Acting Principal’s Message

Last Friday we farewelled the students and staff from Labschool Kebayoran Indonesia. These visits are wonderful experiences for the visiting students and the host families. Thank you to the 26 Menai students who were buddies for Indonesian students - Joshua Reihana, Billy Perdikaris, Blake Watterson-Griffin, Rebecca Collins, Daniel Pazin, Crystal Li, Kaitlyn Seretis, Adalynn Cole, Tegan Whitfield, Kayla Squires, Georgie Winchester, Alexandra Moutevelidis, Alexis Condon, Candice Durkin, Isabella Hockey, Kayla Winter, Ashlynn Halavatzis, Emily Hunter, Ziah Pereira, Eva Deng, Lauren Quattropani, Aisling Lynch, Sami Au, Katy Gao, Tamara Stokes and Thashmika Pillay. The buddies ensured the visiting students were well looked after and cared for during their stay with us. The Labschool students presented a wonderful display of cultural dance and performances at the school assembly.

The incredible talent of our Stage and Concert band students was on display at the Common Room Concert last Thursday night. They played many wonderful pieces to an enthusiastic audience. A number of the Year 12 HSC students performed their HSC piece. Each performance was excellent and played with such skill and maturity. Congratulations to Mr Bradney and Mr Skues. The performers on the night were Jack Carroll, Loreena Wells, Jordan Harper, Aidan Brown, Riley Karssemeyer, Megan Sipp, Caitlin Brown, Cameron Gordon, Kai Johnstone, Emily Chen, Joshua Johnson, Daniel Owens, Maya Stempien, Jodi Morris, Nathan Tang, Oliver Crowther-Miller, Harry Ellery, Matthew Chandler, Matthew Dwyer, Lara Van den Dolder, Vitoria Camporeale, Bradley Jarvis, Ethan Macky, Madeleine Norris, Alexandra Shute and Sian Griffiths.

Everyone had their running or walking shoes on last Wednesday for National Health and Physical Education Day - teachers, SAS staff and students. Year 10 PE Ambassadors ran the event - Jayden Grey, Lachlan Willmore, Tom Gow, Callum Norris, Dylan Locaputo-Panagis, Joel Kingham, Kurtis Beare, Brendan Harris, Maddison Boyling, Jessica Kisur, Alyssa Saurine, Lucas Green, Cameron Hyde and David Hyde. The school broke their previous record from 2014 clocking 2765km. Even the farm animals walked 1km each with the Agricultural team students, it was a great sight to see. Well done students and staff. Congratulations to Aaron Tannous Year 10 who has been selected in the Sydney East Boys Tennis team who will compete later in October at Broadmeadow.

Year 12 are today starting their last week of formal schooling. The school will celebrate their graduation on Thursday with their graduation assembly starting at 10.30am. Lessons for Year 12 continue until Thursday. On Friday the year get to celebrate with teachers at the Year 12 Picnic. I will remind parents and carers that Year 12 have been informed of the requirement to attend all lessons, engage in the learning activities supplied by the teachers and there are no other special days or events for Year 12. Each day this week, apart from the picnic day, Year 12 are to be ‘business as usual’ – full school uniform, attend every lesson and engage in the learning provided by the teachers. Year 12 2015 have been wonderful role models for Menai High School and in this final week I don’t want anything to distract from this tremendous record.

It is sad that I need to write about a few cases of harassment that the school has been looking at in the last couple of weeks. Technology is a common theme as being the vehicle for the harassment. It may be timely as parents or carers to talk with your child/ren about the seriousness of this type of behaviour and discuss the importance talking to parents and teachers when an issue arises.

I wish everyone a safe and restful holiday and thank all staff and students for such a wonderful and rewarding Term 3. We all return to school on Tuesday 6th October.

