



# EAST LODDON P- 12 COLLEGE PARENT NEWSLETTER

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College Website: <http://eastlodd12.vic.edu.au/> Principal's Blog: <http://stevenleed.edublogs.org/>  
School Councillors : Richard Hicks, Darren Welsh, Micheal Lawry, Ash Davis, Jodie Demeo, Steve Leed, Scott Wilkinson, Andrew Cameron, Laura Muller, Nicole Hocking, Natalie Rose, Lynda Cartwright.

**Respect - Resilience - Responsibility - Relationships**



Our College respectfully acknowledge the Traditional Owners of Country throughout Australia and pay our respects to the ongoing living culture of Aboriginal people



Newsletter No 35

Date: 9th November 2017

## Dates for Your Diary

### NOVEMBER

**10th** VCE Health & Human Development & Physical Education Exams

**ANZAC Story P-4 Incur-sion**  
KFC

**13th** Year 5/6 Canberra Camp begins

**Parent's Association @**  
Tania Twiggs 9.30am

**14th** VCE Chemistry & Visual Communication & Design Exams

**P-4 Echuca Excursion**

**15th** VCE Physics & Legal Studies Exams

**17th** Year 5/6 Canberra Camp returns  
KFC

**20th –24th** Year 10/ 11 Exams (see calendar on back page)

**28th—1st December**  
Moggs Creek Camp

**Lions Youth of the Year**

**30th** Planks Incur-sion  
P-8

**1st** KFC

## From the Principal

### Special Visit From Our Education Minister

The College was a hive of excitement today as we welcomed Education Minister James Merlino, Transport Minister Jacinta Allan, and Regional Department of Education representatives Damien Jenkyn and Bruce Corrie into the College. College Council President Mr Richard Hicks was on hand to welcome our very special guests, along with our middle years sub-school captains Oscar Hocking and Zoe Lister.

Minister Merlino announced today that **East Loddon P-12 College will receive \$290,000** to address the persistent termite issues that have been evident in the Home-Economics Room, Canteen and VCE classroom. Minister Merlino also stated that he was working closely with Minister Allan on a second announcement for the College sometime in the immediate future. Jacinta Allan, Damien Jenkyn and Bruce Corrie for their attendance at the College today. Minister Merlino took a great interest in many aspects of the College buildings and environment,

with a genuine level of care shown for the College and its wider community. Middle School Captains Zoe and Oscar presented today's guests with a detailed tour of the College, stopping on various occasions to identify points of interest.

We look forward with enthusiasm to any further announcements that may or not be made, and wish to sincerely thank Minister Merlino, Minister Allan, Damien Jenkyn and Bruce Corrie for their attendance at the College today.



**Presentation Assembly 21st December 10am start**

## Respect - Resilience - Responsibility - Relationships

### In The News

On occasions the College features in the media and two occasions of late have received a great deal of positive feedback. The first feature appeared on the Bendigo Advertiser website and was put together by Miss Byrne. This write-up was a great article written around the College and its muck-up day tradition which was once again taken in the right spirit again this year. The second was a feature on the students attending the 2018 Turkish Trip, and the connection they have made with 91 yr old Bethlehem resident Joy Parsons. This story featured on Tuesday evenings Win News and can be viewed on the Win News Facebook page.

<http://www.bendigoadvertiser.com.au/story/5034271/school-stands-by-muck-up-day-tradition-photos/>



The College will also be hosting the crew from The Weekly Times tomorrow as they attend the College to speak with Miss Pilkington and College students about the Cows Create Careers initiative that our Year 5's are taking part in. Look out for this in an upcoming edition of the Weekly Times.

### MDI Surveys

Middle Years Development Instrument surveys conclude tomorrow. Students in Years 4 – 9 have taken part in these confidential MDI surveys throughout the week, in order to gather feedback on the health and wellbeing of students between these year levels. The College will receive feedback in coming weeks regarding the thoughts and opinions of our students and we will be able to compare results with other Colleges within the Loddon Shire.

### End of Year Timeline

College Council along with College staff have finalised the last week of the 2018 school year, which will take place from Monday 18<sup>th</sup> December to Friday 22<sup>nd</sup> December. The following dates and events are slightly different to those of previous years. Please take the time to note these on your calendar.

