Today is World Asthma Day !

Please see Page 6 and 7 for Asthma First Aid and other Asthma Facts & Information.

Stay tuned for details of a special fundraising day we will hold in memory of Mackenzi Smart (sister of former student Ajay)

DATES TO REMEMBER

MAY

Tuesday 10th

- School council Meeting

Monday 16th

- Seniors - Grantville Day Camp

Tuesday 16th

- Seniors - Grantville Day Camp

JUNE

Monday 13th

- Queens Birthday Holiday

Warragul & District Specialist School Newsletter

Term 1 Issue 9, Tuesday 3rd May 2022

Hi All,

Welcome Back to Term 2, we hope that everybody had a Fabulous break, enjoying the weather, spending time together and making memories.

Our classes have been out and about over the past week, taking advantage of the lovely Autumn weather, riding bikes, walking on community access and even literacy and numeracy classes outdoors.

The school garden is another popular place on these days and over the week the students collected a huge haul of produce. We are growing a fabulous variety of Fruits, Vegetables and Herbs, that even had some staff questioning what things were? The collection included Lemongrass, Persimmon's, Pomegranate, Quince, Lemons, Limes and Tomatoes just to name a few.

Thank you to the staff and students who represented our school at the local ANZAC Day service. Georgia, Nathan and Liam marched in the ANZAC day ceremony, listened respectfully to the speeches and laid a wreath at the cenotaph on behalf of the school. We are very proud of these students; they were wonderful respectful representatives of our school.

Our PBS expected behaviours this week is 'We move carefully.' Students will be learning about moving carefully around the school yard, classrooms, when out in the community being mindful of others and moving to the left and when around roads or traffic.

Term 2 begins the process of Report writing. Soon your child's teacher and allied health staff will begin writing mid-year reports. These reports inform you on how your child is progressing in achieving their Individual Learning Plan (ILP) goals which were discussed during your child's Student Support Group meeting (SSG) earlier in the year and will also report on other areas of the curriculum.

We have enjoyed having our Foundation (Rm 4) students here every day since the start of this term, it is great to see their faces around the school as they adjust to spending 5 Big days with us.

Have a great week!

Chris

55 Burke Street (PO BOX 959) WARRAGUL VIC 3820

• PH: 5623 1385 EMAIL: warragul.district.ss@edumail.vic.gov.au

Juniors

Room 1

Room 1 love Monday afternoons when they have Art with Annie and Music with Colin.

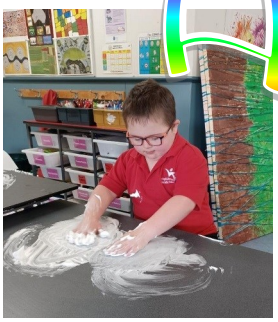
They have been experimenting with sensory materials in Art such as shaving cream and play dough.

In Music they love trying out all the different musical instruments but the keyboards and Playstation are the favourites.

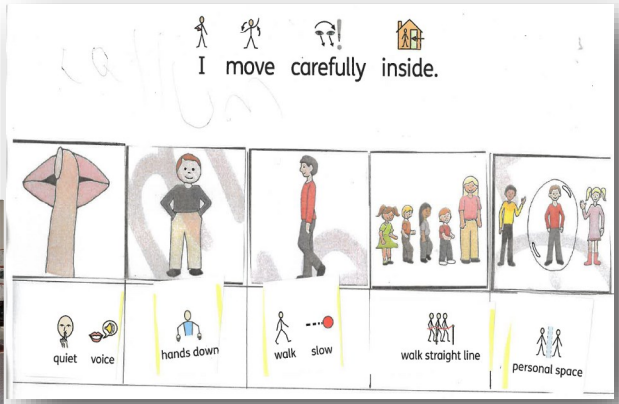
- *Bev*

Well done Brayden, Callum, Connor, Connor, Jacob & Josh for being SAFE RESPECTFUL LEARNERS !!

Art



Music



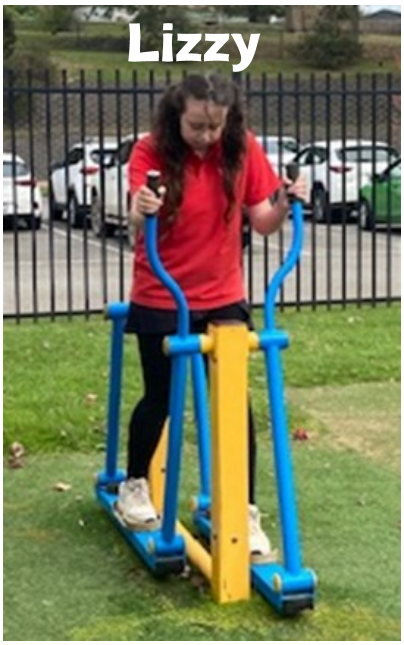
MIDDLE SCHOOL

Welcome back to all our Middle School staff and students! We have loved hearing all about your school holiday activities and programs. Everyone sounds like they enjoyed a well-deserved break! A big shout out to all classes on being safe, being respectful and being great learners on their first week back.

