



Wednesday, 10 August 2011

Gundagai High School
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Principal: Jennifer Miggins

Term Dates

Term 3 ☞ 18th July – 23rd Sept.

Term 4 ☞ 10th Oct – 16th Dec.

DATES FROM THE CALENDAR:

Term 3

Week 4

- ✓ **Friday 12th August**
SCHOOL PHOTO'S

Week 5

- ✓ **Monday 15th August**
Trial HSC commences
- ✓ **Tuesday 16th August**
P&C Meeting @ 7pm
UNSW Maths test
- ✓ **Wednesday 17th August**
GATS Maths/Science Day at
Gundagai High

Gundagai High School

NEWSLETTER

PRINCIPAL'S MESSAGE

SUBJECT SELECTION EVENING TUESDAY 9TH AUGUST FOR YEAR 8 INTO 9 & YEAR 10 INTO 11.

This evening was well attended by parents and students. They heard valuable information from the Board of Studies Liaison Officer Lindy Billing, with key questions answered by her, the Head Teachers and Year Advisers.

Thank you to those teachers, parents and students who attended.

REMINDER: Students must have their Subject Selection forms returned by Friday 12th August.

Year 10 will be involved in personalised interviews after this date to ensure that they have made subject choices that best suit their future goals and the pathways to achieve these goals. Parents are more than welcome to also attend these interviews.

FOOTWEAR

Students are reminded that the correct footwear must be worn at all times. Footwear regulations are under Occupational Health and Safety laws to ensure injury from accidents is minimized. Therefore, it is a timely reminder also that the school uniform is black leather closed in shoes.



UNIFORM

There will be an order for Summer uniforms done this term so please look out for the date in the next Newsletter.

GOOD LUCK to Year 12 for their Trial HSC Exams.

The results of these exams are a learning opportunity to gauge the areas of study you need to focus on leading up the HSC next term. Use this to your advantage to make improvements.

CONGRATULATIONS

- Adam Daley for his participation in the Riverina 'Rock Camp' at Borambola. This is the second year he has attended and he has gained further valuable musical and team work skills. We look forward to hearing some of Adam's talent at one of our Assemblies. See further on in the newsletter for photos.

- Jo Argæet is currently in Sydney as part of the NSW State Wind Bands who are performing at the Sydney Opera House. We look forward to hearing about this experience on her return.

- Josh Bawden and Kyle Norris on your great results at the Regional Athletics Carnival.



Claim the Dates:

- Friday 23rd September will be the Year 12 Farewell Assembly.
- Monday 14th November will be the Year 12 Dinner.

These events are by invitation which will be sent out to Parents and students closer to the dates.

Jennifer Miggins
Principal

DEPUTY PRINCIPAL'S MESSAGE

Year 9 & 10 Welfare Day

On Thursday 28th July Year 9 & 10 students were given the opportunity to experience seminars on

- a) **Cyber Safety / Bullying in Schools and Community** presented by NSW Police School Liaison Officer, Constable Vanessa Cockrane. This seminar was very informative and explained the rights and responsibilities we all have as users of modern technology.
- b) **Relationships and Teen Pregnancy** presented by Tumut Community Health. The use of role plays, DVD, power point displays and general question time allowed students to gain a greater understanding of the difficulties young people face in relationships and becoming a parent at a young age.
- c) **Premiers Student Volunteering Program**, presented by myself. This is a new initiative taken up by Gundagai High School, it is specifically designed to give students recognition for their efforts and time when volunteering in the school and community. Over 350 Hours of volunteer time was logged by the students, recognising activities from helping clean up after the 2010 floods, coaching sporting teams, to walking the neighbour's dog. Our students do a fantastic job in the Gundagai community, and it is important that we recognise these efforts.

The aim of the day was to provide students with experiences and knowledge not normally covered in curriculum. It also allowed time for reflection and for the sharing of ideas, perceptions and experiences in a safe and supportive environment.

An added bonus to the day for the students was a free sausage sizzle at lunch, cooked by some year 8 student helpers, Mr Graham, Ms Carr, and Mr Hunt.