R Allen
Deputy Principal's Message

Last week we recognised the significant work that our SASS staff does each day. They are a vital and important team in the school and one where schools could not exist without them. We held a special lunch to acknowledge the importance of their contributions, care and commitment at MHS. I thank the team and congratulate them on their service to the school. Mrs J Partridge, Mrs S Moore, Mrs J O’Sullivan, Ms J Taylor, Mrs K Beck, Mrs C Marshall, Mrs L Daniel, Mrs Pru Iacono, Mrs L Olynick, Ms L Box, Ms R Brewster, Mrs P Farquhar, Ms Pheobe Iacono, Mrs J Spike-Porter, Mrs M Mostyn, Mrs A Galletta, Mrs A Carney, Mrs L Galletta, Mrs J Walker, Mrs K Tomalaris, Mr M Kallon, Mr A Langridge, Mr S Sanders, Mr S Bruce, Mr C Hamilton, Mr E Rofe, Mr J Chiswell and Mr M Trevillion.

The Graduating class of 2015 will be acknowledged at the special ceremony on the 17th of September, 2015. It is indeed an emotional time for students, families and staff who have seen these wonderful young men and women grow and develop and mature over the last six years and I would like to take this opportunity to thank Year 12, the Menai High School staff and the families of Year 12 who have taught and nurtured them to become who they are today. The class of 2015 will indeed make their mark on their world beyond the school gates. They embody what it is to be a Skilled Learner, Skilled Citizen and Skilled for Life. Best of luck to each Year 12 student as they prepare for the final examinations. I thank two very special Year advisers who have sustained Year 12 for the past six years and have done a tremendous job. Thanks to Ms Hatzis and Mr Meagher for their outstanding leadership of Year 12 and their dedication and determination to ensure that every student has been supported and challenged to be the best they can be. It has not always been smooth sailing as life for a young person can be filled with many challenges but support has and will always be available. I urge every parent and guardian to discuss the safety and behaviour requirements outlined in the letter issued to each Year 12 student early term 3 and in particular ask that you speak to your son or daughter about making safe choices when celebrating after the HSC examinations are completed. The senior executive and Year Advisers continue to reinforce the same message to Year 12 at regular intervals throughout the term and year.

Wellbeing and Mental Health of young people and our students continues to be at the forefront of our daily business at Menai High School. The welfare team do an outstanding job at tracking the needs of every student at the school and the SRC lead by Ms Overell and the PDHPE department lead by Mr Robinson for their recent focus on the importance of Physical Health and fitness with National PDHPE Day and the SRC lead initiative RU OK? These key whole school events provide solidarity and awareness amongst the school community to vitally important aspects of health and wellbeing. I congratulate all of the students and staff who participated in running and walking the course for National PDHPE Day last week and the SRC leadership team who ensured that we all thought about the importance of asking each other and checking in on ourselves and our friends by asking three simple but powerful words and seeking help if the answer is no.

R U OK? is a not-for-profit organisation founded by Gavin Larkin in 2009, whose vision is a world where we’re all connected and are protected from suicide. Accordingly, his mission is to encourage and equip a person to regularly and meaningfully ask “are you ok?” See the web link for more information https://www.ruok.org.au/stories/details/gavin-larkin. If your teenager is not okay, contact the school, your local GP or Headspace centre. Together, school, families and health professionals can support young people when they are not feeling okay.

I had the pleasure of attending the VET Excellence Awards in Week 8 and was thrilled to see Year 12 student Caitlin Armsom-Graham receive an excellence award for Primary Industries. Caitlin will pursue further study in 2016 at University in Armidale.

Menai High School Hosted a special delegation of Indonesian Students from the Lab school in Indonesia and their MHS buddies did a marvellous job in showing the visiting students their school and a range of learning activities. The cultural exchange provided the basis of friendship and understanding and I thank Bill and Margret Clarke, Ms Leonie Ferraro and Ms Dounis and the MHS host families who were instrumental in allowing the exchange to operate so successfully. Thank you to all of the students, teachers and families involved. You have created long lasting learning experiences and impacted positively of the lives of those exchange students involved. Below is a wonderful example of the positive impact the exchange has had one of our MHS buddies in Year 9 who has written to Ms Ferraro “I am a buddy of one of the Indonesian students. I just wanted to say thankyou so much for allowing me to have this experience. I have met so many lovely, kind and beautiful Indonesian friends and they are friends I will keep for life. I am so grateful to have been able to be a part of this, just wanted to tell you how much I appreciated being a buddy and finding some new friends that made me laugh and smile every day I was with them. Thankyou, from Emily Hunter “.