Monday 18<sup>th</sup> December – Activity Day at the College

Tuesday 19<sup>th</sup> December – Community Pool day at Mitiamo Swimming Pool

Wednesday 20<sup>th</sup> December – Activity Day at the College

Thursday 21<sup>st</sup> December – End of Year Presentation Assembly

Friday 22<sup>nd</sup> December – Curriculum Day. Student Free

Further details on these days will be forwarded closer to the end of the school year.

### Interested in Completing a First Aid Course at the College?

In recent years the College has hosted a first aid course for senior students, staff and interested community members. We are looking into the possibility of doing this again towards the end of the year, but would require at least 16 participants if this was to take place. The course would run for the best part of a full day and would cost approximately \$150. If you would be potentially interested in being part of this course, please contact the College Office to express interest asap.

### Private Speech Sessions

Availability will shortly open up for another 2 students of kinder or school age to undertake private speech sessions with Laura-Jane of Talk It Up Speech Pathology. These sessions take place at the College on a fortnightly basis, assisting families in accessing this much sought after service, and preventing the need to take a full day off school to attend an appointment in Bendigo or Echuca. Laura-Jane has established a tremendous rapport with all students who currently attend sessions, and the positive results gains that have been noted with current students have been most positive.

If this service is something that you would like to know more about, please do not hesitate to make contact with our College office, or alternatively you may wish to talk directly with Laura-Jane on 0438 006 445.

Feel free to also take a look at Talk It Up's website - <http://www.talkitupbendigo.com/>

Hope you have a great week!

**Steven Leed**  
College Principal

# Assistant Principal's Report

## Assistant Principal's News

It's been a bit 'secret squirrel' around school this week. Some time ago we were told the news that Ministers Allan and Merlino would be paying us a visit, to make an announcement. If you know me, you also know that I'm probably not the best person to tell a secret. So, me holding this news has been close to impossible. Now I can say it albeit too late THE MINISTER FOR EDUCATION IS COMING TO MAKE AN ANNOUNCEMENT! I say all this before I know what the news will be, but I'm imagining they will announce the building of a new 8 lane swim center or something similar. At the very least I cleaned my desk, after glaring looks from Mr Leed, after I quipped that I'd just shut my door and blinds to hide the mess. Who'd have thought it, my desk is brown. I always thought it was grey.

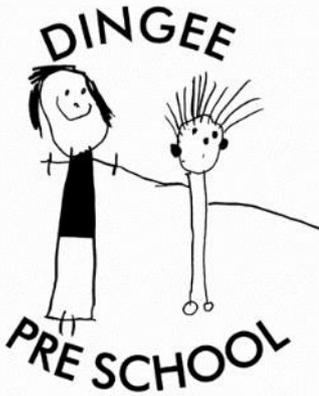
We welcome back to school this week Mr Young and Mrs Lethlean who have both had extended illnesses. We really hope they are back fighting fit. Thanks so much to Rosie Coleman who has filled in for Mrs Lethlean during her illness. We are so lucky to have Ms Coleman on call and willing to help out at short notice.

Most kids will know this, but some in the community may not. Its Spring and as such love is in the air. Mr Clayton got married last week. Long term CRT Emily Cunning recently married and all round wonderful person and Senior Sub-school Leader Sarah Byrne is engaged. Congratulations to all of those staff members and their partners.

Year 12 exams continue this week and finish up next week. Our senior kids are still slugging it out to the end and as I keep mentioning, we are so proud of all the work they have completed this year. Their Valedictory dinner will take place next Friday evening.

In a slight change from tradition, this year our Final Assembly (Presentation Assembly), will be held on Thursday the 21<sup>st</sup> December. This will begin at 10 am in the College Gymnasium. Please mark this change on your calendars as we usually have the final assembly on a Wednesday. No doubt this has been mentioned in previous newsletters but write it down now if you have not already. We would love to see as many parents and friends of the school there as possible.

**Scott Wilkinson**  
Assistant Principal



**Dingee Pre-School AGM**  
**Tuesday 28th November 9.15am start at East Loddon P-12**  
**College Office**

**Any new parents of 3 or 4 year olds wanting to attend Kinder in 2018.**

**All Welcome**

If you are interested in the course below please contact the College Office. There is an availability for 18 participants.

**East Loddon Yr 11 and Yr 12 students:**



East Loddon P-12 College in partnership with the North Central LLEN is offering the following **Hospitality Package** to young people interested in obtaining much sought after employability skills for use in obtaining part time employment after leaving school/holiday work or as a stepping stone to further training.

