



ASTHMA AUSTRALIA

This Friday we are fundraising for the Asthma Foundation in memory of Makenzi Smart.

Wear your Footy Colours or dress in Blue and bring a Gold Coin Donation

We will also be having a Sausage Sizzle – bring a Gold Coin Donation



Warragul & District Specialist School Newsletter

Term 3 Issue 25, Tuesday 13th September 2022

Welcome to the last week of Term 3!

Wow time flies when we have all been busy wonderful learners. It has been fabulous to see that so many annual excursions have been able to return this term; with many students participating in inter-school Netball and Soccer tournaments and having trips back to West Gippsland Arts Centre. We continue to look forward to what Term 4 brings for our learning both at school and in our community.

Child safety and wellbeing at Warragul & Specialist School: information for our families and the school community. The Victorian Government has announced new Child Safe Standards to further strengthen child safety across organisations, including schools. The new standards recognise the critical importance of families and the broader school community in maintaining and promoting child safety and wellbeing.

DATES TO REMEMBER SEPTEMBER

Friday 16th

- Wear Blue or Footy Colours for the Asthma Foundation
- Last day of Term 3
2:00pm finish

OCTOBER

Monday 3rd

- First Day of Term 4
Colours for the

Warragul & Specialist School has reviewed and updated our child safety policies and procedures to ensure they meet the requirements of the new standards. These are available to view on our school's website <http://www.wgldss.vic.edu.au/> under Policies and via the school's main office.

We are committed to continuous improvement in our approach to child safety and wellbeing and welcome feedback from families and members of our school community on ways we can further strengthen our child safety policies, procedures and practices. If you have any suggestions, comments or questions, please contact: (03) 5623 1385 or email the school at warragul.district.ss@education.vic.gov.au

This Friday we are excited to dress up for the final day of term while we raise money for Asthma Australia. Asthma in young children is one of the most common causes of hospital admission and visits to the doctor. Having a child with asthma can be frightening for parents and carers, but with good knowledge and management, your child's asthma can usually be well controlled. We would love to see as many people as possible dressed up this Friday: so, wear your footy colours, wear blue or both! and bring along a gold coin donation.

School finishes at 2pm this Friday! Students arriving home via buses will be there an hour earlier than usual! Have a safe restful break and we will see everyone for the start of Term 4 on Monday 3rd October.

Have a great week!

Alesha



55 Burke Street (PO BOX 959) WARRAGUL VIC 3820
PH: 5623 1385 EMAIL: warragul.district.ss@education.vic.gov.au

ASTHMA FIRST AID

Blue/Grey Reliever

Airomir, Asmol, Ventolin or Zempreon and Bricanyl

Blue/grey reliever medication is unlikely to harm, even if the person does not have asthma



DIAL TRIPLE ZERO (000) FOR AN AMBULANCE IMMEDIATELY IF THE PERSON:

- is not breathing
- suddenly becomes worse or is not improving
- is having an asthma attack and a reliever is not available
- is unsure if it is asthma
- has a **known allergy to food, insects or medication** and has **SUDDEN BREATHING DIFFICULTY, GIVE ADRENALINE AUTOINJECTOR FIRST** (if available), even if there are no skin changes, then use a reliever

1



SIT THE PERSON UPRIGHT

- Be **calm** and reassuring
- **Do not** leave them alone

2



GIVE 4 SEPARATE PUFFS OF RELIEVER PUFFER

- **Shake** puffer
- Put **1 puff** into spacer
- Take **4 breaths** from spacer
 - Repeat until **4 puffs** have been taken



If using **Bricanyl**, give 2 separate inhalations (5 years or older)

If you don't have a spacer handy in an emergency, take **1 puff** as you take **1 slow, deep breath** and hold breath for as long as comfortable. **Repeat** until all puffs are given

3



WAIT 4 MINUTES

- If breathing does not return to normal, give **4 more separate puffs** of reliever as above



Bricanyl: Give 1 more inhalation

IF BREATHING DOES NOT RETURN TO NORMAL

4



DIAL TRIPLE ZERO (000)

- Say '**ambulance**' and that someone is having an asthma attack
- Keep giving **4 separate puffs every 4 minutes** until emergency assistance arrives



Bricanyl: Give 1 more inhalation **every 4 minutes** until emergency assistance arrives



ASTHMA AUSTRALIA

1800 ASTHMA
(1800 278 462)
asthma.org.au

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Translating and Interpreting Service
131 450

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SYMPTOMS OF ASTHMA IN CHILDREN

Asthma Australia Asthma in Children

Copy link

WHEEZE

Watch on YouTube

ASTHMA & HAY FEVER



Meredith

Spring is the peak of Hay Fever season. Hay Fever may trigger your asthma.