Year 10 students embarked upon subject selection interviews last week and the meeting provided an excellent time to review subject choices and finalise administration requirements. Please remember that if your child is in year 10 the final submission due date is the 16th September, 2015.

I would like to highlight the amazing opportunities that MHS offers its students. The Gifted and Talented Science program for 2015 has provided a lifetime opportunity for students from our primary and high school to attend the NASA Space camp. The Science faculty have been fundraising throughout the year and this spectacular opportunity has come to fruition with student returning safely after a week’s thrilling and exciting learning and scientific challenges. I thank Ms Hanna, Mr Scott, Mr Collella and Mr Bean for their outstanding organisation and especially their care and commitment of the students who attended and I also thank the families of the students who entrusted their loved ones to the care of their teachers and supported such an outstanding educational experience. I am sure that the space camp will be positive learning experience never to be forgotten and would not have been made possible without the passion and commitment of teachers who dream of the best and most authentic experiences for our students at MHS. This week will be week of rest and recuperation for all of those staff and students who attended the NASA space camp. I congratulate the students below who attended.

Thank you to MHS teachers. Your hard work and care and commitment makes Menai High School the outstanding school that it is. MHS Teachers make a difference.

I wish each MHS student and their families and friends a safe and relaxing school holiday break.

E Sayed-Rich
Welfare News!

Good News
Ms Hamilton and Ms Scevity would like to congratulate the following students Ruby Van Steinburg, Claire Shooter, Renee Allatta, Chelsea Tasker, Tiarn Holmewood, Maddison Archer, Taylah Stokes, Mikalee Clark, Tegan Whitfield and Charli Gault who were members of the Premier Division Netball Team. Their maturity, organisational skills and sportsmanship were a credit not only to themselves but also their school. It has been a pleasure to be associated with such a fine group of students.

Ms Bessel would like to commend the following students from Year 12 for the eagerness they have displayed to donate blood, Rebecca Johnston, Brooke Jerrett, Taylah Cryer, Andrew Stewart, Sarah Stathis, Lauren Thomas, Jasna Kalic, Rebecca Xirocostas, Elizabeth Golikova and Jordan Harper.

Well done to Hannah Banks, Shannon Jenkin, Tayla Nisbet, Sarah Ragheb, Georgia Raptis, Christina Tsafis and James Walker of 10E1 from Mr Mundy for their outstanding practice essay in the Ambition unit.

Mrs Waugh would like to acknowledge her 9E6 English class for their great work on the World Press photo campaign.

Well done to Stephanie Pittet and Alyssa Oliver from Mrs Barrie for their outstanding Thriller Short Story.

Health and Anaphalaxis Updates
The Department of Education mandates that Health Plans and Anaphalxis Plans are updated annually to account for any changes in the student’s condition that may occur. As a result, in Term 4 we will be going through our current forms and plans and sending them home to be updated by the end of Term 4, ready for the following year. More information will follow regarding this early next term.

We would also like to see asthma plans for any student who is required to or who does carry a Ventolin or asthma puffer, regardless of how often they use it. We urge parents to visit their GP and have the Asthma Plan located on the Asthma Australia website at http://www.asthmaaustralia.org.au. We will take either the plan designed for schools or the national standard plan, both of which have been attached to this newsletter.

Y Mazoudier, Head Teacher Welfare

Wellbeing Wisdom

Cyber Safety
Whether in the classroom or at home, children are using technology – computers, mobile phones and the internet – more and more in their day-to-day lives. The Cyber Safety link below provides advice on keeping your child safe in the online world. Below are some warning signs that may indicate your child’s online safety is at risk.

- your child is constantly on their computer or phone until late at night
- they have unexplained money or gifts that have come from people you don’t know
- your child becomes secretive about what they are doing on line eg minimizing the screen when you enter the room or not allowing you to see their chats or social media sites.