This is a great opportunity for students to combine three accredited courses in a two full day workshop, delivered by qualified and experienced staff at *Access Skills Training* in Bendigo.

**Dates:** Wednesday 22<sup>nd</sup> November  
Wednesday 29<sup>th</sup> November

**Time:** 9.00am to 5.30pm on both days (full days with ½ hr for lunch)

**Venue:** 'Lancewood' 22 McLaren St, Bendigo (Old Continuing Education Bendigo Bldg)

**Price:** For East Loddon students only, \$75 per person  
(usual cost, unsubsidised would be \$340)

Participants who successfully complete both full days of the **Hospitality Package** will receive an accredited Certificate, a Manual and a complete set of worksheets to keep as a reference.

This package of hospitality courses will provide young people with a distinct advantage over other candidates applying for part time or full time work and may be used as recognition of prior learning if undertaking an apprenticeship in the field of hospitality.



**SITXFSA001**  
**Use hygienic practices for food safety**  
Learn everything you need to work in hospitality



**SITHFAB005**  
**Prepare and serve espresso coffee**  
Hands on learning and knowledge of coffee basics

**SITHFAB002**  
**Provide responsible serving of Alcohol**  
Essential if wanting to work where alcohol is served and sold



Please see Mr Bunton or Sue Cale for payment. There will also be an enrolment form and application for USI (Unique Student Identifier) and Language/ Literacy/Numeracy test to complete before undertaking the package.

P-4 Update

Building Strong Foundations



**Student of The Week**

Prep—Oliver always listening and participating in class.

Year 1—Archer for his well written information text on ‘Oxygen’.

Year 2—Emily for her excellent spelling results.

Year 3—Logan for working hard and the smile he brought to class all week.

Year 4—Macey for being ‘ready to learn’, trying hard and being kind to others.

**You Can Do It!**

Prep—Caitlin

Year 1—Lily and Abby

Year 2—Chloe

Year 3—Tori

Year 4—Matilda



**Reading Clubs Congratulations**

275 Nights of Reading	Y4-Ava Y2-Alex, Emma and Miles Prep- Logan
250 Nights of Reading	Y4-Marissa Y3-Emily Y2-Emily and Georgia Y1-Oscar Prep-Jessica
225 Nights of Reading	Y1-Angus and Lily Prep- Travis
200 Nights of Reading	Y2-Piper, Matilda and Harrison



**Prep Sounds in Focus**

The sounds for this week are the digraphs ‘oo’ as in ‘Look at the book.’ And the ‘oo’ as in ‘Two new boots’. The latter sound is also created by using ‘ue’ as in ‘glue’ and ‘ew’ as in ‘screw’.

**Prep Words To Fluency**

The words to fluency are ‘away’ and ‘day’.

**Respect - Resilience - Responsibility - Relationships**

**Fire Safety Sessions**

On Friday of last week, students from the Year 9 Youth Crew presented fire safety talks in the Prep to Year 4 classes covering a range of fire safety practices. This was followed up this week with two fire tankers, one from Dingee and the other from Jarklin visiting our school yesterday as part of a fire safety follow up. The session also involved two CFA representatives talking with students about fire safety at home. Hopefully these sessions will be followed up at home with talks about the family's fire safety plan. A reminder to regularly check your smoke detectors. A special thanks to Jo Guthrie for organising the presentations, and fantastic local CFA crews who gave up their time to support the Fire Safety Education program in our College.



**Remembrance Day Commemoration**

Tomorrow, Geoffrey Graham, will present two one hour poetry sessions to our students. The first session is called Voices of War and is pitched towards Years 5-10 students. The second performance is Australian bush poetry and is for Prep to Year 4 students. The College is subsidising the events to maximise participation and students need only contribute \$2 to attend the session. Feedback from other schools is that Geoffrey's performances are brilliant, engaging students from all levels.

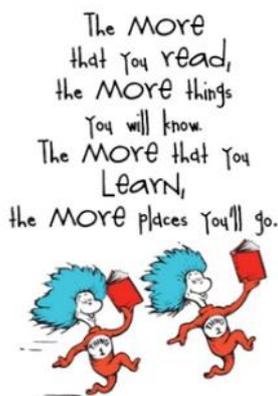


**Year 4 Graduation Ceremony- Advance Notice**

The Graduation Ceremony for students in Years 4 and 8, transitioning into their next sub-school in 2018, will take place on Thursday 7<sup>th</sup> December during the afternoon. An official invitation will be going home shortly. Please keep this afternoon free if possible and remember to bring along your camera.