WHAT ARE THE BEST WAYS TO TREAT MY ASTHMA & HAY FEVER?

Treating asthma and hay fever is important.

Hay fever can trigger asthma or make it worse, making it harder to breathe.

Having both asthma and hay fever also means you may be at risk of thunderstorm asthma

Hay fever is sometimes called 'allergic rhinitis' because it is an allergic condition. People often use several strategies to manage their asthma and allergies.

This usually includes:

- ➔ Getting **THE RIGHT PLAN** and **MEDICATIONS** in place to best handle symptoms.
 - If you get hay fever year-round, your treatment needs to be year-round. Speak to your doctor to make sure you have the best treatment for your situation and severity.
 - Checking you are using your asthma and hay fever medications correctly
- ➔ Being aware of your **TRIGGERS** and trying to reduce your exposure to them.
- ➔ Sometimes find that the cost of their medicine is a factor that makes it hard to always be consistent with their hay fever and asthma management. If this applies to you, ask your doctor or pharmacist if there are any cheaper options that are suitable.

OTHER TIPS FOR PEOPLE WITH HAY FEVER

- ✓ See your doctor if you are experiencing any hay fever.
- ✓ Be sure to tell your doctor or pharmacist if you have other medical conditions, take other medications, or experience nose bleeds.
- ✓ If your hay fever affects your asthma a lot, ask your doctor for an allergy test which will help to pinpoint your triggers and adjust treatments etc.
- ✓ You can then take on other strategies to help in addition to your treatment, including:
 - ✓ Tracking pollen monitoring in your area
 - ✓ Removing dust traps in the home like old curtains, carpets, and cleaning with damp cloths
 - ✓ Washing linen and bedding more frequently

PTO for Treatments.....



ASTHMA & HAY FEVER

HOW DO I TREAT HAY FEVER?

Treatment of hay fever depends how bad and how frequent your symptoms are. Good news is, there is a huge range of different treatments available ranging from tablets to sprays, and generic to brand names.

→ Antihistamines

Antihistamine tablets, syrups, nasal sprays, and eye-drops are the most common choice for people with mild or occasional hay fever. They help to relieve a runny nose, sneezing, itching and eye symptoms.

→ Saline Sprays/Irrigation

Saline solutions can be used to help clear nasal congestion, wash away dust, pollen, and other irritants. They have the potential to relieve some mild hay fever symptoms. They should be used about 10 – 15 minutes before other medicated nasal sprays. They are simple and chemical free.

→ Corticosteroid Nasal Sprays

Corticosteroid nasal sprays are the best-practice treatment if your hay fever is:

- persistent – you get symptoms nearly every day (e.g. during the pollen season)
- moderate to severe in severity, even if it doesn't occur every day.

They work to reduce the underlying swelling and sensitivity in your nose (just like your asthma preventer medications reduce the swelling and redness in your lungs). They can reduce all symptoms of hay fever, particularly blocked nose but need to be taken regularly to work properly.

Speak to your doctor or pharmacist about which corticosteroid nasal spray is best for you.

→ Allergen Immunotherapy

Allergen Immunotherapy can switch off your body's reaction to certain allergic triggers. It uses gradual exposure, over several years.

Allergen immunotherapy may be recommended for treatment of hay fever due to pollen or dust mite allergy if:

- Your symptoms are severe.
- The trigger is difficult to avoid, such as grass pollen.
- Medications don't help or cause side effects.
- You prefer to avoid medications.

