



Friday, 10 August 2012

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Principal: Jennifer Miggins

DATES FROM THE CALENDAR:

Term 3

Week 5

- ✓ **Monday 13th August**
HSC Trial Exams start today
- ✓ **Tuesday 14th August**
Under 15 Girls Basketball –
Wagga

Coming Up

Gundagai High School Variety Night

Thursday, 20th September 2012

6.30pm for 7.00pm start

\$5.00 per person or \$10.00/family

Gundagai High School

NEWSLETTER

PRINCIPAL'S MESSAGE

Subject Selection Evening

Thank you to parents and students for their attendance at the Subject Selection evening. There was very valuable information about the changes to occur to the credentials of students from stage 5 and into stage 6.

Parents and students were able to speak with subject experts and gather information in order to make informed choices.

Reminder: the selection forms were due back to the office today - Friday.

Riverina Highlands Learning Community RHLC Head Teachers English

They met at Gundagai High School on Monday 6th August to continue work on addressing the recommendations that resulted from the English Review held earlier this year. Positive progress has been made with regard to the timeline for particular strategies.

The **RHLC Maths Head Teachers** have made significant advances in strategy implementation.

These positive changes will see adaptations in the classrooms and the organisation of the faculties and school.

Curriculum Organisation

The staff are in the process of considering a number of organisational changes as a means of improving the educational opportunities for students. The areas for consideration are:

Stage classes or vertical groupings
Stage 6 course delivery models
Integrated sport

We are also evaluating the Focus period which occurs Monday, Tuesday, Thursday and Friday mornings. Students will be part of this process via the SRC. The P&C will also be considering these at the next meeting.

Jennifer Miggins
Principal



We acknowledge the Wiradjuri people who
are the traditional custodians of this Land.

Strive to Serve

DEPUTY PRINCIPAL'S NEWS

Asthma awareness

Does your child suffer from asthma? Asthma affects about 1 in 9 school-aged children.

The Asthma Foundation has great information for parents of children who suffer from asthma.

For more information on how you can support a child with asthma, go to <http://www.asthmafoundation.org.au/>.

See also the attached newsletter as there are some changes in regards to using spacers at school.

Cycling fun

Cycling is a fun and healthy activity for people of all ages.

The NSW Government has set up the Bicycle information for NSW website.

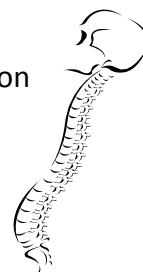
The site includes information of what to look for when choosing a bike, suggestions on great bicycle paths around NSW and safety tips.

Go to: <http://www.bicycleinfo.nsw.gov.au/index.html>

Scoliosis Month

During July/August all schools with girls in Years 7 and 9 participate in the National Self Detection Program by encouraging students to download the Self-Detection Brochure.

Go to: <http://www.scoliosis-australia.org>



Dental Care

Murrumbidgee Local Health District employs dental therapists at the Wagga, Tumut, Tumbarumba, Junee and Cootamundra dental clinics. Dental therapists are registered clinicians who provide general dental treatment for children and adolescents up to the Age of 18 years. The treatment is free. Please ring 1800 450 046 to register your child.



A brochure containing more information is available for collection by your child at the schools front office.

Simon Bridgeman
Deputy Principal

SENIOR GEOGRAPHY FIELD TRIP TO SOUTH GUNDAGAI CEMETERY

On Tuesday July 31st, our senior Geography class attended a field trip to an area in South Gundagai just behind the cemetery. This area is one of the most unique remanent bushland areas in NSW where an undisturbed natural environment still exists. There are over 80 native species of grasses, trees, shrubs and flowers to be found in an area of about half a hectare that are seldom found together in one place any more. It is a very important area for biologists, ecologists and scientists to study the complex relationships between plant and bird species that were once found all over this area before European settlement.



As part of our course the students were able to examine these relationships and other features of the natural environment such as the wild life species and their distribution. Australian National University Scientist Mason Crane guided the students through the area and gave valuable advice on the ecosystem and its functioning. Students also conducted field tests in different areas and collected this data for further analysis, during these tests we were able to check several reptile study areas and found a rare Dwyer's snake (above) and a striped skink (left).

A thank you goes to Mason Crane and David Bridgeman for their time during the excursion and our students for their excellent behaviour.

Mr Rod Crane
Geography/Science Teacher



ENGLISH/HSIE NEWS

English

Year 9 students have been trying to work out who killed Humpty Dumpty. The unit of learning is called “Who Dun It” and students have been investigating the murder of Humpty Dumpty – very messy. Students have completed a number of writing tasks in class and at home, hopefully leading to an early arrest. Not surprisingly, several teachers are prime suspects.

The English faculty would like to congratulate Mrs Bronwyn Hunt on receiving news that due to the death of Mr Dumpty, she is now back in the running to be the guest judge on Masterchef. I guess every cloud does have a silver lining.