**Names on Clothing**

With the weather warming up, lots of students take their jumpers off during the afternoon and forget about them. While we endeavour to track down the owners, it can be difficult when names have faded or items still have the names of previous owners. Please check the labels on your child's clothing this week.



**Literacy Hints**

This quote from Dr Seuss has a powerful message about the relationship between regular reading and future pathways. Thanks for sharing books with your child every night, you are having an incredible impact on your child's future.

**Echuca Excursion Reminder**

A reminder that the P-4 students will be going to Echuca this coming Tuesday for their excursion, leaving school at 9:10am and returning at 3pm.

They need their food divided into three named packages (see last week's Newsletter or the excursion notice).

**Peter Vernon**

**P-4 Teaching and Learning Team leader.**

Our Middle Years Newsletter has changed! All teachers have begun to communicate with parents regularly via a program called Bloomz rather than updates in the school newsletter.

If you are a Middle Year's parent and have not joined Bloomz, please contact your child's homeroom teacher.



Some general Middle Years information will still appear in the newsletter occasionally.

### Middle Years Captains Report



This week we have had the Melbourne Cup day off. We also had Latrobe University students visit us on Monday to run some leadership activities in Big Picture. On Thursday we had Jacinta Allen and James Merlino come out and make an announcement and we gave them a school tour. On Friday there is a visiting poet coming for Remembrance Day. Next week we have our Year 5/6 go off to Canberra on a camp. We hope you all have a great weekend.  
Oscar and Zoe

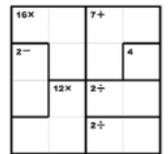
### Bloomz Parent Feedback

We would love parents feedback about Bloomz. There is an online survey available through the Bloomz app.

If you would prefer, please complete the survey below and return to school by **Tuesday 14th November**.

### App recommendation

KenKen's are a logic puzzle that require numbers placed in boxes according to simple math operations. The official KenKen app gives you 50 free puzzles.



### Year 4/8 Graduation Ceremony

The Graduation Ceremony celebrating Year 4 and 8 student's transition to a new sub-school will take place on Thursday 7th December from 2:30—3:20pm. Invitations will be send to parents shortly.

### Bloomz Survey—Please complete and return by Tuesday 14th Nov

I have children in the following year levels:

Year 5     Year 7

Year 6     Year 8

I have joined my children's Bloomz class page.

yes     no

How often have you checked Bloomz or read a Bloomz post?

Daily     Once a week

Every time I receive a post     A few times over the semester

Every few days     Rarely

Never

Please indicate whether you would prefer to be kept up to date through Bloomz or the school newsletter.

Bloomz     School Newsletter     Don't mind

Please indicate your response to each of the following questions:

	Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
I/We have found Bloomz helpful to keep track of my children's daily activities.	<input type="radio"/>				
I/We have appreciated regular communication of class activities through Bloomz.	<input type="radio"/>				
Through using Bloomz I/we have felt more connected to my/our children's schooling.	<input type="radio"/>				
I/We have found it has been a better communication tool than the Middle Years section of the school newsletter.	<input type="radio"/>				
Bloomz has helped me/us have more informed and detailed discussions with my/our child about their education.	<input type="radio"/>				
I/We think that the Middle Years should continue to use Bloomz in 2018.	<input type="radio"/>				

### P-4 Home Fire Safety Presentations

Friday 3rd of November the Year 9 Advance group presented Home Fire Safety Presentations to the Preps to Year 4. The Year 9's have been working in groups for three weeks on these presentations after part of term 3 and term 4 learning about home fire safety. The aim of the presentations was to teach the lovely young ones how to stay safe in an emergency and to keep the family safe. The lovely young ones were shown how to get out of a fire using the get down low and go go go method as well as stop, drop, and roll. The Year 9's are using the four R's as well as other advance values they have learnt. All the kids listened very well and were happy to join in and answer questions. They learnt about the fire triangle as well. The Year 9's worked really well with the younger ones. The kids had lots of fun with the hands on activities. Although the Year 9's were nervous for the presentations. They did well to get past that and display the great presentations they worked so well at making.