Speak to your doctor for more information about immunotherapy or desensitisation. It is likely you will need to be referred to an allergy specialist before starting treatment.

Allergen immunotherapy needs you to be able to commit long-term (3-5 years) to work. This may be an expensive treatment as it is currently not subsidised by the government.

RUOK? DAY
8 September 2022



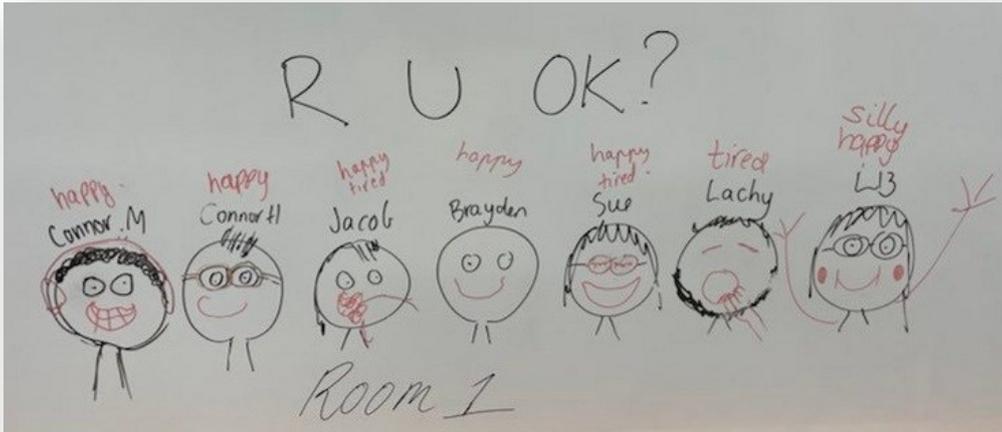
Ayden



Seth



Michael



WDSS !



Staff Shenanigans

You may have seen WDSS staff running around Warragul on Thursday afternoon in a mad frenzy! In conjunction with RUOK? Day, Senior Staff organised an 'Amazing Race' for everyone after Thursday's staff meeting. Staff were broken up into teams and given 8 tasks to complete. There were a lot of laughs and due to how competitive some teams were, a little bit of cheating! This is a wonderful activity for families as well - tasks can be as easy or as difficult as you choose!



Your treat...

Head to Maccas...

Time how long it takes a team member to eat a soft serve cone...



Time to travel back in time...

Head back to when you were 5 years old and take a selfie!

Queen

Find the Queen of WDSS sitting in her car at one of the major supermarkets.

coles

Woolworths

HINT: GREY KIA SELTOS (1RE 9B0)

KIA

bonus points available at this stop



Recreate History!

Can you recreate the famous Beatles album cover?

Don't forget to send a photo!



Find the king of WDSS hanging out with a coffee at a classy venue of Warragul.

HINT: Its open past 5pm. Don't forget to get a photo!



Head to the Library!

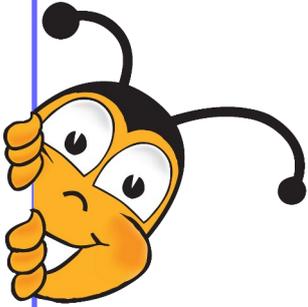
Re-enact Story Time!

Juniors

Last week the juniors invited parents to come in and join their child's classroom for the afternoon.

COVID times have prevented this from happening for such a long time so it was just lovely to have some parents back visiting in our rooms.

Thank you for those who were able to make it in!



Jordan & Sonia



Ben & Linda



Seb & Gina



Michael & Louise



At first Jules was a bit confused about his mum Hayley being in school! But he loved showing her around the school garden.



Jules & Hayley

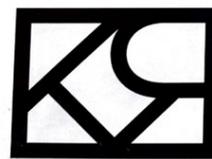
Juniors

ROOM 8 - MAD ABOUT MOSAICS!

For Father's Day, the students in Room 8 used squares of glass to make mosaic coasters for their dads or special person. They carefully used the glue on the tiles and placed the glass to create amazing patterns. Jordan became creative when he decided to paint parts of his mosaic coaster. I used instant grout to seal the glass squares in place and polished the final product to make it shine. Great work Room 8.