The following website has great tips for keeping children safe on line

L Ferraro and the Wellbeing Wisdom Team

Gifted & Talented Corner
I write this week’s corner from the Space Station themed cabins at the US Space and Rocket Centre, Huntsville Alabama where I, along with Mr Scott, Mr Colella and Ms Loh have been privileged to share in our students’ incredible learning journey this week.

It is difficult to put into words the enriching experience this has been so far, for students and teachers alike with astronaut training and simulation, realistic missions in which students had to launch a shuttle, conduct space walks and return astronauts back to Earth safely as they faced various malfunctions. A full report is sure to follow but I will leave you with a quote from one of our students that epitomizes the learning experiences:

“I’ve learnt from my failure - this time should work”, just as he and his team successfully created a thermal shield to protect against the intense heat of an adjacent flame.

G’nite y’all ;)
A Hanna

As you know, our school has been participating in the Woolworths Earn & Learn program. The program has now finished for this year, so a big thanks to everyone who supported our school.

We’re now at the important stage of the program where the Sticker Sheets are collected and lodged as our Earn & Learn claim. We will then be able to get new educational equipment for our school. Thanks again for all your support!

D Cooper, Librarian

Senior Seminar Program Schedule— Week 10B, Term 3, 2015

Monday Period 3  2U Maths, ESL, Hospitality
Tuesday, Period 3  Drama, General Maths
Wednesday, Period 3  Biology, Extension 1 Maths, Hospitality
Winter in Agriculture...

What a busy season the MHS farm has had. We have seen the arrival of 8 new lambs, an influx of new farm students, an excursion to AgVision, dairy calves for the Cows Create Careers project, sheep shearing and the Penrith Show!

This lambing season saw the first offspring of our brand new stud ram 'Thor'. The first lamb was born just before winter began and over the next couple of months another seven happy and healthy lambs arrived. A raffle was run to pick their names, and the lambs were presented to the assembly for their honorary naming ceremony. They have grown quickly over winter and all of us at the farm are eager to see them at their first agricultural show in October.

There has been an influx of Year 7 and 8 students this season that have joined the MHS show team and made the commitment to care for the farm animals before school and at lunch times. It's been a great asset to have them around especially with the new lamb arrivals. I would like to welcome aboard to all the new farm team members.

Fourteen students from Years 9 and 11 Agriculture attended AgVision, a one-day agricultural careers expo designed to inform students about the broad range of careers available in agriculture and agri-business. Students had the opportunity to learn from industry experts in a variety of hands-on workshops. One student, Emma Stephens-Hodder said that “AgVision was a great experience for me. The things we were shown and learnt about were excellent. My friends and I came away from the day with loads of information. Some of the hands on experiences we would never have imagined doing, but we did them, which was awesome.”

MHS participated in “Cows Create Careers” project again this year, with 10 teams of students from Years 7 to 11 competing. The project is an innovative Dairy Australia program that introduces students to the Australian dairy industry and helps promote the many career opportunities on offer. MHS received two dairy calves, ‘Bubbles’ and ‘Pudding’, who remained at the school for three weeks. Students bottle fed the calves morning and afternoon, weighed and measured them daily and recorded nutritional intake and growth patterns. This information, along with a movie about the dairy industry made by each student team will be sent off to Dairy Australia for marking. Their marks will be held against other competing schools in the region and an awards ceremony will be held in late October. This project has been an excellent activity for the students involved. Two students involved, Claudia Tonkinson and Karli Stephens-Hodder said that “Over the past term we have been learning about Dairy Cows and the Dairy Industry. We got to see our calves grow and have learnt how good nutrition is so important for raising cattle. The project has been great fun and we have learnt a lot about the dairy industry.”

