Principal's Report - Term 3, Week 5...

Last Friday 4/5M said farewell to Mrs McMahon for 2015. Mrs McMahon has gone on leave as of today, to rest and prepare for the exciting arrival of her twins. We wish Tamara, Craig, Daisy and Frank all the best for the upcoming event and look forward to meeting the new arrivals. We’ll all be thinking of them at this exciting and I’m sure busy time. 4/5M will welcome Mr Martens as their teacher for the remainder of 2015. 5/6J will now enjoy the talents of Mrs Hollie Forde and Mrs Ali Forde for the remainder of this term. We welcome them aboard and look forward to a great few weeks ahead.

Kindy 2016- Transition
This Wednesday morning, 12th August, at 10:00am we welcome parents of the new Kindergarten children to school for a detailed informative session on exactly what goes on here at Grenfell Public School. This session will include a discussion of our transition program in Term 4, a tour of the school, further details on routines that we follow and a great chance for new parents to ask any questions they may have in regards to their child starting school. This will be followed by a morning tea and a chance to have an informal chat about this exciting time. Please come along or let others know if they have a child ready to start school in 2016.

Spelling Bee
Students in Stages 2 and 3 have been busily preparing for the Spelling Bee. This Friday, 14th August, the top spellers from each Stage will compete in the final. This will take place during the Stage Assembly which, for this week, will commence at 12 noon instead of 12:30. It will be held in 5/6J’s room. Throughout the week the classes will go through the process of selecting their finalists. Ms Hunter has been co-ordinating the process and we thank her for her time.

District Athletics
Mr Kilby spent a very cool day in Canowindra last Friday with our children competing at the District Carnival. All children had a great day and were very competitive. Angus Birch and Anna Hunt both gained Age Champion for their respective age groups. Thank you to the parents who assisted us with travel and to those who helped with timekeeping. We really appreciate your time and consideration. Final names of children attending Western will be confirmed this week and those children selected will be given further details. The date for the Western Carnival is Friday 28th August.

Soccer Report
Mr Cartwright and the boys’ soccer team travelled to Mudgee last Friday to play in a gala day, this included Rounds 3, 4 and 5 of the Western Soccer competition. The boys were victorious in their first match coming away with a 6-0 win. The second match wasn’t to be as easy; even though the boys played well, they went down 2-0. Well done on a terrific effort. Thank you to the parents who assisted us with travel, without you support days like these would be difficult to attend.

P & C Meeting
There is a meeting this Tuesday 7:30pm in the staffroom. A canteen meeting will take place at 7:00pm beforehand. It would be great to see you there if you can make it.
Going Home Changes
Just a reminder if you need to alter the normal routine for your child going home, please either send a note to your child’s teacher or contact the school office. If we don’t receive notification from you of a change, we will send your child home the regular way. Sometimes just telling your child in the morning without notifying the school can create confusion. We do our very best to accommodate changes when we know about them.

School Photo’s
Friday the 11th September is our school photo day. Please keep this mind when planning appointments and the like; it is great to have everyone in attendance on that day. As soon as we are given envelopes for orders we will pass them straight on to you.

Monica Joyce - Acting Principal

A reminder to parents to notify the school about your child’s health
We welcome information from parents about your child's health, even if you are not requesting specific support from our school. Our school asks for medical information when you enrol your child. It is also important that you let us know if your child’s health care needs change or if a new health condition develops.

Information about allergies, medical conditions such as asthma and diabetes and other health care related issues (including prior conditions such as medical procedures in the last 12 months) should be provided to the school by parents. Please provide this information in writing to the principal. This will greatly assist our school in planning to support your child’s health and wellbeing.

Please also remember to notify staff in the school office of any changes to your contact details or to the contact details of other people nominated as emergency contacts.

We appreciate your assistance in this regard and assure you that any information you provide the school will be stored securely and will only be used or disclosed in order to support your son or daughter’s health needs or as otherwise required by law.

STUDENT BANKING
Don't forget to send in your deposit each Tuesday!
Our two competitions are still running -
1. Three or more deposits this term will give you automatic entry into the draw for a chance to win one of hundreds of prizes including iPad minis, Beats by Dr. Dre headphones & Booktopia Gift Certificates.
2. 25 or more deposits for the year will put you in the draw for a chance to win a family trip to California’s Disneyland, including airfares, five nights accommodation, transfers and three days park entry for up to two adults and two kids, plus $2000 spending money.

