Dear Parents and Guardians,

Curriculum Day Report

The staff enjoyed a successful two day conference based on the theme of “inquiry learning”. On Friday we worked with Kath Murdoch, a leader in Inquiry Learning and teaching. We explored how we can best engage our students through inquiry learning strategies. On Saturday we enjoyed Rob Vingerhoets who challenged the staffs thinking about how we engage students in mathematics and to make mathematical connections with our units of inquiry. Both presenters will be continuing to work with Wales Street staff with visits to the school planned for September.

I’d like to thank the staff for their dedication and professionalism over the two days.

PYP Parent Workshop – May 23rd 7pm to 8.30pm

On May 23rd from 7.00pm – 8.30 pm there will be PYP parent workshop in the Grade 3/4 building.

The focus on the workshop will be on how our units of inquiry are planned through the use of the PYP’s trans-disciplinary themes. It will be a hands on and interactive session.


Christopher L. Sexton
Principal
Dear Parents & Students .... **SCHOOL PHOTO DAY is MONDAY 6/05/13**

School photo order envelopes have been distributed to every student and it is important that the order instructions (below) are followed.

### Important Information
- Every student ordering photos must return an order envelope *before* photo day.
- Every student ordering photos must return *their own* order envelope – even if their payment is in their sibling’s envelope.
- **Sibling photo order envelopes can be collected from the school office** and must be returned to the school office *before* photo day.
- Orders placed after photo day will be charged a *late order fee*.

### Order Instructions
1. **Select a photo package option** - each option is explained on the flyer attached to the order envelope.
2. **Complete your order envelope** - use a black or blue ball point pen and fill in your order and contact details.
3. **Complete payment** - using one of the following options.

#### CASH
- Put exact money in order envelope.
- *No* change will be given.
- You can pay for all siblings in one order envelope - you must write on each order envelope the name and class of the sibling that has payment.

#### CHEQUE
- Write your name, address and telephone number on the back of the cheque.
- Dishonour fees will be charged if payment is declined.
- Make cheques payable to: **ADVANCEDLIFE PHOTOGRAPHY**
- Allow up to 60 days for payment to be completed.

#### CREDIT CARD
- Payment can only be made online.
  2. Click on *online payments and re-orders*, then click on *proceed*
  3. Enter the three (3) letter online payment code found on your order envelope (example: SCH), then click on OK
  4. Follow the payment instructions
  5. Write your receipt number on your order envelope under payment method – online payment.
- You can pay for all siblings in one transaction – you must total the amount of all order envelopes and write the receipt number on each order envelope.
- Return order envelope to school *before* photo day.

From the team at AdvancedLife Photography.
Mothers’/Special Persons’ Day Stall
Friday 10th May

- A reminder that the Mothers’/Special Persons’ Day Stall is on **Friday 10th May**
- Gifts range in price from $5 - $10
- Children need to bring money in a named envelope or purse if they would like to purchase a gift from the stall. Sorry – I.O.U.’s will not be accepted

Parent Helpers: If you can help on the day, please leave your details at the school office.

Library News…
**SCHOLASTIC ALL STAR BOOK FAIR**

*Tuesday May 14th from 3pm to 4pm and then daily, 8.30-9.30am and 3-4pm until Monday 20th May*

Put this in your diary and come and find great children’s books to buy. The Library receives Commission on all sales, which we take in the form of books from Scholastic.

**VICTORIAN PREMIER’S READING CHALLENGE**

Remember to send in your completed Reader’s Challenge permission form to the School Office as soon as possible. *The task of loading all names onto the database is still befuddling the technicians at the VPSC Office. When we receive everyone’s Log on details, they will be sent home.*

In the meantime, remember to write down the title and author of all the books you are reading so that you can add them to the database. Families are welcome to come and visit the Library afterschool on Tuesday or Thursday to look for suitable books for the challenge.

Woolworths Earn & Learn

Just a reminder to ask for your Earn & Learn stickers when you shop at Woolworths. Please stick them on a brochure that you can get from the Service Desk and then place it in the box in front of the Office.

School Nurse Report

Hello Everyone,

I hope you enjoyed the long weekend last week? A bit of a rest before we sink our teeth into this term.

Today, in honour of World Asthma Day next week, you can update your knowledge, courtesy of the Global Initiative for Asthma. The more we know, the more we can be a part of its control in an effective and safe manner.

**“World Asthma Day 2013: May 7.”** World Asthma Day is an annual event organized by the Global Initiative for Asthma (GINA) to improve asthma awareness and care around the world. World Asthma Day 2013 will take place on Tuesday, May 7, 2013 and the theme will continue to be "You Can Control Your Asthma." However, this year GINA will also introduce a sub-theme, "It's Time to Control Asthma."

