What a fabulous celebration we had last week with Education Week and open day. It was terrific to see so many parents and friends of JPS on Thursday for our open day activities which included a book fair and talent quest. Thanks also for all the lovely affirmations that were added to the positivetree. Some of these are included in this newsletter for you to read and keep.

Another huge thank you to the P&C who awarded 4 Literacy awards at the assembly on Thursday. This gesture reinforces the strong literacy focus we have in the school. Well done to our award winners, Hayley Gleeson, Lara McMillan, Tiara Willis and Amy Jones.

On Tuesday, eight of our very talented students competed against Springdale Heights PS in the annual Lions Club Junior Public Speaking Competition. The competition was tough and all of our students spoke extremely well. I was so proud of all our speakers as, for many of them, this was the first time they had competed at an inter-school level. They put the nerves and butterflies aside and did a great job, even with all of the Years 3 – 6 students from Springdale Heights PS watching them. Congratulations and well done Alex Knight, Tiara Willis, Sharni Howlett, Sarah Donney, Hayley Martin, Kallee Dubenko and Zahlia Lloyd.

Please ensure that you regularly read the newsletter and keep the dates on the fridge or somewhere prominent. Despite information going home in newsletters and as separate notes (repeatedly in many cases), parents/carers are still not getting the information. The newsletter is the primary source of information and communication between the school and home and is produced fortnightly for this purpose.

Aussie of the Month for July was awarded to Jaecob Quinn for his care of younger students. Star award winners were: Amy Scammell (Year 4), Ethyn Kane, Blair Heather and Jaecob Quinn (Year 5). Congratulations and well done.

Years 5 and 6 major excursion to Canberra
Permission notes, medical forms and final monies are to be returned to the office by tomorrow, 9 August 2013. Should you have any further questions or inquiries please contact the school as soon as possible as the excursion needs to be finalised by 9 August.

Education Week
Education week was celebrated last week with events such as the Lions Club Junior Public Speaking competition on Tuesday and open day on Thursday, which included the book fair.

Coin lines
Students have been saving 5c coins for the last 6 weeks, in a class container. Following recess last Thursday, classes made their coin lines. Well done to everyone for having a go. The winning class was K/1C whose coin line was 26 metres long. Altogether the school raised about $250.00 for “Give Me 5 For Kids”, the children’s ward at Albury hospital.

Positivetree
Thanks to Peter Martin for the base of the tree. The theme of the tree for open day was the positivetree to tie with the theme for Peer Support this year. Leaves were left for students and parents to add an affirmation about the school, students, teachers or initiatives. The tree looked fabulous and had some lovely thoughts attached.

Talent quest
Mr Hill coordinated the talent quest again this year. The students were very enthusiastic and had a go. Well done to our performers, especially our winner, Nick Knight.

NAIDOC
The school will be celebrating NAIDOC on Thursday, 19 September. Celebrations include an opening of the P&C garden and a range of activities focusing on Aboriginal and Torres Strait Islander traditions. Any parents/carers interested in participating or assisting with organisation of NAIDOC please contact the school office and leave a message for Mrs Berndt.

Jindera Juniors
Jindera Juniors transition program begins in Week 6 of term, 23 August. Jindera Juniors will meet on Fridays 23 and 30 August, 6 and 13 September from 9:30 – 12:30pm in the school library. If you know of anyone who might be interested in the Jindera Juniors transition program please ask them to visit the school office for further information. An orientation program and Kindergarten parent information session will be conducted in Term 4 as well.

Author/narrator visit – Thursday, 22 August
To celebrate book week 2013, the school will be visited by Stig Wemyss, a narrator of children’s author, Andy Griffiths, books. The visit has been organised by Hume Shire and is free to all of our students in Years 2 – 6.

Dates to remember:

- **Thursday 15 August**
  Murray Conservatorium Aboriginal music performance for K-2
- **Wednesday 21 August**
  Pyjama day (fundraiser)
- **Thursday 22 August**
  Stig Wemyss performance
- **Friday 23 August**
  Jindera Juniors starts
- **Last week of PSSA sport**
  Yerong Creek Football and Netball carnival
- **Mon 26 – Wed 28 Aug**
  Years 5 and 6 excursion to Canberra
- **Thursday 29 August**
  P&C Fathers’ Day stall
- **Thursday 19 September**
  NAIDOC Day

Handy hint: cut this box out and stick on your fridge so you never forget an important date again.
End of year fundraising event - Tuesday, 20 August

The fete/market organising committee is meeting at 5pm on Tuesday, 20 August in the staff room. Parents/carers are invited to attend to discuss possible end of year fundraising and to assist with organisation and decision making. Our school really depends on the fundraising efforts of the P&C and this job should not be left to a few of the families to volunteer. Please help us to help your kids.