SHOWGROUND SALE
The P & C are catering for the Showground Sale this Sunday, 16th August.
If you can spare an hour or two please contact Brent Cartwright here at school or Trudie O’Bryne on 0439662280.

REMINDER:
P & C Meeting
Tomorrow night,
Tuesday 11th August
7:30pm in Staffroom
7:00pm Canteen Meeting
Spring, Hay Fever and Students with Asthma

Spring is just around the corner, which means warmer weather longer days and increased pollen. For many people in Australia with asthma or hay fever, August to March (or the dry season in tropical areas) is a particularly difficult time. This is when an increased amount of pollen is in the air, which may trigger an asthma flare-up making life pretty uncomfortable.

Tell-tale symptoms of hay fever are sneezing, an itchy nose with a clear watery drip, nasal congestion, an itchy throat and itchy watery eyes.

Hay fever may be seasonal but symptoms can be present year-round, with triggers being similar to asthma. Seasonal triggers include pollens from grasses, weeds and trees, and moulds. However hay fever can be triggered by other allergic factors too, such as house dust mites, pet allergens, cockroaches, cold air and strong odours and/or tobacco smoke.

While hay fever and allergies are unpleasant enough for anyone, they post a serious threat to people with asthma because they can trigger an asthma flare-up or even an attack. This is why treatment of hay fever needs to be part of every person's asthma care. Studies have shown that treating hay fever symptoms can reduce emergency department visits and hospitalisations due to asthma.

If hay fever is causing a child problems, they should see their doctor to make sure their asthma is well controlled and that they are taking the right medications for both conditions. This will reduce the chance that they will have a reaction to pollen. If a student continues to have problems, the following tips may help to ensure you are all prepared this spring.

Take medications regularly
Parents need to ensure their child is taking their preventer medication every day to stop asthma symptoms flaring up at school during high-risk days. Be especially careful to keep all students’ reliever medication close at hand on windy days or during and after thunder or dust storms, and make sure the child uses as soon as they get symptoms.

Postpone outdoor exercise
When you exercise you breathe faster and through your mouth, which cuts out the normal warming, moisturising and filtering action of the nose. Postponing a child’s outdoor exercise or sport on high pollen days may help to reduce the likelihood of a flare up.

Stay indoors on very high pollen days
When possible, when there’s lots of pollen in the air, keep students indoors using your air conditioner to filter and circulate the air. Don’t open your windows or you will let the pollens or pollution inside to settle throughout the room.

Shower in the evening
On very high pollen days, showering and washing hair in the evening can help to keep pollens from rubbing off onto bedding where it could trigger a child’s asthma throughout the night. It may also help students to shower after outdoor activities when there are particularly high levels of pollen.

Need more help?
If you would like further support with managing asthma during the high pollen season please ask your pharmacist, doctor, or contact the Asthma InfoLine on 1800 ASTHMA (1800 278 462).

Incorrect Phone Number: Unfortunately we were supplied with some flyers which had the incorrect phone number printed on them. (The majority were correct). If you have been unable to get through to Kidshotz, the correct number is 1300 309 776.

The above information and more can be found on the Asthma Foundation NSW site, asthmaaustralia.org.au.
Holiday Kids Club
The Grenfell Presbyterian and Uniting Churches are looking forward to presenting the 2015 Holiday Kids Club. This year it will be held in the first week of the next school holidays, from the 21st-25th September.

Our theme this year is “Follow the Clues”. Detective Dexter Duck and Constable Charlton Clooney will help us to solve the mystery of the man who defeated death. We will look at the promises God made to His people across the generations.

Children from K-6 are welcome to join us for songs, games, great food, drama, craft and Bible teaching. Registration forms will be handed out at Scripture. If you miss out, they are also available from the Christian Bookshop and Town Library.

FIRST AID COURSE
Pudman Training is a regional training company based in Boorowa. We will be running HLTAID003 Provide First Aid Course in the following local towns in August:
Boorowa 12th August 2015
Grenfell 18th August 2015
Cootamundra 26th August 2015

As a thank you to volunteers in our community we are offering the course for $85.00 pp ($50.00 off normal price)

Please contact Jess on 02 6385 3858 or email learn@pudmantraining.com.au to book your place.