Key Messages:

- For students to have an understanding of what a proper fire safety is and to be able to identify how house spots
- To learn more about house fire safety
- Get down low and go go go
- Stop drop and roll

Chantell D  
Year 9

### Year 11 Chemistry Excursion

Year 11 Chemistry excursion to La Trobe University On Thursday 2nd November, the Year 11 Chemistry class visited La Trobe University to participate in a workshop on analytical instruments. They first used UV-visible spectroscopy to determine the concentration of detergent in a water sample, after colouring it with an organic dye and then extracting it into a non-polar solvent. Then they used atomic absorption spectroscopy to measure the concentration of calcium in different water samples, after measuring a series of standards and constructing a calibration curve. Finally they got to see high performance liquid chromatography in action

to identify and measure levels of caffeine in different samples. It was a great experience to get hands on with some of the instruments mentioned in class and also see what university science labs look like! Thanks to La Trobe for providing the workshop and travel as part of our SPP partnership.



On Monday our Year 7/8 Big Picture students had an incursion as part of our La Trobe University School Partnerships Program (SPP), following on from our campus excursion Discover Day. The two year levels were involved in two small group activities with University facilitators called "Graduate Game" and "Who Goes to Uni?". There were lots of opportunities for the students to put their recent careers learning into practice and work together to have some fun, earning some small prizes along the way!



### Chat to a Champ #2

This week led to the Year 5 class having their second chance to participate in the 'Chat to a Champ' program. Once again we were linked with Dave Morris who has already competed in two Winter Olympics and is the first Australian Medalist in the Olympic Men's Aerials. Dave will be competing in South Korea in the 2018 Games. Unfortunately we were not able to have a 'live' chat this time but Dave was asked (and answered) from a list of questions that we had sent to him and we were able to watch a recording of his interview.

The recorded interview can be found here:

<https://www.youtube.com/watch?v=fH5dBDYWmB8>

**Presentation Assembly 21st December 10am start**

**Senior School News**

**Celebrating our students**

Our school is really fortunate to have many opportunities for students to travel internationally. For instance, neighbouring countries like New Zealand skiing to Turkey, Germany, Canada and the USA. Late November and early December four of our Senior School students will take off on international trips.

**Jess D and Chelsea H**

Jess and Chelsea will follow in the foot steps of Ella H who travelled to Germany at the same time just 12 months ago. They will spend the majority of their time in Bavaria, Germany, however, with other countries in Europe being accessible they are certain to visit nearby countries. Jess and Chels will experience a European Winter, so odds on their will be beautiful white snow at Christmas time (just like in the movies). Jess will stay with a host family in Regensburg, whilst Chels will stay with a host family in Kettershausen. Both Chels and Jess hosted German students as part of the exchange program earlier this year. In many ways they already have some insight into this international experience. Thankfully, they can also draw on Ella's experience, travel tips and information. Their journey will be over 10 weeks with Jess and Chels departing Thursday 23<sup>rd</sup> of Nov (just 2 weeks away!). Chels has opted to stay on for another 2 weeks in Germany. Jess said she is most looking forward to seeing another country, experiencing the different culture, especially around Christmas time, whilst Chels is looking forward to seeing her host sister again and celebrating Christmas on the other side of the world. Jess and Chels have been studying German since Prep, this experience will be the ultimate test of their language skills.



We wish Chelsea and Jess all the best for this German exchange, it is a brave and courageous thing to do, yet the rewards will be long lasting. I can't wait to here all about your travels on return.

**Katie B and Emily A**

Katie and Emily are following in the foot steps of older siblings and friends respectively. Katie's older brother Ben trav-



elled to USA on the same exchange program. More recently Caity H travelled to the USA also. Such students (like Ella) have truly inspired others and given them the confidence and courage needed to explore such opportunities.

Katie and Emily will depart Australia on December 4<sup>th</sup> for the USA and Canada respectively.