I would like to thank all the staff for their support of such a day and also the students for getting behind it and making it a positive experience for all.

Regional Athletics Carnival

Josh Bawden and Kyle Norris travelled to Albury for the Regional Athletics Carnival on Friday, 5th August. Both boys were great representatives for Gundagai High School. Josh was placed 8th in the 800m, Kyle was placed 7th in the 100m and 5th in the long jump with an improved jump from zone level. Josh and Kyle both tried their best and now look forward to improving their results next year.

HSC Exam stress busters

If your teenager is sitting the HSC this year, help maintain a calm, quiet and relaxing environment at home to allow for relaxation between study. Encourage your teenager to get enough sleep, eat healthy food and exercise. For more useful study tips go to the NSW Board of Studies website:

http://studentsonline.bos.nsw.edu.au/go/tips/study_tips_and_materials/

For smart ways to combat exam stress go to: www.schools.nsw.edu.au/gotoschool/highschool/stressexams.php , or <http://au.reachout.com/find/articles/exam-time-hints-for-managing-stress>

Simon Bridgeman, DP

Pertussis (Whooping Cough)

Whooping cough continues to be a health issue with further cases being identified in our community. Please be vigilant in the identification of symptoms and ask your doctor to consider whooping cough if you or your child develop a cough. Contrary to popular opinion sufferers of whooping cough often do not develop the “whoop” sound that is expected to accompany the disease.

Whooping cough may begin with “cold like” symptoms that progress to a cough or a person may simply begin coughing. The symptoms range from a minor persistent cough or irritated throat, to severe coughing fits that may cause vomiting and breathlessness. The cough can last for many weeks.

Immunity to whooping cough from immunisation or infection is not life lasting. It is therefore important to seek medical attention even if you are fully immunised

This disease is very contagious, if you or your child develops a cough PLEASE consult your doctor and:

- **Do not send your child to school.**
- Take this newsletter and see your doctor. You may require a course of antibiotics prior to returning to school. Pathology testing is usually requested (nasopharyngeal swab).
- Avoid contact with children less than 2 years old and women in their last month of pregnancy.
- Ask your doctor about the adult booster vaccine for pertussis – recommended for all adults who have contact with young children.

[If you have any questions or concerns please contact Population Health on 02 6080 8900](#)

DER INFORMATION

All year 11 laptops need to be handed in. Lenovo has agreed to replace the hinges, hinge caps and both top and bottom outer casing. For this to happen as quickly and as smoothly as possible we will be collecting all on the 12th of August, with the maintenance to start by the following week. A note regarding this was sent home in week 3.



Adam enjoys "Riverina Rock Camp"



SCHOOL PHOTOS



School photos will be taken on Friday 12th August. All students will have received their photo envelope. This must be returned on the day with correct money enclosed. Students must return their photo envelope even if they are not buying any photos. Photo envelopes can be returned to the front office prior to the day for safe keeping.

Students are asked to wear the correct school uniform and be neat and tidy.

Family photos are available to students attending this school. Please see Front Office ladies for a family photo envelope.

Sport and cultural group photos will also be taken on the day. These will be available for purchase later on in the term. A list of sport group photos and organisation for the day will be on the school noticeboards.

Please contact the school or the photographer, MSP on 02 6971 1469 if there any further enquiries regarding the photos.

Thankyou.



CAREERS NEWS

Year 10

1. Year 10 attended a combined **History/Careers excursion** to Canberra on Thursday 4th August. We visited Bruce Stadium for a Careers Market, followed by a visit to the Australian War Memorial.

2. Currently Year 10 are involved with a **careers interview** which aims to give each student a plan for the future, whether leaving school, going to TAFE or staying on at High school. It is important to have this completed before subject selection.

3 **Work Experience** – If you are considering doing work experience you must allow time for all paperwork to be completed at least 1 week before your work experience. In cases of interstate work experience, paper work must be completed from 2 weeks up to 10 weeks before your actual placement

Year 11 – On Tuesday August 2nd Year 11 attended a **Financial Workshop** during periods 1 and 2 in the TLS. This workshop was presented by the Commonwealth Bank.