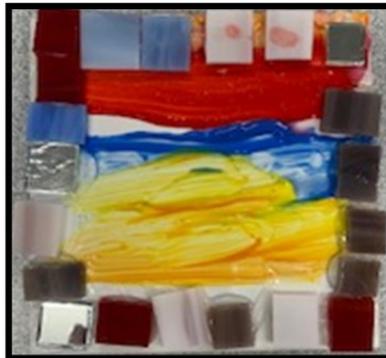
We would like to give a huge thank you to Kathy from Kathleen Rose Glass Studio in Yarragon for kindly donating the materials needed to create these mosaics.

- *Kylie*

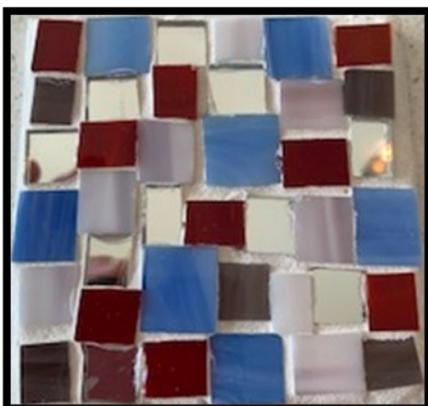


**KATHLEEN ROSE
GLASS STUDIO**

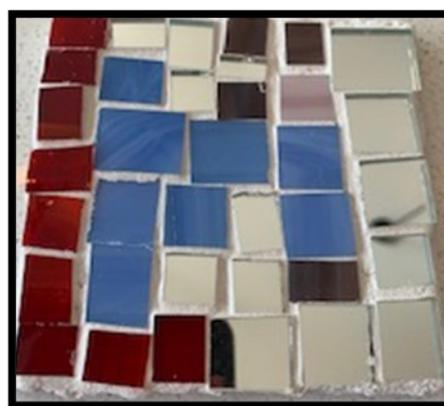
Shop 2/83 Princes Hwy
Yarragon VIC 3823
0407 575 348
kathy@kathleenrose.com.au



Jordan



Ben



Jules



Layla

SENIORS



Thank you to the Live4Life Team for sending us these wonderful photos of the recent launch!

MICHAEL



School Captain Alex addressing the crown as the WDSS representative.



AYDEN

CHARLIE BERNADETTE TASH



School Garden Program

It was a momentous day in the garden last week - the new raised beds are finally ready to be planted! It's taken a while but thanks to massive efforts by students and staff, they are all in place and filled and looking great! The last big push was to shift two cubic metres of lovely veggie mix - and that is an awful lot of dirt to move. But the students once again got their hands dirty, strained their muscles and managed to get it into the garden. Over the next few weeks, seedlings will be planted and mulched ready for a late Spring/early Summer harvest so let us know what you would like to see growing in there. Don't forget to pick the peas as they come through and also the herbs which have flourished with all the recent rains.

In our art session we did what must have been the messiest activity to date - balloon stress balls! I think we all needed one after the lesson was over! We stretched balloons over a funnel then filled them with a little water and lots of cornflour - and as you know that pesky stuff gets everywhere! But we had fun and that's all that matters in our arty afternoons!

I'm off on my travels for the next few weeks so I'll see you all when I get back.

- Gail





STUDENT Awards

We are Safe, Respectful Learners!



TEDDY

Doing a great job following our morning review. Great job reading words!



MICHAEL

Doing a great job following his daily timetable & waiting until mum finishes work to come & pick him up. Fabulous!



LEE

Being a **LEARNER**, completing all his of tablework.



SETH

Being **SAFE** while out shopping



BRENDAN

Being a **LEARNER** engaging in class activities with his peers.



STUDENT LED AWARD - CHARLIE

Trying real hard in soccer Nominated by Alex



STUDENT LED AWARD - SETH

Great soccer playing Nominated by William



STUDENT LED AWARD - NATHAN

Excellent soccer playing Nominated by William



MAX

Playing good basketball at lunchtime with Ky, Josiah and Zeth



AYDEN

Being **SAFE** walking to soccer and back.