Katie is travelling to Washington State, she will stay 2 weeks with a host family in Seattle and then move to another host family in Spokane for 3 weeks. Emily will stay in Atlanta, Georgia for 2 weeks and then travel to most of eastern part of Canada, Newfoundland where she will stay for 3 weeks. Both Katie and Emily will travel together initially to the city of angels, Los Angeles to visit some of the major American tourist attractions such as, Disneyland, Disneyworld, Universal Studios and Hollywood. Emily a seasoned traveler who has been a part of our Colleges recent Turkey exchange and a New Zealand Ski Trip is no stranger to international travel, she is really looking forward to travelling again. The lucky lady will see both America and Canada. For Katie this will be her first international trip, naturally she is looking forward to this and experiencing a different country.

Talking to all four of these students, make me jealous of their exciting times ahead, yet also proud. I love travelling and as someone who didn't quite have these opportunities at school, I truly admire their spirit, bravery and sense of adventure to embark on such journeys. Travel safe ladies, keep in touch and I look forward to seeing the photos and hearing all about it in 2018.

**Other important notices;**

- Please pay for Valedictory if you haven't already (\$35 to the office)
- Year 9 & 10 Elective forms due
- Driver Ed notices and payment due
- School Captain speeches Friday 17<sup>th</sup> Nov during Sub-School Assembly
- Year 12 exams still going, hang in there.
- Year 10 & 11 exams Nov 20<sup>th</sup> – 24<sup>th</sup>

**Thanks for your time,  
Sarah Byrne  
Senior School Leader**

## KFC – Kids Friday Club Term 4 2017

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KFC starts tomorrow - November 10<sup>th</sup>.

All children in Prep-Yr6 are welcome. If your children would like to come along and they haven't been before there are consent forms at the Office. A KFC Newsletter was distributed last week, spares are available from the Office also. Please fill in the bus note below or in the KFC newsletter.

KFC dates for Term 4 are - Nov 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> and Dec 1<sup>st</sup>.

We then have our Community Carols evening which doubles as a KFC breakup on Sunday Dec 3<sup>rd</sup> at the Dingee Hall commencing with a free BBQ tea at 6.30pm.

Special notes for Term 4 -

To comply with child safety regulations children will need to be signed out of the KFC program by a parent/guardian. The KFC newsletter details how we'll manage this. It will be new for us all and we'll welcome feedback for smooth process.

Term 4 brings our annual charity fund raiser - the Loose Change Challenge - so start collecting. Details in the KFC Newsletter.

Our craft for week 2 (Nov 17<sup>th</sup>) will require each child to have an empty 400gm (or smaller) can and an old magazine to cut up. (We will attempt to have some spares available so no one misses out)

Contacts for enquiries: Robyn Falls 0429368242, Wendy Twigg 54368264 or Judy Mountjoy 04288379222 or Leanne Welsh 0447689309

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### **Bus note for KFC Term 4 2017**

My child/children.....will be attending KFC on Friday November 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> and Dec 1<sup>st</sup>. Can you please take his/her name off the bus roll. I will arrange private transport for him/her to be taken home at 5.00pm following KFC by...

Nominated person to sign out..... Parent/Guardian  
name.....

Parent/Guardian signature.....

Parent/Guardian phone no.....

Date.....

## Parents Association News

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### **P.A. AGM**

Now **Monday, 13<sup>th</sup> November 2017** at  
Tania Twigg's, Lagoona Road, Bears Lagoon  
Starting at 9.30am

There are office positions available on the committee.  
If you are interested, please phone Leanne to discuss.

An option to consider is a shared role which might help with time management and availability when one is busy elsewhere.

**EVERYONE WELCOME**

*Thanks so much for your continued support.*

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Leanne Welsh    President    03 5436 6281 or 0447 689 309    [welsh600@gmail.com](mailto:welsh600@gmail.com)

Kaeler Grigg    Secretary    0448 632 780    [kaelergrigg@hotmail.com](mailto:kaelergrigg@hotmail.com)

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## What is thunderstorm asthma?

During grass pollen season people may notice an increase in asthma and hay fever. Grass pollen season also brings the chance of thunderstorm asthma. Thunderstorm asthma is thought to be triggered by a unique combination of high grass pollen counts and a certain type of thunderstorm. For people who have asthma or hay fever this can cause severe asthma symptoms, making it difficult to breathe. When a large number of people develop asthma symptoms over a short period of time, this is known as epidemic thunderstorm asthma. These epidemic thunderstorm asthma events don't happen every year but when they do, they can happen during grass pollen season, which is normally from October through December.



Learn more about [thunderstorm asthma](https://www.betterhealth.vic.gov.au/campaigns/thunderstorm-asthma), check out the Better Health Channel <https://www.betterhealth.vic.gov.au/campaigns/thunderstorm-asthma>.