Build a Bridge – On August 15th – 17th Danian Makeham and James Attwood will be attending an Engineering camp held at Borambola.

Year 12 – Just a reminder to collect your UAC books from the Careers Office and to start making preparations for the various early entry schemes. These schemes are offered in various formats by the following universities- Canberra, CSU, UNE, and UOW. Closing dates vary so do not leave it to the last minute.

RSA and RCG (see attached advertisement)

The course will run over two days, Thursday 8th and Friday 9th September. The cost of training for both days is \$120. For this training you will receive an interim certificate. However to be fully qualified to work in the industry, you will be required to pay an extra \$100 and present 100 identification points at the Post Office. This extra \$100 is due to new Government Legislation.

I must have final numbers and \$120 by 12th August. This training is available to High School Students and members of the general public. Once I have at least 20 people fully committed, I will finalise the dates for training. Absolutely No Refunds.

First Aid Course – Tumut TAFE are proposing to run a first aid course on the 27th August at a cost of \$180. If you are interested please contact the TAFE to enrol.

COLES 2011 SPORTS FOR SCHOOLS PROGRAM



Coles has launched their 2011 Sports for Schools program and we are excited to announce that Gundagai High School will be participating and collecting vouchers for much needed sports equipment.

Vouchers are available in all Coles stores from 11 August to 19 October and we ask that you get involved to help collect vouchers for our school.

We are appealing to parents and guardians to collect as many vouchers as you can. By donating and encouraging friends and family to do the same, you are helping to provide a healthy and active education for our children.

Please visit coles.com.au/sportsforschools for more information about the program and you can also browse the sporting gear available to see what equipment we are aiming for.

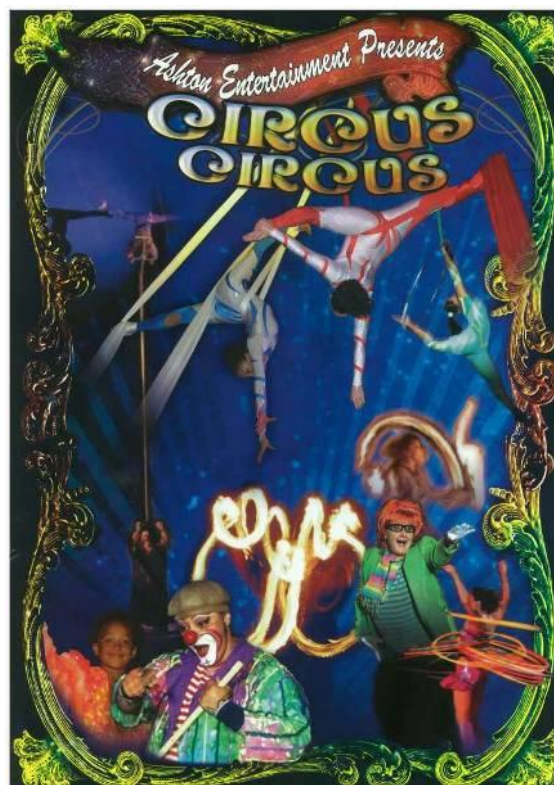
A collection box will be located at the front of reception so please feel free to drop the vouchers in the box or give them to your children to hand into class.

Circus Circus

Gundagai Showground
26th, 27, 28th August 2011

Students will be given a ½ price ticket voucher which will admit up to 4 people valid for the 26th only.


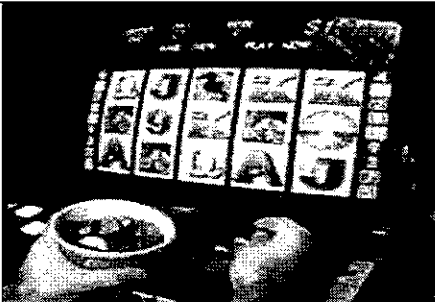
To claim tickets at this special price, bookings need to be made by ringing the phone number listed on the voucher.



