



Sutherland North Public School

Grounds to Grow

Schooltalk – 21 August 2013

Principal's Message

Leanne Noon

Asthma & Student medical forms - urgent

All children have received a copy of the new student medical forms and parents need to fill them out and return them to us as a matter of urgency. With this week's newsletter I have included an updated Asthma care plan for schools. I would ask that parents who have a child with asthma complete this new form, signed by the doctor and including a photograph of your child. This is to ensure we have up-to-date and accurate information to provide routine asthma medication as authorised by the treating doctor. The new care plan replaces the current information we have at school and need to be replaced as soon as possible.

Staffing Information

I will be on long service week for the last 4 weeks of this term from Monday 26 August. Mrs Pam Buckle will be relieving as Principal in my absence. Mr Matt Menegazzo will relieve as Assistant Principal on Monday, Tuesday & Wednesday during that time. Mrs Judith Macks will be teaching Yr 2/3 while Mrs Buckle is in the office. Please don't hesitate to speak to Mrs Buckle if you have any concerns.

Term 3 Invoices

Term 3 Invoices were sent home 2 weeks ago. Activities including swimming, camp, band, ukulele, sport and excursions are included in the invoice and the cost for these activities need to be met by parents and need to be paid promptly. Unpaid invoices impact on the resources that we can provide for all children. Thank you to the many parents who have already paid.

Diary Dates

August

Wednesday 21

7.00pm SSSMF Junior
Concert

Thursday 22

Sutherland Zone
Athletics

Monday 26

Gift wrapping for
Father's Day Stall

Wednesday 28

7.30pm P&C

Thursday 29

Father's Day Stall

September

Wednesday 4

Book Swap

Saturday 7

Election Fundraiser

Thursday 12

Dancesport Gala







Wednesday 18

7.30pm P&C

Friday 20

Last day Term 3
Payment for Yr 5 & 6
camp finalised

Important things to do this week.....

-  Send in spare change for the Spare Change Challenge
-  Purchase Raffle tickets & ask for extra books
-  Support the P&C Election day fundraiser
-  Return the permission note and payment for Band, Ukulele, Yr 5 & 6 Camp
-  Pay the Term 3 Invoice including School Contribution
-  Return updated Student Medical Form & Asthma Care Plan immediately



Canteen Roster Term 3

	Monday 10.30am – 2pm	Tuesday 1pm – 2pm	Wednesday 10.30am – 2pm	Thursday 1pm – 2pm	Friday 10.00am-2pm
Week 6			21/8 Anne Davies	22/8 Cathy Whittingstall	23/8 Monica Brabant Jennifer Swan
Week 7	26/8 Elisa Fulton & Kate O'Brien	27/8 CLOSED	28/8 Rachael Graham	29/8 Leanne Pullen	30/8 Nicole M Emma Hall
Week 8	2/9 Mien Tze Ng	3/9 Anita Oze	4/9 Katrina & Cheryl Briancourt	5/9 CLOSED	6/9 Monica Brabant Victoria Parsons
Week 9	9/9 Jemima Jupp	10/9 Jo Hunnisett	11/9 Rachael Graham	12/9 Cathy Whittingstall	13/9 Phyllis Elton & Nicole Mogensen
Week 10	16/9 Beth Kendrick	17/9 Natalie Skinner	18/9 Anne Davies	19/9 Leanne Pullen	20/9 Nicole M & Lisa Brooks



We are now ready to implement our second program of BEAR (Being Excited About Reading) for 2013 with the next group of Year 1 students. The BEAR program involves volunteers working with Year 1 students in half hour sessions, three sessions per week. The program is open to parents, grandparents, friends and community members-the more help the better! The aim is to increase students' reading accuracy and sight words within a 10 week time frame. This group will begin in Week 6 from 19th August and continue into the first 5 weeks of Term 4.

If you are interested and able to donate some time, please complete the note below and return it to the office by Monday, 12th August. A training session will be organised next week. Please speak to Mrs O'Hare if you would like more information.

✂

BEAR TUTORS

I am interested in taking part in BEAR tutoring.

Name: _____ Child's name: _____ Class: _____

Phone: _____

Please circle the day and time that you can help.

Monday	Tuesday	Wednesday	Thursday	Friday
9:00-10:00	9:00-10:00	9:00-10:00	9:00-10:00	9:00-10:00
2:00-3:00	2:00-3:00	2:00-3:00	2:00-3:00	2:00-3:00

FUNDRAISING UPDATE

A huge thank you to everyone who purchased cards in our latest fundraiser, which helped us raise a little over \$600.

The Fathers' Day Mufti was held today Wednesday 21 August. Dress like Dad or Grandpa and bring either \$5 or a gift for being out of uniform. Fathers' Day gift wrapping will be taking place on Monday 26 August 2013 from 9am in the school hall and any helpers would be most welcome. The Fathers' Day Stall will be on Thursday 29 August 2013.