History

Year 9 students are now due to hand in their Assessment Task on the topic “Gundagai Remembers”. This has been a challenging research task where students have researched the lives of individual World War One servicemen from Gundagai. Students have appreciated the opportunity to find out more about the individual experiences of servicemen and they have been quite resourceful in gathering information from the Australian War Memorial, the National Archives and from the families of the servicemen.

PARNASSUS WINS ATHLETICS CARNIVAL

Parnassus has edged out Kimo to win the 2012 Athletics carnival. Parnassus finished with 703 points and Kimo on 660 points while Reno struggled on the day finishing in third position on 448 points.

There was some close competition in several age groups. In the 12 years girls, it was a close battle between Teagan Worsnop, Tihana Bromley and Shae Smith. By competing in the longer distance events, Shae was able to claim the age champion. This was also the case in the girls 13 years where Ella Manton was age champion with Alina Hazelwood finishing second.

It was a ‘two horse race’ in the 14 years girls between Jade Smith and Jeana Bell. Both girls competed in all events with Jade claiming age champion by a narrow six points. In the 17 years girls, Stephanie Cribb and Meg Armour were doing battle before an injury to Meg Armour prevented her from competing in all events, including her favoured event of high jump. Stephanie Cribb went on to win the age champion.

In the 13 year boys Mat Thomson finished in first position overall with Clay Willshire in second. Simon Shipley and Liam Worsnop were convincing winners in the 14 and 15 years age groups respectively. In the 16 years boys, Ben Armour and James Cook were both serious contenders with Ben eventually finishing first overall. The 17+ years boys set a good example with their participation and sportsmanship with Toby Beath finishing first and Matt Henery only eight points behind in second.

The individual age champions were:

	<u>Boys</u>	<u>Girls</u>
12 years	-----	Shae Smith
13 years	Mat Thomson	Ella Manton
14 years	Simon Shipley	Jade Smith
15 years	Liam Worsnop	Emily Bridgeman
16 years	Ben Armour	Tara Cook
17+ years	Toby Beath	Stephanie Cribb

Congratulations to these students and also to other students who attended and participated in these events. The emphasis of all school carnivals is on having fun and being active. Unfortunately there were no records broken during the day.

Thank you to all the staff who helped and officiated throughout the day. I also invite parents to watch their children compete in future carnivals if time permits and even volunteer their services if they wish.

REGIONAL ATHLETICS

Following on from the School Athletics Carnival, Ella Manton and Jake Russell attended the Regional Athletics Carnival in Albury on Friday 3rd August. These students were selected to attend this carnival after their excellent performances at the Zone Carnival in Temora.

Ella competed in the 13 years 100m and 200m and finished fifth and fourth respectively, narrowly missing selection in the Riverina Team.

Jake Russell participated in the Open boy's high jump after winning this event in Temora. He again performed well in Albury, finishing second on a count back. He will now represent the Riverina at the State Carnival in Homebush.

Thankyou needs to go to the parents for transporting their children to these events and we wish Jake well in Sydney.

Mr Hall
Sport Co-Ordinator

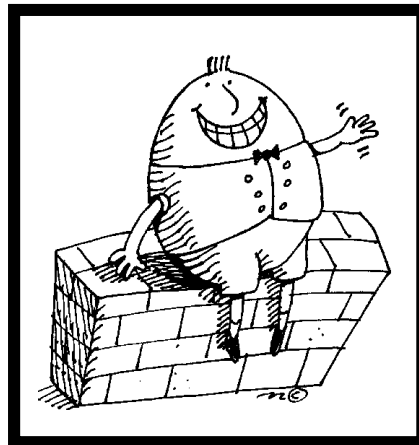
REWARD OFFERED

A LARGE BOX OF CHOCOLATES

TO

THE FIRST YEAR 9 STUDENT TO SOLVE THE CRIME:

"WHO KILLED HUMPTY DUMPTY?"



AND

**HAVE ALL DOCUMENTATION COMPLETED IN THEIR CRIME
SCENE INVESTIGATION PORTFOLIO**

NOTE:

- **DOCUMENTS MUST DEMONSTRATE THE TRAIL OF EVIDENCE FOLLOWED TO MAKE THE PROPOSED DEDUCTION**
- **DOCUMENTS MUST BE COMPLETED TO THE REQUESTED STANDARD, I.E., EDITED AND POLISHED**

Reliever Medication; how often should it be used?

Reliever medications such as Airomir, Asmol, Bricanyl and Ventolin are used by people to provide quick relief from their asthma symptoms. They work within minutes by relaxing the muscles around the airways and last for up to four hours. If you or someone you know uses their blue puffer three times or more in a week (apart from before exercise) it could indicate that asthma is not well controlled.

Other things which can indicate poor asthma control include:

- Waking in the night coughing or wheezing
- Getting breathless or wheezy during the day
- Struggling to keep up with normal activities or getting breathless whilst exercising

These symptoms are not a normal part of well managed asthma and if they are happening, it is recommended to see a doctor to help you or someone you care for to take steps to better control the condition. Some people need to take additional medication that is prescribed by the doctor to help them control their asthma symptoms; this medication is called preventer medication and it works by making the airways less sensitive, reduces the redness and swelling inside the airways and dries up the mucus. Preventer medication takes a few weeks to reach its full effect, and has to be taken every day to work well.