Metalwork Happenings



Start Me Up Training

<p>Responsible Service of Alcohol SITHFAB009A</p>	<p>Responsible Conduct of Gambling SITHGAM006A</p>
<p>If you want to work in the hospitality industry and will be selling or supplying alcohol to the public you need to complete an approved RSA course.</p>	<p>If you want to work in the gaming sector of the hospitality industry you need to complete an approved RCG course.</p>
	

**BEAT THE GOVT INCREASE
(of \$100 after 22nd August)**

**From \$60.00 per course as a pre-paid package or
\$65.00 per course**

VETAB REGISTERED

RTO # 91725

CLGCA APPROVED



Charles Sturt University and Tumut Shire Council
present a Public Lecture

Putting Youth in the Picture

'Putting Youth in the Picture' is a unique educational program that has been developed in regional Queensland to help communities deal with issues confronting youth. This program uses a series of authentic but confronting movie scenarios to show how young people can become involved in life-altering incidents as a result of poor decision making. The issues presented and discussed include sexual assault, a bar-room fight, use of illegal recreational drugs, binge drinking and underage drinking at a party featuring all of these behaviours.

Charles Sturt University has been granted the first NSW licence for this program and aims to roll it out to all local government areas across its region, commencing with the Riverina.

by
Mr Peter Bell

*Manager, Residential Life
Charles Sturt University, Wagga Wagga and Albury-Wodonga Campuses*

Wednesday 14 September 2011, 6.00pm

Montreal Community Theatre, 44-46 Russell Street, Tumut

Charles Sturt University wines and cheeses will be served following the lecture

RSVP to either:

Charles Sturt University
Telephone: (02) 6933 2221
Email: kjamieson@csu.edu.au

Tumut Shire Council
Telephone: (02) 6941 2555
Email: admin@tumut.nsw.gov.au



Mr Peter Bell

*Manager, Residential Life
Charles Sturt University,
Wagga Wagga and Albury-Wodonga Campuses*

Peter Bell is a graduate of Charles Sturt University, having completed both a Bachelor of Arts and a Bachelor of Social Work. He has been employed at the University since 1991 and is currently the Manager of Residential Life in the Division of Financial Services for both the Wagga Wagga and Albury/Wodonga Campuses. Mr Bell's main duties in this role are the provision of welfare and pastoral care to students who reside in the Halls of Residence at the Wagga Wagga and Thurgoona Campuses.

Prior to coming to Charles Sturt University, Mr Bell was a Recreation Officer with the Sydney City Council, working with inner city children in various community centres throughout Sydney.

In 1988, Peter, his wife and three children moved to Wagga Wagga to give country living a try and have never looked back.

Mr Bell is a member of the Australian Association of Social Workers (AASW). He is also a qualified trainer with LivingWorks Education, and is passionate about suicide awareness and prevention.

Newsletter for schools and preschools

A Spotlight on asthma and allergy



Between one third and one half of the Australian population will be affected by a form of allergy at some stage in their life. There are many different causes of allergic reactions, with symptoms varying from mild to potentially life threatening.

Allergy occurs when a person's immune system reacts negatively to a particular substance in their environment that is harmless to most people. These substances, known as allergens, are most commonly house dust mites, pollens, pet hairs, moulds, foods and some medicines.

Why do only some people develop allergy?

There is a genetic (inherited) tendency to develop allergic disease and when people with this tendency are exposed to specific allergens they can develop a reaction that leads to redness and swelling in the affected area. The areas most commonly affected are the skin, the airways in the lung, the nose and/or the eyes. These reactions are then referred to as:

- Hay fever (allergic rhinitis) in nose/eyes
- Eczema (hives and itchiness) in the skin
- Asthma in the lungs