Middle school have enjoyed streaming groups and Rooms 20 and 21 enjoyed the swimming program on our first week back. Well done everyone!

Lizzy using our exercise equipment at recess. Charlie and Savanna playing catch together. Room 21 enjoyed building with Lego and exploring some construction with the magnetic tiles.

- Melanie



SENIORS

Our very first Student Representative Council (SRC) meeting was held on Friday! Representatives s from junior middle and seniors joined the school captains.

Alex discussed the school values.

Students discussed 3 questions

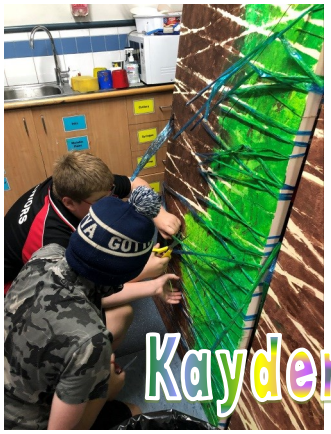
1. What do you like about school?
2. What don't you like?
3. What could make our school better?

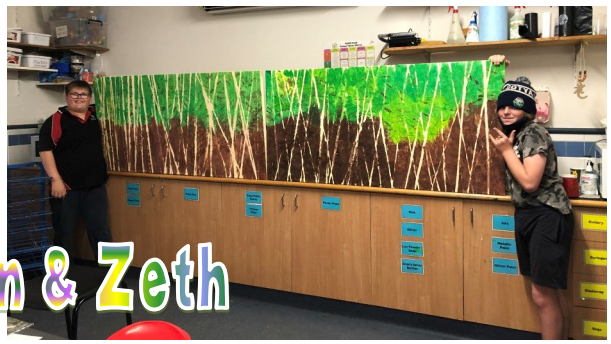
School Garden Program

We finished last term in great gardening style as we installed another raised garden bed thanks to the hard work of the seniors who really got stuck in to some hard shovelling! It will now be planted with lots of veggies that like the colder weather such as cabbages, broad beans, cauliflower and broccoli. Autumn is a great season for gardening and last week we harvested all the produce we have grown in the summer and what a haul we got! We had boxes, buckets and containers full to the brim with pomegranates, lemon grass, quince, persimmon, lemons and tomatoes - and there are even some still ripening ready for this week's pickings! I can't wait to hear what everyone has made with them. The students also got down to their usual hard work clearing garden beds and filling them with our lovely wormy compost ready for some more planting.

Our afternoon art session was exciting as we did our 'big reveal' of our two landscape canvasses. When we removed all the string we saw our forests in all their glory! Our next task was to make the last scene which will be a bird collage so we had a nice relaxing time cutting out all sorts of birds and sticking them on the canvas. There is a lot of space to fill so if you're in the art room please feel free to add some more of our feathered friends!

- *Gail*





ASTHMA FACTS

- 1 in 9 people in Australia have asthma. That is around
- 2.7 million people (11% of the population)
- 389 people died from asthma in 2018
- 38,792 Australians were hospitalised in 2017-18
- Approximately 80% of asthma hospitalisations are preventable
- To view the latest asthma statistics online, visit asthma.org.au/about-asthma/understandingasthma/statistics/

ASTHMA FIRST AID

1

SIT THE PERSON UPRIGHT

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

2

GIVE 4 SEPARATE PUFFS OF BLUE/GREY RELIEVER PUFFER

- **Shake** puffer
- Put **1 puff** into spacer
- Take **4 breaths** from spacer

– **Repeat** until **4 puffs** have been taken

– **Remember: Shake, 1 puff, 4 breaths**

OR give 2 separate doses of a Bricanyl inhaler (age 6 & over) or a Symbicort inhaler (over 12)

3

WAIT 4 MINUTES

- If there is no improvement, **give 4 more separate puffs of blue/grey reliever** as above

OR give 1 more dose of Bricanyl or Symbicort inhaler

IF THERE IS STILL NO IMPROVEMENT

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

OR give 1 dose of a Bricanyl or Symbicort every 4 minutes – up to 3 more doses of Symbicort

Translating and Interpreting Service
131 450

ASTHMA AUSTRALIA

Contact Asthma Australia
1800 ASTHMA
(1800 278 462)
asthma.org.au

CALL EMERGENCY ASSISTANCE IMMEDIATELY AND DIAL TRIPLE ZERO (000) IF:

- the person is not breathing
- the person's asthma suddenly becomes worse or is not improving
- the person is having an asthma attack and a reliever is not available
- you are not sure if it's asthma
- the person is known to have Anaphylaxis – follow their Anaphylaxis Action Plan, then give Asthma First Aid

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

©Asthma Australia 2019

HOW DO YOU RECOGNISE ASTHMA?

People with asthma can have a range of symptoms:

- Breathlessness
- Wheezing
- Tight chest
- Persistent cough
- Symptoms often occur at night, early in the morning or during/after activity
- A person's asthma symptoms can vary over time - sometimes they will have no symptoms, especially when asthma is well-controlled.
- Symptoms often vary from person to person.