**ASTHMA**

**What is asthma?** Asthma is a chronic lung disease characterized by recurrent breathing problems and symptoms such as breathlessness, wheezing, chest tightness, and coughing. During normal breathing, air flows freely into and out of the lungs. But when asthma is not under control, the airways of the lungs are thick, swollen, and inflamed. The airways become overly sensitive to environmental changes, and an asthma attack can happen easily. During an asthma attack, the lining of the airways swells, muscles around the airways tighten, and mucus clogs the tiny airways in the lungs, making breathing difficult.

Asthma symptoms vary from hour to hour, from day to day, from week to week, and over months. They are often worse at night and in the early hours of the morning. The severity of asthma also varies from individual to individual. Although asthma cannot be cured, it can be effectively treated. Research shows that with proper treatment, nearly all
asthma patients can achieve and maintain good asthma control, enabling them to participate in school, work, and other normal activities and prevent visits to the emergency department and hospital.

What is asthma control and how is it achieved? Asthma control means that a person with asthma has:

- No (or minimal) asthma symptoms.
- No waking at night due to asthma.
- No (or minimal) need to use quick-relief medication.
- The ability to do normal physical activity and exercise.
- Normal (or near-normal) lung function test results (PEF and FEV₁).
- No (or very infrequent) asthma attacks.

The goal of asthma treatment is to achieve and maintain control of the disease. In order to achieve control, people need access to effective anti-asthma medications, as well as education to understand how to take their medicines, how to avoid risk factors or “triggers” that make their asthma worse, and what to do if their symptoms do worsen.

Most people with asthma need two types of medications: controller medications (especially anti-inflammatory agents such as inhaled corticosteroids) that are taken every day over the long term to keep symptoms and attacks from starting, and reliever medications (rapid-acting bronchodilators) that must be kept on hand at all times to treat attacks or provide quick relief of symptoms.

What causes asthma? The causes of asthma are not well understood, and the rapid increase in asthma prevalence around the world is one of the biggest mysteries in modern medicine. In the 1990s, scientists thought that diesel exhaust and other pollutants might be causing the asthma epidemic. However, they now believe that the picture is more complex. Many scientists are examining the role of genetic factors in causing asthma, and researchers are also looking at how the immune system develops in early life.

The causes of asthma attacks, however, are better understood. People with asthma have chronic inflammation in their lungs, and airways that narrow more easily than those of people without asthma in response to a variety of factors. The factors that can set off an asthma attack (sometimes called “triggers”) include inhaled allergens (such as dust mites, pollen, and cat and dog allergens), tobacco smoke, air pollution, exercise, strong emotional expressions (such as crying or laughing hard), chemical irritants, and certain drugs (aspirin and beta-blockers). Each person with asthma reacts to a different set of factors, and identification of these factors and how to avoid them is a major step for each individual in learning how to control their disease.

How is asthma diagnosed? A careful medical history, a physical examination, and tests of lung function provide the information needed to diagnose asthma. Measurement of lung function is useful both for diagnosis of asthma and to monitor the course of the disease and the level of control. Such tests include spirometry, which provides an assessment of airflow limitation, and peak flow, which measures the maximum speed at which air can flow out of the lungs. Spirometry is performed in a health care professional’s office, while peak flow can be tested with portable, plastic peak flow meters ideal for use in home and work settings. Peak flow monitoring provides most patients, together with their health care providers, an effective method to monitor their disease and evaluate their response to therapy.

How can I learn more? More details about asthma and an effective, evidence-based asthma management program can be found in the GINA documents available at www.ginasthma.org. In addition to producing a variety of educational documents, GINA organizes World Asthma Day, an annual awareness-raising event held each May.”

I hope this information was of some assistance. There is so much information out there about Asthma – the Asthma Foundation in particular, shows us and our children the most effective ways to learn and look after ourselves.

All children in our schools need up to date asthma plans as well as a reliever/spacer set at school for their personal use if required. I store all spacer sets and Action Plans in the First aid room. If your child suffers from Asthma, could you please send in an updated plan and provide a spacer set for their use? This set then goes on excursions, camps etc. There are many parents out there already who have done a fabulous job getting these plans to me; it’s all in our child’s interests isn’t it? I continue to educate our asthmatics on their technique whenever it is required. They are great learners! “Little sponges” as my mum used to say! Until next week, take care.

Catherine Fisers - School Nurse