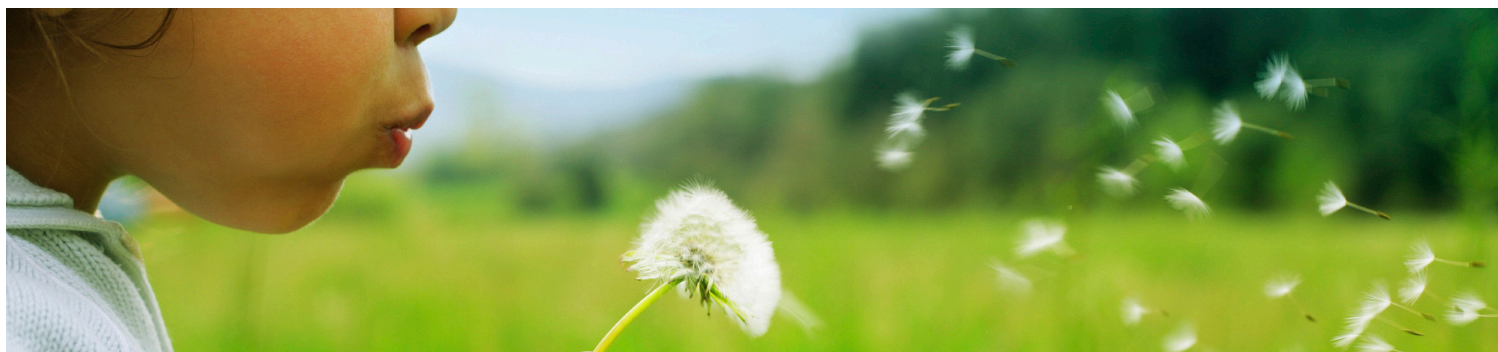
Everyone reacts differently, and a substance that is an allergen for one person may not be for another.

Note: The likelihood of developing allergies increases if other family members suffer from allergy or asthma.

Effects of allergens in the lungs

When you breathe in an allergen, the lining of the air passages in the lungs become swollen and makes breathing difficult. Therefore asthma symptoms can occur during an allergic reaction.

Most people with asthma have a genetic tendency to develop allergic diseases. There is a close link between asthma and hay fever. If a person's hay fever is poorly controlled, it can be harder to manage their asthma also. Although not all asthma is caused by allergy, in many cases allergy does play a part. For further information, a useful website is the Australian Society of Clinical Immunology and Allergy www.allergy.org.au



To find out more contact Asthma Foundation NSW
1800 645 130 | www.asthmafoundation.org.au

Asthma and allergy friendly gardens

Planting a wheeze and sneeze free garden can improve the health and wellbeing of people affected by asthma in an education setting.

Between August and March there is an increased amount of pollen in the air. For some of the two million Australians who have asthma and/or allergies, being outside during this time and close to plants is often accompanied by symptoms of sneezing, runny or blocked noses, watery and itchy eyes and sometimes extreme fatigue.

For many people with asthma, air borne pollen can trigger an asthma attack and make life pretty uncomfortable. Plants can also trigger or worsen symptoms because they have a strong irritating perfume. Some plants may commonly produce an irritating skin rash if touched.

Choosing asthma and allergy friendly plants can help improve students and staff wellbeing. The first step would be to look at the types of plants that are planted in the setting. Some, including grasses, can be pruned or cut early before they begin to release pollen. A nursery should be able to advise you on which plants and trees are high in pollen or heavily scented.

Following are some examples of asthma friendly plants and ones to avoid when designing an asthma friendly garden.

Grasses

- ✓ Buffalo, Kangaroo (A) Greenless Couch, Rice or Weeping Grass (A)

Flowers

- ✓ Banksia Rose (S), Bulbs (e.g. daffodils), Climbing Rose (S), Columbine, Foxglove, Glossy Abelia (S), Impatiens, Larkspur, Nasturtium, Petunia, Snapdragon, Verbena
- ✗ Asteraceae family of daisies including: Chrysanthemums, Calendulas, Marigolds



Shrubs

- ✓ Azalea, Banksia Species (A), California Lilac, Callistemon (A), Dog Rose, Escallonia, Flax, Gardenia (S), Kunzea (A), Lavender (S), Melaleuca (A), Plumbago, Rose species, Silky Tea Tree (A), Twiggly Heath (A), Westringia (A), Yucca

