



# Wallaby Whisper

The newsletter for Wallabadah Public School and its community.

## “Excellence in Learning”

*Term 2, Week 9 ~ 27<sup>th</sup> June, 2014*

With the season and sudden drop in temperature, Asthma is often prevalent in schools and homes about the country. Our school is an Asthma friendly school and staff are trained in dealing with children who may have asthma. 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/>

*“I had asthma when I was a kid, asthma so bad that it would turn into pneumonia and I almost died several times. Nobody knew why back then, but now it's obvious.”*

Don McLean

**Christopher Jackson**  
**Principal**

**Small school “BIG” Opportunities!**

## Coming Events

### TERM 2 & 3

#### July

Staff Development Day	14 <sup>th</sup>
Students Return-Term 3	15 <sup>th</sup>
Sydney Excursion meeting-3:30pm	21 <sup>st</sup>
Small schools athletics carnival	25 <sup>th</sup>

### Lunch Orders

Thank you to Cheryl Bray who made lunches on Monday.

### Birthdays

Happy Birthday to Jock Barnett and Brock Abrahams who both celebrated their birthday this week.



### Wallaby Awards

Congratulations to Brian Stocks for receiving his first Wallaby Award and Joey Reedy for receiving his second. Well done boys!

### Sydney Excursion

Please return your expression of interest forms ASAP. We will be holding a meeting for parents on Monday 21<sup>st</sup> July at 3:30pm.



### 3-6 French Experience

In keeping with the novel the children were studying this term “Hugo Cabret” we decided to look at France in Human Society and it’s Environment. On Thursday the children had a French food tasting day. On the menu was pate, French Onion soup, which they made, Boeuf Bourguignon and Chocolate Mousse.

Thanks to Mrs Effer who made some Madeleine cakes to share.





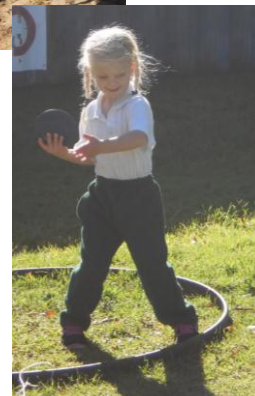
# 2014 Athletics Carnival



## 2014 Athletics Champions

Juvenile Girls-	Champion:	Natalie Payne
	Runner up:	Sophie Tacon
Juvenile Boys-	Champion:	Ashton Sweeney
	Runner Up:	Zane Smith
Junior Girls-	Champion:	Jayde Smith
	Runner Up:	Sophie Hawthorne
Junior Boys-	Champion:	Zack Sweeney
	Runner Up:	Joey Reedy
Senior Girls	Champion:	Emily Cronin
	Runner Up:	Fayth Etherington
Senior Boys-	Champion:	Brock Abrahams
	Runner Up:	Jock Barnett
<b>Winning House:</b> Tamarang		

Thank you to Willow Tree Public School for allowing us the opportunity to join with them for a wet, yet fun filled day. Well done to all students for a tremendous effort!







### Year 6 Fundraiser

Students enjoyed dressing up and buying cupcakes for the Year 6 fundraiser "What I want to be when I grow up". Thank you for supplying yummy cupcakes for morning tea. Money raised will go to the end of year gift. Well done year 6!



No assembly was held this week.

## Awards



### K-1-2 Class

**Kyiah Holland** for making an improvement in writing activities.

**Lochlan Cronin** for always participating and for being a happy member of the class.

**Emily Dent** for having a positive attitude at the Athletics.

### Mrs Roseby

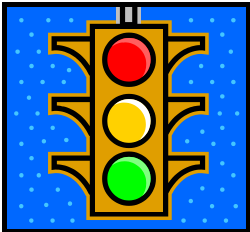
**Sienna Cronin** for amazing work about "How Coal is made".

**Emily Cronin** for having such a positive attitude to school.

### 3-5-6 Class

**Sienna Cronin** for presenting board display work neatly.

**Fayth Etherington** for being the technology "go to girl" this week!!



### STOP, THINK, DO

#### Rule of the Week

Please stay seated at recess and lunch.

#### Awards

**Kyiah Holland** for being a grown up at school.

**Zane Smith** for playing fairly with all ages.



## Wallaby Week Ahead Term 3, 2014

Monday	Tuesday	Wednesday	Thursday	Friday
<b><u>WEEK 1</u></b> Staff Development Day	<b>Students Return</b>			General Assembly Kids Matter



*Have a Safe  
and Happy Holiday!*

### AVON

Contact Natasha  
Payne for a Book  
on 6746 5532