Now just as winter is ending, shearing time is here again. Last week, a professional shearer came to the farm and shore the fleeces off the lambs, sheep and alpacas. He spoke to the attending 30 students about his tools of the trade, the career of a shearer, sheep facts and sheep health. There were even some students brave enough to have a shear themselves! This was a great example of ‘city meets country’ and for many students it was the first time they had seen an animal being shorn. Travis Thorpe, Chloe Traynor and Caitlin Stephan were excellent ‘shearsers for a day’ and said that, “We had the privilege to watch a shearer shear our sheep and alpacas and have a go at shearing ourselves. It was great fun and we got to do something we had never done before!”.

The first show of the new season was the Penrith Show. MHS attended with a team of 15 students from Years 7-12. It was a very successful show for the students, with team MHS taking 3 trophies and 4 ribbons home out of a field of 25 schools. Congratulations to all students who did a fantastic job representing the school: James Sestanovic; Corey Sommer; Lauren Alden; Alexander Whitelaw; Caitlin Stephan; Lara White; Isabella Hockey; Adrian Stefano; and Linda Wang. An additional congratulations to students who placed at the show: Hope Sestanovic, Isabella Wells and Chloe Traynor - Champion Team Sheep Judging; Christie Hayward - 3rd Junior Sheep Handling; Travis Thorpe - 2nd Junior Sheep Handling; Tara Arduin - Champion Senior Handler, Reserve Champion Sheep Judging; Linda Jung – 4th Junior Sheep Handling

It’s been a jam-packed winter for Agriculture and with some thrilling things on the horizon it promises to indeed be an exciting spring!

M Ready

Technology Wizards Team

E-Timetable available to students on iphone, android or other portable devices. Technology Wizards Team would like to assist students to be able to access their timetable electronically on their iphone or android device calendars or via Google Calendar. This is a great way for students to keep track of their timetable and not have to remember if it’s a week A or week B. Students simply need to come along on any Wednesday at lunchtime to Room 28 and the Technology Wizards Team will show them how to set this up.

L Blanche

Wanted - MHS Red Aprons

If anyone has a Menai High School Red Apron and would like to donate it to the TAFT Faculty please drop it into the Front Office. This would help immensely with our Transition Program, Year 4 High School Kid for a Day and visiting overseas students who attend practical lessons.

L Olynick, TAFT Faculty
Careers News

PARENTS of YEAR 12

UNIVERSITY ADMISSIONS CENTRE

ALL students considering university should have received a PIN from UAC which enables them to commence the process of putting their preferences in to study university in 2016 or 2017 (if they are considering deferring).

Students MUST activate their UAC account NOW as it costs $32. After 30th September the cost increases to $157 and higher.

At this stage students only need to enter ONE preference and worry about the rest AFTER the HSC. Mrs Brown is available to assist if needed.

UNIVERSITY EDUCATIONAL ACCESS SCHEME (EAS)

Has your son/daughter experienced disadvantage in the lead up to their HSC? Types of disadvantage include:

- Disrupted schooling
- Financial Hardship
- Severe family disruption (death, separation, divorce)
- Excessive family responsibilities
- English language difficulty (ESL)
- Personal illness / disability
- Refugee status

If so they are eligible to apply for consideration by UAC and possibly obtain additional ATAR points. Please contact Mrs Brown for further information.

On time applications close 30th September BUT should circumstances occur after this date and during the HSC students are still able to apply.

APPRENTICESHIPS and TRAINEESHIPS

Many group training companies are NOW interviewing students for apprenticeships and traineeships to commence in 2016.

If your son/daughter is considering an apprenticeship or traineeship and do NOT have an employer they should see Mrs Brown to get contact numbers and commence the process.

I have been contacted by local employers seeking apprentices/trainees in the areas of

- Plumbing
- Hairdressing
- Childcare
- Mechanic
- Electrical

Students will require a resume and should see Mrs Brown for details

POST HSC

Please be advised that my door is always open to assist students after they have completed the HSC. Students are advised to ring first to ensure I am at school and available.

J Brown, Head Teacher VET/Careers Adviser

As John Steinbeck, Nobel Laureate in Literature, wrote: “No man really knows about other human beings. The best he can do is to suppose that they are like himself.”