Further information can also be obtained from the InfoLine at Asthma Foundation NSW 1800 645 130 or ask@asthmafoundation.org.au



Asthma and School Holidays – Tips for Travel

When travelling it is important to be aware that different locations and environments may harbour triggers for asthma, particularly new triggers that you or your child may not have come into contact with before.

- Even if asthma is mild or has not occurred for some time, travel to a new destination can often bring about asthma symptoms
- People with asthma should always carry reliever medication and a spacer with them when they travel to ensure they can treat asthma symptoms quickly if they occur
- It is important that people with asthma take enough medication to last for the trip, and have repeat prescriptions with them if they expect to run out during the trip
- People with asthma should have a review with their doctor and update their Asthma Action Plan prior to the trip, so that a clear guide is available on what to do if asthma symptoms or an asthma attack occurs while on holiday
- Ensure that travel insurance adequately covers medical costs and needs while on holiday. Some policies may not cover for asthma treatment if a recent asthma emergency has occurred. Be sure to read the fine print or ask the insurance provider about their asthma coverage

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

Newsletter for schools and preschools

Update to our Schools and Preschools one hour presentations

Our presentations have just received a comprehensive overhaul and there have been quite a few changes! We've updated our asthma statistics, asthma first aid procedures and provided a more relevant overview of managing asthma in education settings.

We've also added a great new video outlining the first aid procedure. The new presentations will be rolling out across NSW over the next few months, so it's a great time to book a session if your staff haven't had one in a while (free training is offered once every three years).

To book a session, complete our [online booking form](#). Click the picture to your right to view our new video now!



Pyjama Day a Success!

Every day kids around Australia need to stay at home from school and spend the day in their pyjamas due to their asthma symptoms.

This year schools and preschools around NSW held a Pyjama Day fundraiser to raise awareness and funds for Asthma Foundation NSW.

Pyjama Day participants this year raised over \$7,000 which will support our education, training and research programs.

What a great effort and thank you to all those that participated!

Here at the Asthma Foundation we also wore our pyjamas for the day! Mark your calendar for May 2013 to have your own Pyjama Day FUNdraiser.



New resource for parents with children in Schools and Preschools

Asthma Australia has developed a new brochure directly aimed at parents who have children in schools and preschools.

Children's Asthma in Education & Care Services provides parents with some great tips for working in partnership with staff in managing their child's asthma.

To order these for free (up to 25) for parents of your school or preschool email ask@asthmafoundation.org.au

Children's Asthma in Education & Care Services

Families & staff working together



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

Newsletter for schools and preschools

Change in policy for use of spacers in schools and preschools

Asthma Australia has received expert advice that has resulted in a change to our policy regarding the use of spacers in all settings, including schools and preschools. Rather than cleaning spacers as has been the practice, we now advise staff to regard all spacers as 'single person use'. This will require some changes to processes. As well as responding to national infection control guidelines, this move reflects the manufacturers' product instructions. The risk of transmission of infection via mucus is removed by this new policy.

What should we do?

Our advice is that for best practice, when a spacer is used it can then only be used by that person. They could be given the spacer to take home, or it can be labeled for future use at the pre/school. Note that spacers have a limited usage life.

Your Asthma Emergency Kits should contain at least 2 spacers, so there is a spare available when one is used. As soon as possible after the spacer is used, it should be replaced, so a back up stock of spacers is advisable. In settings caring for children under 5 years old, masks should also be included in the kits. These are also single-person use devices, and so must be replaced each time.

Asthma Emergency Kits and spare spacers and masks are available for purchase from your local Asthma Foundation.

Summary

Spacers (and masks for under 5s) are essential devices for best practice Asthma First Aid management.

Spacers (and masks) are for single person use.

Asthma Emergency Kits should contain at least 2 spacers (and 2 masks for under 5 year olds).

Used spacers (and masks) can be given to the person using them or kept at the service for future use by that person.

Back-up supplies of spacers (and masks) will be required to replace a used item.

For more information contact your local Asthma Foundation on 1800 645 130 or ask@asthmafoundation.org.au

Need to order Asthma Emergency Equipment?

Asthma Foundation NSW supplies a range of asthma emergency equipment such as spacer and mask refill packs, and asthma emergency kits.

Asthma Emergency Kits consists of two spacers (and two masks for under 5's kits), Asthma First Aid instructions, log sheet and kit maintenance card, all contained in a bright blue bum bag. Reliever medication does not come in a kit and must be purchased from pharmacies.

You can order asthma emergency equipment through our website www.asthmafoundation.org.au/NSW/Resources.aspx



REASON FOR ABSENCE



My son/daughter _____ in Year _____
was absent from school on _____
(dates student absent)

Reason: ☐ Sick ☐ Medical/Dental ☐ Family Leave

Signed: _____ Parent/Carer

Date: ____/____/____

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