As you are all probably aware, preparations are in full swing for our largest fundraising event of the year which is set to coincide with the 2013 Federal Election on Saturday 7 September.

Thank you to those of you who have already volunteered your time to assist on the day, however more helpers are required, particularly for the late morning/lunch time spots. If you are able to help out for even an hour, please complete the form below and return to school ASAP. A roster will be finalised by the end of next week and will be sent out notifying everyone.

Don't forget to keep selling those raffle tickets! Already we have had a great response and would love nothing more than to SELL OUT of tickets.

Any donations of sauce, serviettes, drinks, etc. for use with our BBQ fundraiser would be greatly appreciated.

Election Day Volunteer Form Saturday 7 September

Student name: _____ Class: _____

Parent Name: _____ Ph) _____

Number of shifts: _____

Please number your preferred shifts (1-8)

8am – 9am		9am – 10am	
10am – 11am		11am – 12pm	
12pm-1pm		1pm – 2pm	
2pm -3pm		3pm – 4pm	

Websites of the Week

Benefits of under-scheduling your child

With the very best of intentions, when you're rushing to fit in soccer training, swimming and music lessons, it can be hard to keep hold of the magic stare-into-space, muck-about moments in children's lives.

Find out more: <http://www.schoolatoz.nsw.edu.au/wellbeing/health/benefits-of-underscheduling-your-child>

On July 26 it was **Schools Tree Day**. Year 2 watched a cartoon called 'The Lorax' by Dr. Seuss and then considered the importance of trees to them.

Tall, leafy, barky
Roots grow under the dark ground
Grow up to the sky.

Jack K

We wrote **haiku**, a short form of Japanese poetry that requires three lines. The first and third lines require 5 syllables with the second line requiring 7 syllables.

Palm trees have big leaves
Huge bendy trunks lean over
me at Hawaii.

Samantha

Twisted, long, bendy
Thick, leafy, pretty and brown
Everyday they grow.

Chloe

Asthma care plan for schools

CONFIDENTIAL: Staff are trained in asthma first aid (see overleaf) and can provide routine asthma medication as authorised in this care plan by the treating doctor. Please advise staff in writing of any changes to this plan.

To be completed by the treating doctor and parent/guardian, for supervising staff and emergency medical personnel.

PLEASE PRINT CLEARLY



Asthma
Australia

Photo of
student

(optional)

Student's name:

Date of birth:

Managing an asthma attack

Staff are trained in asthma first aid (see overleaf). Please write down anything different this student might need if they have an asthma attack:

Daily asthma management

This student's usual asthma signs

- ☐ Cough
- ☐ Wheeze
- ☐ Difficulty breathing

Other
(please describe)

Frequency and severity

- ☐ Daily/most days
- ☐ Frequently (more than 5 x per year)
- ☐ Occasionally (less than 5 x per year)

Other
(please detail)

Known triggers for this student's asthma (eg exercise, colds/flu, smoke) — please detail:*

- | | | |
|--|------------------------------|-----------------------------|
| Does this student usually tell an adult if s/he is having trouble breathing? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Does this student need help to take asthma medication? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| Does this student use a mask with a spacer? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| *Does this student need their blue reliever puffer medication before exercise? | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

Medication Plan —

If this student needs asthma medication, please detail below and make sure the medication and spacer/mask are supplied to staff.

Name of medication and colour	Dose/number of puffs	Time required

Parent/guardian

I have read, understood and agreed with this care plan and any attachments listed. I approve the release of this information to staff and emergency medical personnel. I will notify the staff in writing if there are any changes to these instructions. I understand staff will seek emergency medical help as needed and that I am responsible for payment of any emergency medical costs.

Name of doctor

Address

Phone

Signature

Date / /

Name

Signature

Date / /

Asthma First Aid

1 Sit the person upright

- Be calm and reassuring
- Do not leave them alone



2 Give 4 puffs of blue reliever puffer medication

- Use a spacer if there is one
 - **Shake** puffer
 - Put **1 puff** into spacer
 - Take **4 breaths** from spacer
- Repeat** until **4 puffs** have been taken
- Remember: Shake, 1 puff, 4 breaths**



3 Wait 4 minutes

- If there is no improvement, give **4 more puffs** as above



4 If there is still no improvement call emergency assistance (DIAL 000)*

- Say 'ambulance' and that someone is having an asthma attack
- Keep giving **4 puffs** every **4 minutes** until emergency assistance arrives



*If calling Triple Zero (000) does not work on your mobile phone, try 112

Call emergency assistance immediately (DIAL 000)

- If the person is not breathing
- If the person's asthma suddenly becomes worse, or is not improving
- If the person is having an asthma attack and a puffer is not available
- If you are not sure if it's asthma

Blue reliever medication is unlikely to harm, even if the person does not have asthma



To find out more contact your local Asthma Foundation
1800 ASTHMA (1800 278 462) | asthmaaustralia.org.au

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Translating and
Interpreting Service
131 450