Father’s day stall

Will be held on Thursday 29 August for students to purchase a $5.00 gift for Dad (or Pop). A selection of gifts will be available for purchase.

Lianne Singleton
Principal
8 August 2013

Ipods, phones and computer games

These items are to be checked in to the office each morning and then collected each week and prepared by the canteen staff. Fresh fruit every Wednesday for the students. This will be collected each week and prepared by the canteen volunteers for the students to enjoy at recess/lunch.

Parent skill survey

During first term the P&C sent home a skill survey to parents. The P&C would like to create a database of skills/talents and interests that parents/carers may have as, often, different skills or talents are helpful in the school. The P&C is requesting that these surveys be completed and returned so that, should the need arise, the P&C is aware of the right people to call. Can you please assist by returning the surveys. If you would like another survey, please ask at the front office. Thank you to those parents/carers who have already returned their survey.

Fresh fruit Wednesday

Aldi, Lavington, has kindly offered to support the school with any fundraising opportunities and to create sustainable links with the community. Mr Dale Cropper, father of two of our students and Manager of Aldi at Lavington, is also donating fresh fruit every Wednesday for the students. This will be collected each week and prepared by the canteen volunteers for the students to enjoy at recess/lunch. Thank you very much Dale and Aldi at Lavington for looking after our children’s health. I have also enclosed a flyer prepared by Aldi that promotes healthy eating with lunchbox suggestions and balanced eating.

Public speaking

The Lions Club Junior Public Speaking competition was held on Tuesday, 30 July at Springfield Heights PS. Eight of our students attended and spoke well, handling the impromptu topics with confidence and clarity. Two students will be invited to participate in the Durakar Public Speaking competition on 21 August. Well done to everyone for having a go.

Ms Singleton and the competitors pictured at the Lions Club Junior Public Speaking Competition last week

Asthma

Asthma is a common childhood illness and may affect anyone. Everyone is at risk of asthma, even you and I. There are no factors that can predict who will get asthma. If your child experiences this they may start to breathe faster and through their mouth, this can have a dehydrating effect which can cause the muscles around the airways to tighten, making breathing more difficult. If your child has already been diagnosed with asthma, make sure you are managing it well. Ensure they take any medications exactly as prescribed by the doctor and help them to stay fit and healthy.

Exercise Induced Asthma (EIA) is when being active makes you feel short of breath, wheezy, tight in the chest or makes you cough, and these symptoms do not improve within a few minutes of rest. If your child experiences this they may have EIA and you should speak to your doctor about these symptoms.

Why does it happen and can you prevent it?

Normally we breathe through our nose, which warms, moistens and filters the air we breathe. When your child exercises they will start to breathe faster and through their mouth. This can have a dehydrating effect which can cause the muscles around the airways to tighten, making breathing more difficult. If your child has already been diagnosed with asthma, make sure you are managing it well. Ensure they take any medications exactly as prescribed by the doctor and help them to stay fit and healthy.

Encourage them to warm up before sport or exercise; ten minutes of gradually increasing exercise is the minimum someone with asthma should do before working out intensely. For some people they will advise an extra dose of their blue reliever puffer before they start exercising, but this needs to be monitored carefully so its not too much.

People with asthma should be able to participate in almost any sport or exercise. If you are finding that asthma gets in the way of your child’s ability to participate in and enjoy sport, call the Asthma Info Line on 1800ASTHMA (1800 278462) or email asthmatel@astrafoundation.org.au for more information on how to better manage their asthma.

Can your child bend it like Beckham or make a splash like Thorpe?

You might be surprised to know that some of the most famous sports stars have asthma, and it hasn’t stopped them achieving at the top of their game. David Beckham and Ian Thorpe are just two examples of how asthma doesn’t need to hold a person back in sport. Exercise Induced Asthma (EIA) is when being active makes you feel short of breath, wheezy, tight in the chest or makes you cough, and these symptoms do not improve within a few minutes of rest. If your child experiences this they may have EIA and you should speak to your doctor about these symptoms.

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Wise Owls

Interested Year 5 and 6 students have nominated, last week, an interest to be a Wise Owl and to assist with minor first aid. Interested Year 5 and 6 students have nominated, last week, an interest to be a Wise Owl and to assist with minor first aid.