Getting to know another person, especially one from a different culture, can be exciting, challenging, and has its unique benefits. Department of Education-registered and approved Southern Cross Cultural Exchange (since 1983) is providing such a unique experience to help your children and family learn through bridging cultures, grow closer with one another, understand one another better and see the world in a new light.

International exchange students from France, Germany, Italy, Japan, Finland, Denmark, Norway, Sweden and the USA are arriving in Australia to live as a local with volunteer Australian families and attend a local secondary school. The students, aged 15 – 17, arrive from February 2016 for 3, 5, or 10 months and are fully insured, with their own pocket money. If you have a spare room or bed, and a place at the family table, why not be the “heart” of cultural exchange by becoming a volunteer host family?

Expand your world for the whole family – all without any air tickets. Call S.C.C.E. now on 1800 500 501 or email scceaust@scce.com.au or visit www.scce.com.au and ask for our incoming student profiles, choose the nationality you prefer, and start having fun matching up your hobbies and interests.

Capture the spirit of fun and friendship, and build your global cultural network. After all, it is different cultures that “make the world go ‘round” at the end of the day.
### My Asthma Action Plan

#### When my asthma is WELL CONTROLLED
- No regular wheeze, or cough or chest tightness at night time, on waking or during the day
- Able to take part in normal physical activity without wheeze, cough or chest tightness
- Need reliever medication less than three times a week (except if it is used before exercise)
- Peak Flow* above

#### When my asthma is GETTING WORSE
- At the first sign of worsening asthma symptoms associated with a cold
- Waking from sleep due to coughing, wheezing or chest tightness
- Using reliever puffer more than 3 times a week (not including before exercise)
- Peak Flow* between

#### When my asthma is SEVERE
- Need reliever puffer every 3 hours or more often
- Increasing wheezing, coughing, chest tightness
- Difficulty with normal activity
- Waking each night and most mornings with wheezing, coughing or chest tightness
- Feel that asthma is out of control
- Peak Flow* between

#### How to recognise LIFE-THREATENING ASTHMA
- Dial 000 for an ambulance and/or 112 from a mobile phone if you have any of the following danger signs:
  - extreme difficulty breathing
  - little or no improvement from reliever puffer
  - lips turn blue and you feel as if you are going to faint
  - calling an ambulance
  - heavy sweating
  - unable to talk

A serious asthma attack is also indicated by:
- symptoms getting worse quickly
- severe shortness of breath or difficulty in speaking
- you are feeling frightened or panicking
- Peak Flow* below

Should any of these occur, follow the Asthma First Aid Plan below:

#### Asthma First Aid Plan
1. Sit upright and stay calm.
2. Take 6 separate puffs of a reliever puffer (one puff at a time) via a spacer device. Just use the puffer on its own if you don't have a spacer. Take 6 breaths from the spacer after each puff.
3. Wait 4 minutes. If there is no improvement, take another 4 puffs.
4. If little or no improvement CALL AN AMBULANCE IMMEDIATELY (DIAL 000 and/or 112 from mobile phone) and state that you are having an asthma attack. Keep taking 4 puffs every 4 minutes until the ambulance arrives.

#### What should I do?
- Increase my treatment as follows:
- Start oral prednisolone (or other steroid) and increase my treatment as follows:

See my doctor to talk about my asthma getting worse

See my doctor for advice

Name:........................................................................ Date:........................................ Best Peak Flow*:.......................... Next Doctor's Appointment:..........................

* Not recommended for children under 12 years
My Asthma Action Plan

This written Asthma Action Plan will help you to manage your asthma.
Your Asthma Action Plan should be displayed in a place where it can be seen by you and others who need to know.
You may want to photocopy it.

What happens in asthma?

Asthma inflames the airways. During an asthma attack, the air passages (airways) of the lungs become inflamed, swollen and narrowed. Thick mucus may be produced and breathing becomes difficult. This leads to coughing, wheezing and shortness of breath.

Asthma Triggers

Common asthma triggers are house dust mite, pollens, animal fur, moulds, tobacco smoke, and cold air. It is unusual but some foods may trigger asthma attacks.