WHO GETS ASTHMA & WHY?

Asthma affects people of all ages. Some people get asthma when they are young; others when they are older. The causes are not entirely understood, although people with asthma often have a family history of asthma, eczema and hay fever. There is some evidence that exposure to environmental factors such as workplace chemicals or tobacco smoke can lead to asthma.

Researchers continue to try to find out more about what causes asthma and how we might prevent it.

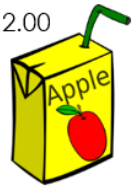
1800 ASTHMA (1800 278 462) | **asthma.org.au** 3

Canteen order forms are now sent home Tuesdays, however if you can also envelope or paper bag (write your order and student details).

School Canteen Order

Term 2 2022 (Thursdays)

Student Name: _____ **Room / Teacher:** _____

FOOD - *Please tick*		**DRINKS** - *Please tick*	
☐ Party Sausage Rolls (2) - $2.00 ☐ *Tomato Sauce* 	☐ Dim Sims (3) - $2.50 ☐ *Soy Sauce* 	☐ Strawberry Milk $ 2.50 	☐ Apple Juice $ 2.00 
☐ Chicken Nuggets (6) - $4.00 	☐ Taco Boat x 2 filled with zucchini slice mix - $5.00 	☐ Chocolate Milk $ 2.50 	☐ Orange Juice $ 2.00
☐ Frog in a Pond $1.50 	☐ Icy Pole $0.50 	☐ Cupcake $1.00 	**Total: $**_____ **Money Enclosed: $** _____

ALLIED HEALTH

Student Support & Wellbeing Team

Our Psychologist Tonya Wright who works with us on Fridays will be working in another role for the first 6 weeks of term 2. We wish her well in the new role and look forward to working with Tonya again later in the term.

Tonya

Our Wellbeing Practitioner Kelly and OT Anne have started a "Girls Group" with the senior girls once a fortnight on Tuesday afternoons. This group will focus on building skills to cope with the challenges of the teenage years and creating a safe space to chat and share ideas and concerns in an atmosphere of positive friendship.

Kelly

Psychologist Jenni is continuing weekly "Jenni Time" sessions in the senior assembly talking with the students about keeping positive and looking after your self as we move through the year. Recently we have been talking about managing stress and anxiety as we experience new and exciting (but (sometime scarry) things in the senior program.

Jenni

Promoting STUDENT WELL-BEING

Positive Behaviour Support Team

STAFF Appreciation Awards

MARI

For being consistently patient, positive, persistent, kind and gentle with all students.

KERRY

Supporting and educating staff in their understanding of unfamiliar students. Encouraging positive and safe interactions.

LAURA

For being supportive and encouraging, utilising PBS techniques in all her interactions with students. Laura is a valued member of the School Wide Positive Behaviour Support team.

Click below for the *All About Respect* rap !

A song for kids about showing respect

STUDENT Awards

We are Safe, Respectful Learners !

JACOB

Being a **RESPECTFUL LEARNER** & staying in the green Zone so he can do his work well.

VINCENT

Being a great **LEARNER** & independently involving himself in classroom tasks.

AXL

Being a **LEARNER** - great spelling this week.

STUDENT LED AWARD ZAC

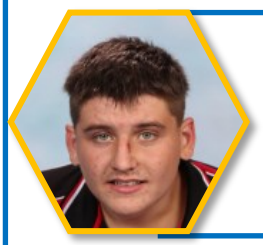
Being a **LEARNER**, great literacy this week. Nominated by Axl .

MICHAEL

For always being ready to **LEARN** and for being a **RESPECTFUL** role model to others.

NATHAN

Being a **LEARNER** working with his class peers in a positive manner when cooking Anzac biscuits.



SETH

Being a **LEARNER**, - fantastic swimming.

WILLIAM

Being a **LEARNER**, - awesome swimming.

ABBY

Being a **LEARNER** working with his class peers in a positive manner when cooking Anzac biscuits.

JACK

Being **RESPECTFUL** - cleaning up the Kitchen after he made his lunch.

ALEX

Being a **LEARNER** working with his class peers in a positive manner when cooking Anzac biscuits.

Being a **LEARNER** and a leader in sport and math groups

TASH

Being a **LEARNER** and giving everything a try

STUDENT Awards

We are Safe, Respectful Learners !

ZETH

Being **RESPECTFUL -** by being Helpful

MARCUS

Being a **LEARNER** Good Swimming.

CHARLIE

Being a **LEARNER** and persisting in our word game

ARABELLA

Being a **LEARNER** in Maths Groups.

BRODIE

Being a **LEARNER** in Maths Groups

XANDER

Being a **LEARNER** having a fantastic start to Term 2 and being safe with his peers.

KYNAN

Being a **LEARNER** and selecting PECs cards.

THERAPY AWARD - CONNOR, SEB & LAYLA

For their awesome effort and creative climbing skills in our OT/PT gross motor group !