Trees

- ✓ Bay Laurel, Citrus species (A) Coastal Banksia (A), Flowering Crab Apple, Lillypilly (A), Male Ginkgo biloba, Old Man Banksia (A), Paperbark (A), Silky Oak (A), Paperbark (A), Scribbly Gum (A), Tupelo, Willow Myrtle (A)
- ✗ Alder, Ash, Birch, Box Hedges, Cypress family of trees, Elm, Hazel, Liquidambar, Maple, Mulberry, Oliver, Orchid Tree, Pine family of trees, Platanus Xhybrida (Plane Tree), Walnut, White Cedar, Willow, She-Oak (male only)

Other plants

- ✗ Weeds such as Plantain (Plantago) and Asthma Weed (Pellitory). Although not causing asthma, some of these plants may cause a rash if touched: Clematis, Common Ivy, English Ivy, Some Grevilleas (A), Poinsettia, Poyanthus, Primrose, Primula, Rhus Tree

Key

(A) = Australian native (S) = scented

For a full list of plants to use and avoid, order the Asthma & Allergy Friendly Gardens Brochure by calling 1800 645 130 or [download](#).

Newsletter for schools and preschools



Children's Writing Competition



Did you know

- 70% of children have taken time off school in the past year due to asthma
- asthma is a leading reason for school absenteeism in Australia

To help raise awareness about asthma and what it's like to be unwell, Asthma Foundation NSW is inviting primary school children to get creative and write a short story with the following title;

Stuck At Home in my PJs

Stories should be about what it's like to be stuck at home in your pyjamas when you are unwell with asthma or any other illness. Stories should be no longer than 200 words.

All competition entrants will receive a certificate of participation and be invited to attend a morning tea with Australian children's author, Libby Gleeson at Eden Gardens during September 2011.

Winning entries will;

- Have their story published on Asthma Foundation NSW's website
- Receive a signed book by Libby Gleeson
- Be invited to read their story at Eden Gardens morning tea where they will meet Libby Gleeson and hear her read from one of her books

The school that submits the most entries (per student population) will receive a signed Libby Gleeson book pack for their library and a plant for their school garden.

Entries must include name, age, school, class, contact phone number. Closing Date for entries: Friday 19 August 2011

Entries can be emailed or posted to :
ljacka@asthmafoundation.org.au

Children's Writing Competition
Asthma Foundation NSW
Level 3, 486 Pacific Highway
St Leonards NSW 2065

Asthma training in schools and preschools across Australia

The take up of asthma training in Australian education facilities continues to grow, with 61.5% of schools and 26.5% of preschools with trained staff at 30 June 2011 (the provision of preschool training commenced in Nov 2009).

Our new training promotion trifold highlights issues and facts about students and asthma, also providing Asthma Friendly checklists for your facility and for you as a staff member.

Asthma First Aid

1	Sit the person upright. — Be calm and reassuring — Do not leave them alone	
2	Give medication — Shake the blue reliever puffer* — Use a spacer if you have one — Give 4 separate puffs into the spacer — Take 4 breaths from the spacer after each puff <small>*You can use a Bricanyl Turbuhaler if you do not have access to a puffer and spacer. Giving blue reliever medication to someone who doesn't have asthma is unlikely to harm them.</small>	
3	Wait 4 minutes — If there is no improvement, repeat step 2	
4	If there is still no improvement call emergency assistance (DIAL 000) — Tell the operator the person is having an asthma attack — Keep giving 4 puffs every 4 minutes while you wait for emergency assistance	

Call emergency assistance immediately (DIAL 000) if the person's asthma suddenly becomes worse

To find out more contact your local Asthma Foundation:
1800 645 130
asthmaaustralia.org.au
Translating and Interpreting Service: 131 450
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Asthma Training

for school & preschool staff



Following a comprehensive review and update of the training package for schools and preschools, an online version of the package is now being built. This will be trialled early in Term 3 and available soon after. Check the Asthma Australia website or contact your Asthma Foundation for details.

www.asthmaaustralia.org.au

Supported by the Australian Government