To register for a community [education session](https://www.asthmaaustralia.org.au/vic/education-and-training/thunderstorm-asthma-education-sessions/thunderstorm-education-events), go to <https://www.asthmaaustralia.org.au/vic/education-and-training/thunderstorm-asthma-education-sessions/thunderstorm-education-events>.

An asthma attack can quickly become an asthma emergency, but if you take quick action, you can reduce the risk of an asthma emergency.

### First aid for an asthma emergency

If you have asthma, your doctor will:

prescribe the correct medication <https://www.betterhealth.vic.gov.au/health/conditionsandtreatments/asthma-medications>

- help you to develop a plan to manage your asthma
- provide you with an action plan for asthma attacks.

The signs of an asthma emergency include when the person:

- finds it very difficult to breathe (gasping for air)
  - is unable to speak comfortably or if their lips are turning blue
  - has symptoms that get worse very quickly
- is getting little or no relief from their reliever inhaler.

### In asthma emergencies, follow your asthma action plan.

To use asthma first aid:

- sit the person upright
  - give four puffs of reliever medication (one at a time), taking four breaths for each puff. Use a spacer if one is available
  - wait four minutes – if the person still cannot breathe normally, give four more puffs
  - if there is still no improvement, call triple zero (000) for an ambulance. Tell the operator that someone is having an asthma emergency
- continue to give four separate puffs of reliever medication, taking four breaths for each puff, every four minutes until the ambulance arrives.

If you are not sure if someone is having an asthma attack, you can still use asthma reliever medication because it is unlikely to cause harm. <https://www.asthmaaustralia.org.au/vic/about-asthma/asthma-emergency>

# Canteen News

TERM 3			NOVEMBER		
Friday 10th	Mel Primrose	Leanne Welsh	Monday 27th	Judy Mountjoy	
			Tuesday 28th	Sue Pickles	
Monday 13th	Margaret Hocking		Wednesday 29th	Lisa Twigg	
Tuesday 14th	Sue Pickles		Thursday 30th	Sue Pickles	
Wednesday 15th	Karen Pascoe		DECEMBER		
Thursday 16th	Sue Pickles		Friday 1st	Kaeler Grigg	Toyah Ketterer
Friday 17th	Brian Duffy	Yoli Humphries			
			Monday 4th	Margaret Hocking	
Monday 20th	Belinda Clymo		Tuesday 5th	Sue Pickles	
Tuesday 21st	Sue Pickles		Wednesday 6th	Bec Cullen	
Wednesday 22nd	Nicky Lawry		Thursday 7th	Sue Pickles	
Thursday 23rd	Sue Pickles		Friday 8th	Michelle Balic	
Friday 24th	Miranda Smith	Natalie Rose			

## *Respect - Resilience - Responsibility - Relationships*

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6th	7th	8th	9th	10th VCE Health & Human Exam VCE Accounting VCE History P-4 ANZAC story Incursion Kids Friday Club	11th	12th
13th Year 5/6 Canberra Camp Begins	14th VCE Chemistry Exam VCE Visual Communication & Design P-4 Echuca Excursion	15th VCE Physics Exam  VCE Legal Studies Exam  Parent's Association AGM Tania Twigg's Bears Lagoon 9.30am	16th	17th VCE Studio Arts Exam Year 5/6 Canberra Camp returns  Year 12 Valedictory Dinner  Kids Friday Club	18th	19th
20th Year 11 PE, Chemistry, Vis Com, & Business Management  Year 10 Maths Exams	21st Year 11 Maths Methods, General Maths  History, Psychology & Physics  Year 10 Health Exam	22nd Year 11 English Year 10 Humanities Exam	23rd Year 11 Biology, Legal Studies  Year 10 Science Exam	24th Year 10/11 Exams  Catch Up Kids Friday Club	25th	26th
27th	28th Yr 9/10 Moggs Creek Camp Begins  Lions Youth of the Year	29th	30th P-8 Planks incursion cost \$2	DECEMBER 1st Moggs Creek Camp returns  Kids Friday Club Last night	2nd	3rd
4th	5th	6th	7th Year 10 Driver Education  Year 4 and Year 8 Graduation 2.30pm	8th Year 10 Driver Education	9th	10th