Exercise is a common asthma trigger but can be well managed with pre-exercise medication and warm-up activities.

My known asthma triggers are:

Before exercise I need to warm up properly and take the following asthma medication:

Useful telephone numbers

- Asthma Foundation 1800 645 130 for information and advice about asthma management
- My pharmacy:

How your preventer medicine helps

Your preventer medicine reduces the redness and swelling in your airways and dries up the mucus. Preventers take time to work and need to be taken every day, even when you are well.

Preventer medications are: Qvar (beclomethasone), Flutotide (fluticasone), Inal Forte CFC-Free (sodium cromoglicate), Pulmicort (budesonide), Singulair (montelukast) and Tilade CFC-Free (nedocromil).

How your reliever medicine helps

Your reliever medicine relaxes the muscles around the airways, making the airways wider and breathing easier. It works quickly to relieve asthma symptoms, so it is essential for asthma first aid.

Reliever medications are: Aeromir, Asmol, Epaq and Ventolin (all brands of salbutamol) and Bricanyl (terbutaline).

How your symptom controller helps

Symptom controllers can help people who still get symptoms even when they take regular preventer medicines. If you need a symptom controller, it should be taken with your preventer medication. It should not be taken instead of a preventer.

Like your reliever medicine, your symptom controller helps widen the airways. But while your reliever works for around 4-6 hours, symptom controllers work for up to 12 hours at a time. However, they are not good for quick relief of symptoms so they should not be used for asthma first aid.

Symptom controllers are: Foradil and Oxis (both brands of eformoterol), and Serentil (salmeterol).

There are combination medications that combine a symptom controller and a preventer in one puffer.

Combination medications are: Seretide (fluticasone and salmeterol) and Symbicort (budesonide and eformoterol).

Your GP can advise you on the availability under the Pharmaceutical Benefits Scheme of the drugs mentioned above.
Asthma care plan for education and care services

CONFIDENTIAL: Staff are trained in asthma first aid (see overleaf) and can provide routine asthma medication as authorised in this care plan by the treating doctor. Please advise staff in writing of any changes to this plan.

To be completed by the treating doctor and parent/guardian, for supervising staff and emergency medical personnel.

PLEASE PRINT CLEARLY

Child’s name  Date of birth

Managing an asthma attack

Staff are trained in asthma first aid (see overleaf). Please write down anything different this child might need if they have an asthma attack:

Daily asthma management

This child’s usual asthma signs

☐ Cough
☐ Wheeze
☐ Difficulty breathing
☐ Other (please describe)

Frequency and severity

☐ Daily/most days
☐ Frequently (more than 5 x per year)
☐ Occasionally (less than 5 x per year)
☐ Other (please describe)

Known triggers for this child’s asthma (eg exercise*, cold/flu, smoke) — please detail:

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Does this child usually tell an adult if s/he is having trouble breathing?  Yes  No
Does this child need help to take asthma medication?  Yes  No
Does this child use a mask with a spacer?  Yes  No
*Does this child need a blue reliever puffer medication before exercise?  Yes  No

Medication plan

If this child needs asthma medication, please detail below and make sure the medication and spacer/mask are supplied to staff.

<table>
<thead>
<tr>
<th>Name of medication and colour</th>
<th>Dose/number of puffs</th>
<th>Time required</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Doctor

Name of doctor

Address

Phone

Signature  Date

Parent/Guardian

I have read, understood and agreed with this care plan and any attachments listed. I approve the release of this information to staff and emergency medical personnel. I will notify the staff in writing if there are any changes to these instructions. I understand staff will seek emergency medical help as needed and that I am responsible for payment of any emergency medical costs.

Signature  Date

Name

Emergency contact information

Contact name

Phone

Mobile

Email

Asthma Australia

asthmaaustralia.org.au | 1800 ASThma (1800 278 462)
AT CRONULLA THESE SCHOOL HOLIDAYS

MON 28 SEP TO FRI 2 OCT
CRONULLA PLAZA
STUNT SHOWS AND WORKSHOPS

FREE

SOUTHERN SYDNEY
BUSINESS EDUCATION NETWORK

CAREER CONFIDENCE
ESSENTIAL SKILLS WORKSHOPS

Intensive and customised career confidence training programs held in the Sutherland Shire to help students become work ready.

