriosis be [treated](#)?

Yes. Treatment is usually symptomatic depending on the severity of infection. Milder cases can be treated at home by bed rest and drinking clear fluids, while a severe infection may require antibiotics. If you suspect listeria, see your doctor.

## How long does it take to identify the source?

When a [Listeriosis](#) outbreak occurs, it can be difficult for experts to identify the food source. This is because infection can take between three and 70 days to develop after consuming contaminated food.

It's easy enough to remember what you ate over the last few days – but going back a few weeks or months can be difficult.

***Compiled by Mandy Freeman***