



Wallaby Whisper

The newsletter for Wallabadah Public School and its community.

“Excellence in Learning”

Term 2 Week 7 ~8th June, 2012

Principal's Message

“When I have an asthma attack, I feel like a fish out of water.

This week we had a visit from Louise Nean who is the asthma co-ordinator from Hunter New England Health. This is a part of Wallabadah Public school being an asthma friendly school.

There are about two million Australians who have asthma and that comprises of about one out of every eight or nine children in Australia who have asthma.

One of my children had serious asthma when he was a little boy so that meant many trips to the emergency department and unplanned hospital stays. He still takes his asthma medication regularly even though he hasn't had a serious bout for years. Asthma is not something that can be taken lightly.

Most people think of asthma as the episodes of breathlessness, wheezing and coughing that some children experience from time to time. These symptoms are like the 'tip of the iceberg'; asthma is really a long-term lung condition that is always there, even when it seems invisible because the child has no obvious symptoms.

According to the National Asthma Council of Australia, Asthma is a long-term inflammatory condition of the airways. This means that if your child has asthma then they have ongoing changes within the lungs that make them more likely to react to 'triggers' like colds (viral respiratory infections), physical activity, cold air or pollens. When this happens, your child might experience asthma symptoms: wheezing (a whistling sound in your child's chest), breathlessness, a feeling of tightness in the chest, or coughing. These asthma symptoms happen when the flow of air through the tubes inside the lungs is partially blocked. The blockage is caused by a combination of three things that happen inside the lungs:

- tiny muscles around the airways tighten, so that the tubes become narrower
- the walls of the airways become swollen
- there is more mucus inside the airways.

The air flow is not always obstructed, because your child can breathe normally at other times. However, the inflammation inside the lungs and the tendency of the airways to over-react to triggers are still there. This is why children with asthma need to have regular check-ups by a doctor to make sure that the 'invisible' part of asthma is under control, to make sure your child can grow normally and be healthy and active.

Most children with asthma have symptoms only occasionally – isolated episodes lasting a few days, with no symptoms for about two months or more between episodes. Asthma symptoms in these children are usually triggered by a respiratory infection (such as a cold), or by breathing air that contains something the child is allergic to (such as pollens or cat fur).

Some children have asthma symptoms more often, and a small group have symptoms on most days. For most children, asthma will improve with age.

For further information contact <http://www.kidswithasthma.com.au/>

“Between 1991 and 1997 I had really serious asthma.” Cathy Freeman

Christopher Jackson
Principal

Small school “BIG” opportunities!

Coming Events

TERM 2

June

Mosman HS Music Concert	12 th June
Soccer Knockout	14 th June
Regional Cross Country (Coolah)	15 th June
Kitchen to Garden Expo	18 th June
School Photos	19 th June
Multicultural Speaking Comp	26 th June
Parent teacher Interviews	26 th & 27 th June
Athletics Carnival	29 th June

Lunch Orders

There will be no lunches on Monday 11th June as it is a public holiday but on Tuesday there will be sausage sandwiches for sale of \$2. Thank you to Betty for coming in and doing the lunch orders on Monday. Students please remember to come to the teacher on duty first thing in the morning and order your lunch.

Birthdays

This week we had Emily Cronin who celebrated her birthday this week. Congratulations.



School Photos

Children today have received their envelopes for school photo day which is on Tuesday 19th June. These photos will range from \$20 to \$33. There is an opportunity to purchase family photos for students who are here at school, captain and sport house photos. Please ask at the office for a separate envelope.

Mosman High School Band

INVITATION

On Tuesday are very lucky to have students from Mosman High School visit us and perform. We would like to invite all parents and community members to this wonderful experience of high school children coming and performing at our school. There will be no cost to students or community for the performance.

WHERE: Wallabadah Public School (hall if bad weather)

TIME: 1pm

There will be sausage sandwiches for sale \$2.00 if the children wish to purchase. Please see Mrs Davidson first thing in the morning.



Kk is for Kitten

Thank you to Nikki Askin for delivering a kitten to the classroom for topic writing. The children adored 'Sprinkles' and Mrs Elliot, the Regional Literacy consultant visiting the classroom, was most impressed with the level of ability shown in their independent writing task.

Assembly was held in the 2-4M classroom. Thank you **Emily Cronin** and **Jacinta Cameron** for being such wonderful hosts.

AWARDS



K-1 Class

Joey Reedy for developing terrific writing skills.

Troy Pendlebury for improvement in sentence structure, in all writing activities.

2-4 Class

Jason Pendlebury for a wonderful Recount of chapter 13.

5-6 Class

Nathan Smith for working diligently on problem solving tasks.

Lia Robertson for working well with her 9 X number facts.

Mrs Roseby

Ashton Sweeney for being an excellent listener.

Mediator Awards

This week award goes to:

Alanamae Abbott-Blundell for obeying school rules.

Emily Cronin for being a good sport.

Phoebe Smith for being an excellent mediator.

Rule of the Week

No sticks are to be played with in the play ground.



Wallaby Week Ahead Term 2, 2012

Monday	Tuesday	Wednesday	Thursday	Friday
<u>WEEK 7</u> Public Holiday	Mosman High School BAND		Small Schools Soccer Knockout	Assembly 5-6J

"Shelter" and "Hot and Cold". Sleepover

A fantastic night was had by the K-3 class on Wednesday night. The children were bursting with excitement until..... I can't remember what time it was!!

Spaghetti bolognaise was enjoyed by everyone in our office / dining room!! A big thank you to Dayna and Abbey Lobsey for preparing the meal.

Movies were watched, stories were read and lots of laughing, swapping sleeping bags and random noises made!! In particular snoring, giggling, and sleep talking.

I don't know why I set my alarm!! The first child to rise was at 5am! We went for a quiet walk. I figured it was better to deal with one than 15 at this hour.

Breakfast was yummy! Warm toast and fresh fruit cut up by Mr Jackson. Thank you to Cheryl for the toaster and Mrs Effer for the delicious fruit.

Getting dressed for school and rolling up sleeping bags and swags, followed by brushing teeth finished our little adventure off with lots of laughs!!

Well done to all the children on their wonderful manners and enthusiasm! It was a pleasure to look after them throughout the sleepover.

Mrs Saunders