ERIN

Being a **LEARNER** and choosing an activity at lunch.

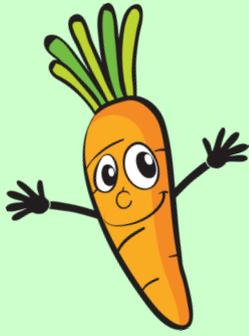


KY

Showing kindness and compassion to others in the school yard

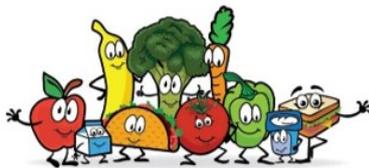
STUDENT LED AWARDS

Being a fair and positive player - nominated by Alex.
Being a good friend, helping others - nominated by Kayden



Brayden got a surprise when he pulled out a carrot from the school garden and found the letter L - how **L**ucky!

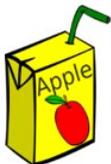
No doubt it will still taste **L**ovely and **f**resh!



School Canteen Order

Term 3 2022 (Thursdays)

Student Name: _____ Room / Teacher: _____

FOOD - Please tick		DRINKS - Please tick		
<input type="checkbox"/> Party Sausage Rolls (2) - \$2.00 <input type="checkbox"/> Tomato Sauce 	<input type="checkbox"/> Meat Pie - \$4.00 <input type="checkbox"/> Tomato Sauce 	<input type="checkbox"/> Strawberry Milk \$ 2.50 	<input type="checkbox"/> Apple Juice \$ 2.00 	
<input type="checkbox"/> Dim Sims (3) - \$2.50 <input type="checkbox"/> Soy Sauce 	<input type="checkbox"/> Chicken Nuggets (6) - \$4.00 	<input type="checkbox"/> Chocolate Milk \$ 2.50 	<input type="checkbox"/> Orange Juice \$ 2.00 	
<input type="checkbox"/> Baked Potato - \$6.00 <input type="checkbox"/> Bacon <input type="checkbox"/> Cheese <input type="checkbox"/> Sour Cream <input type="checkbox"/> Coleslaw 	Other Items - Purchased with cash by students from the canteen at the beginning of lunch time.			Total: \$ _____ Enclosed: \$ _____
<input type="checkbox"/> Frog in a Pond \$1.50 	<input type="checkbox"/> Icy Pole \$0.50 	<input type="checkbox"/> Cupcake \$1.00 		

Our Commitment to Child Safety

Warragul & District Specialist School is committed to safety and wellbeing of all children and young people. This will be the primary focus of our care and decision-making. Warragul & District Specialist School has zero tolerance for child abuse.

Warragul & District Specialist School is committed to providing a child safe environment where children and young people are safe and feel safe, and their voices are heard about decisions that affect their lives. Particular attention will be paid to the safety of children with a disability as well the cultural safety of Aboriginal children and children from culturally and/or linguistically diverse backgrounds.

Every person involved in Warragul & District Specialist School has a responsibility to understand the important and specific role he/she plays individually and collectively to ensure that the wellbeing and safety of all children and young people is at the forefront of all they do and every decision they make.



School holiday challenge

2/101 Princes Hwy, Yarragon VIC 3823

"MONSTER" SCULPTURES



- 1) PRIMARY AGE CATEGORY 5 - 11 years
- 2) SECONDARY CATEGORY 11-18 years

**START PLANNING YOUR MASTERPIECE
READY FOR THE CHALLENGE!**

You can submit a 'sculpture' in either Felt, Sculpey, or Clay.

Entries from 17 Sept till 2nd Oct
voting by Tritec customers
from 3 Oct to 16 Oct

Sizes: from tiny up to roughly a milk carton type size.



The 3 most popular monsters in each category will win a \$30 gift voucher to help with buying their favorite art goodies.

Entries must be named on underside and have contact phone number

(WHILE WE WILL MAKE EVERY ATTEMPT TO TAKE CARE OF ALL ENTRIES WE CANNOT TAKE RESPONSIBILITY FOR ANY DAMAGE OR THEFT THAT COULD HAPPEN WHILE THE ARTWORK IS ON OUR PREMISES.)

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