Parents and carers have also nominated talents and interests that parents/carers may have as, often, different skills or talents are helpful in the school. The P&C is requesting that these surveys be completed and returned so that, should the need arise, the P&C is aware of the right people to call. Can you please assist by returning the surveys. If you would like another survey, please ask at the front office. Thank you to those parents/carers who have already returned their survey.

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Secure Kids, Happy Families

A FREE program for parents and carers with children aged 0-8 yrs. Every Tuesday from 6 August to 24 September, 11am to 2pm at the Women’s Centre, 645 Olive Street, Albury - light lunch provided.

A group-based parent education program that looks at the needs beyond your child’s behaviour and aims to promote secure attachment between you and your child. Offers you strategies to become a bigger, stronger, wiser and kinder parent to ensure your child is to be the parent and your child’s job is to be the child. Helps you give your child opportunities to explore the world knowing that they have the security of your protection, comfort and support to manage their feelings and delight in them as they grow and develop. Bookings are essential - 0260 411 977 or email womenscentre.org.au

Canteen Roster

Note - some changes have been made since last newsletter — please check carefully.

Fri 9 Aug
- DS - Jo Dawson
Ass1 - Amanda Fenn
Ass2 - Mel Barnes

Wed 14 Aug
- DS - Jody Martin
Ass1 - Chris Butler

Fri 16 Aug
- DS - Kyle VanDewenter
Training DS - Dale Cropper
Ass2 - Sally Gleeson

Wed 21 Aug
- DS - Kyle VanDewenter
Ass1 - Jo Dawson

Fri 23 Aug
- DS - Sally Stewart
Training DS - Tania Carabott
Ass2 - Amanda Fenn

Uniform Shop

Check out these 2nd hand stock bargains:
2 x size 12, 1 x size 14 summer dresses $5 each
Boys 8, 10 and 14 check summer blouses $3 each
Netball skirts $2
Windcheaters $3
Trackpants $2

The uniform shop is open Tuesdays (9:15am - 12.00noon) and after assembly every 2nd Thursday.

St Matthew’s “Angels” present a concert for Relay For Life on Friday, 9 August, 9:15am to 10:30pm.

Cultural Café presents a “⽟⽼ ethers” concert with live music and display of Indigenous art.

Kid’s cooking classes and craft sessions offered by Thales Public School.

Wednesday 21 August: 1s Pyjama Day
...an initiative of the Yr 6 girls to raise funds to buy personal care products for the residents of Jindera Nursing Home.

K/1C - Michael Wilkinson, Ryan Twyford, Polly Deppeler, Alannah Barnes
1/2K - Akeira Delaney, Rhianne Stanning, Tyler Hollis-Taylor, Riley Buchanan
2/3S - Lara McMillan, Hannah Cureph, Holly Simon, Jessica Freund
3T - Cameron Howard, Taylor Threlfall, Aaleyna Dougherty, Colten Atkins, Alistair Brookesby, Georgia Freund
4H - Jake Twyford, Angus Onley, Bailey Steinke, Harry Lukins, Maddy Doughty, Nick Knight
5/6B - Sarah Donney, Alex Knight, Ben Nock, Ryan Scammell
5/6K - Shanika Brackley, Josie Atkins, Shae Davies

Media release:

RISING ENERGY COSTS – CAN THEY BE BEATEN?

The Triple H (Housing, Homelessness and Human Services) Forum will host a discussion on Energy Costs as a means of assisting service providers come to terms with this subject and gain information which might assist clients who are being impacted by the escalating cost of providing heating etc. to their homes. “It is not uncommon for people to have to set aside, towards payment of their electricity and gas accounts, the equivalent of 25 – 50% of the amount they pay in rent per week in an effort to cover the cost of this essential service.” With this in mind, many people find they have to make choices every week whether they will buy medications, food and other necessary items, continue to pay their rent or pay their energy accounts”, Denise Osborne, Chairman of the Triple H Forum explained.

Denise Osborne highlighted that the Triple H Forum see this issue as one which has enormous impacts on the ability of tenants to sustain their tenancies and as such is very much a matter which impacts on people being at risk of homelessness. “We are very pleased to have gained the support of Gavin Dufy in bringing this subject to the forefront and in doing so gain knowledge of how we might assist our clients and possibly advocate regarding the impacts these rising costs are having.”

The Energy Costs Forum will take place at the Robert Brown Room, Albury City Council Offices, Kiewa Street, Albury on Monday, 9th September, from 1.30 – 3.30 p.m. RSVP to Denise Osborne by phoning 02 60419618 by Wednesday, 28th August.

Related news story:

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