WORKSHOP TOPICS:

- WORKSHOP 1 - SELF ASSESSMENT/AWARENESS
- WORKSHOP 2 - DECISION MAKING & GOAL SETTING
- WORKSHOP 3 - PERSONAL BRAND/IMAGE
- WORKSHOP 4 - COMMUNICATION
- WORKSHOP 5 & 6 - JOB SEARCH SKILLS

WORKSHOP DATES

SATURDAY WORKSHOPS 10AM - 12PM

- Workshop 1 & 2 - Nov 07
- Workshop 3 & 4 - Nov 14
- Workshop 5 & 6 - Nov 21

TUESDAY WORKSHOPS 7-9 PM

- Workshop 1 & 2 - Nov 05
- Workshop 3 & 4 - Nov 10
- Workshop 5 & 6 - Nov 17

COST:

- Includes workbooks and light refreshments
- 1 session covering 2 workshops:
  - $75 per attendee
- 3 sessions covering 6 workshops, 2 hours/week for 3 weeks:
  - $200 per attendee

VENUE:

Southern Sydney Business Education Network
H Block - Sutherland Public School, 38 Eton St
(Cnr President & Eton St) Sutherland NSW 2232

TO REGISTER, VISIT:
http://bit.ly/1rzzMs
or contact Southern Sydney Business Education Network (SSBEN)
Ph: 02 9521 0500
info@ssben.com.au | www.ssben.com.au
Tuning in to Teens
Emotionally Intelligent Parenting

A six-session parenting program
for parents of adolescents aged 11 years and over

Would you like to learn how to:
- be better at talking with your teen?
- be better at understanding your teen?
- help your teen learn to manage their emotions?
- help to prevent behaviour problems in your teen?
- teach your teen to deal with conflict?

Tuning in to Teens teaches you how to help your teen develop emotional intelligence. Adolescents with higher emotional intelligence:
- are more aware, assertive and strong in situations of peer pressure
- have greater success with making friends and are more able to manage conflict with peers
- are more able to cope when upset or angry
- have fewer mental health and substance abuse difficulties
- have more stable and satisfying relationships as adults
- have greater career success –
- Emotional intelligence may be a better predictor of academic success than IQ!

Where: Community Health Caringbah,
The Sutherland Hospital

Where: Wednesdays 6.30-8.30pm
(6 sessions)
21 October to 25 November 2015

Cost: $30 per individual
$40 per couple
(registration and payment required to secure place in the group)

Enquiries:
Vee Jin Duman (Clinical Psychologist), Michelle Brunton, Veruschka Matala from Mindset: Sutherland Child, Youth & Family Team Phone (02) 9322 1000

***TO REGISTER PLEASE COMPLETE ATTACHED REGISTRATION FORM***

Tuning in to Teens
Emotionally Intelligent Parenting

REGISTRATION FORM

Please register me, _________________________________________
(and my partner _________________________________________)
(cross out if not applicable)
for the Tuning Into Teens Parent Group Program
starting 21 October 2015

I enclose a cheque/money order for $30.00 (or $40 for a couple),
payable to Community Health, Caringbah.

Subsidy/fee exemption is available if you are experiencing financial constraints but are keen to participate in the group. Registration is still required.

Address: ________________________________ ________________________________

Phone: *Home:___________ *Mobile:___________________

*Email address: _____________________________________________

Age of child/children: _____________________________________________

______________________________ ________________________________

Please post this registration form with your payment to:
The Intake Officer, Community Health, Caringbah, Locked Bag 21, TAREN POINT 2229.

Please note: If you wish to pay in cash, please bring your payment to Community Health,
Caringbah, before the commencement of the group. Cash payments must be for the exact
amount, as we cannot give change.

Receipts will be given out at the first session of the group.