

Oxley Vale Public School

A quality education in a caring and innovative environment

MESSENGER



ACKNOWLEDGEMENT OF COUNTRY

Oxley Vale Public School acknowledges that the school is built upon the traditional lands of the Gomeroi/Kamilaroi people. We pay our respects to the Elders both past and present and ask for guidance and wisdom as we work towards improving educational outcomes for all our children.

Term 4 Week 4

29th October, 2013

Principals Message

VISITING PERFORMER: On Thursday 31st October at 12 noon an international performer known as Tjupurru will be performing for our students. Please refer to yesterday's note for details. Each student wishing to attend this performance needs to bring \$2.00 on the day. Tjupurru comes highly recommended, so don't miss out on this unique experience.

CAPERS: As you know, the CAPERS performances are on this Friday and Saturday (1 & 2 November). Arrangements for this week's commitments at TREC during school hours, including Friday's Matinee are:

Monday: Stage 2 Rehearsal 9.30 am – 2.30 pm
Stage 3 Rehearsal 9.30 am – 2.30 pm

Wednesday: Early Stage 1 / Stage 1 Rehearsals
9.30 am – 2.30 pm

Friday: Matinee Performers 9.30 am – 3.00 pm
Matinee Audience 10.00 am – 2.00 pm

School Hours

Our school start time is 9:25am. Staff are on duty from 8:55am as required by the department however there are no staff on duty before this time. We ask that students arrive between 8:55am and 9:25am to ensure that they are supervised and safe.

Office Hours

A very quick reminder that the front office is unattended before 8:45am and after 3:45pm. If you wish to contact the school please do so between these times. Thank you.

Luke Norman
Principal

BUDDY READING



Manilla Road TAMWORTH 2340
Phone: 6761 8238 Fax: 6761 8307

Email: oxleyvale-p.school@det.nsw.edu.au
Web: www.oxleyvale-p.schools.nsw.edu.au

Learning & Support News:

The Family Mental Health Support Service offer a range of information workshops to promote mental health, well-being, and family resilience. Workshop topics include;

- Stress & Anxiety
- Depression
- Resilience
- Conflict Management

There are a range of excellent courses for kids aged 6-17 years and all services are free.

V Guy Kable Building, 201 Marius Street TAMWORTH PH; 67629200

www.centacarens.wa.gov.au

ASTHMA UPDATE:

SPRING AND BUSHFIRES ARE UPON US!!

SPRING: For many people in Australia with asthma or [hayfever](#), August to March (or the dry season in tropical areas) is a difficult time. At this time of year there is often an increased amount of pollen in the air which may trigger an asthma 'episode' or 'attack' that can make life pretty uncomfortable.

Problems with pollen are usually caused by grasses, weeds and trees which are wind pollinated.

Major thunderstorms during spring can make things even worse because the combination of pollen, moisture and rapid movement and changes in air pressure leads to the bursting of pollen grains. This creates much smaller particles carrying the allergens that can be inhaled deep into the lungs (pollen itself is too large to be inhaled into the lungs). This can lead to dramatic and serious asthma attacks, in those who have not taken their asthma medications. This phenomenon was originally shown to occur with rye grass pollen, but is now thought to occur with other grass pollens and perhaps some tree pollens as well. There is also some evidence that these smaller particles from pollens may occur after rain and that the wet conditions associated with thunderstorms and rain also greatly increase the amounts of fungal spores in the air.

How do I avoid reacting to pollen?

To minimise the impact of pollen on seasonal asthma and allergy it is important to continue to take your [preventer medication](#) to reduce the likelihood of [hayfever](#) and asthma flare-ups. You should also carry your [reliever medication](#) with you at *all* times, even when you are feeling well. Make sure your written [Asthma Action Plan](#) is up to date, so you know what to do if your asthma starts to get worse.

Tips

See your doctor to make sure your asthma is well controlled, and you are taking the right medications. This will reduce the chance that you will react to pollen. If you still have problems, the following tips may help:

- Stay indoors whenever possible during the peak pollen season or on windy days and during thunderstorms
- Avoid activities that you know will increase your exposure to pollens that you are allergic to, such as

mowing the grass

- Shower after outdoor activities when there are high levels of pollen
- Use recirculated air in the car when pollen levels are high
- Check the plants in your own garden – there might be something there that is aggravating your asthma or [hayfever](#). See our [gardens](#) section for more information

BUSHFIRES

Summer time in Australia can be particularly problematic for people with asthma. Wood smoke from hazard reduction burns and bush fires contain harmful gases. These include carbon monoxide, nitrogen oxide, carbon dioxide and a range of organic compounds, any of which could irritate sensitive airways and trigger asthma.

Children, the elderly, and people with asthma and other breathing problems are usually the first to feel the effects of smoke and particle pollution so they need to take extra care during summer.

What can I do to minimise my exposure?

Hazard reduction burns to reduce the threat of bushfires occur in most Australian states and territories in late winter or spring. These are usually publicised through local newspapers and radio and there is often a timetable on the rural fire service (or similar organisation) website for each state.

Tips for staying safe and well

During bushfire season you should:

Visit your doctor to update your [Asthma Action Plan](#) prior to the burn-off/bushfire season.

- When there is smoke from fires in the area, unless you are advised to evacuate you should stay indoors, close all windows and doors and block all air vents and use a filtered air conditioner to circulate air.
- Avoid doing physical activity outdoors when there is smoke around.
- Continue using your [preventer medication](#) as prescribed on your written [Asthma Action Plan](#) and ensure you have plenty of [reliever medication](#) with you at all times.

Keep an extra reliever puffer with your most precious papers or photographs or evacuation kit to ensure it goes with you if you need to leave suddenly. Do not keep an inhaler in your car as extreme heat may make your medication ineffective. Some medication canisters can also explode under intense heat conditions in cars.

www.asthmaaustralia.org.au

Please remember to keep your kids Asthma plans up to date and ensure that the school has your correct contact details.

ASSEMBLY AWARD WINNERS

Merit Awards

Infants

KP: Alicia Woods, Caitlin Grobler
KD: Bianca Thompson, Jake Shepherd
K/1M: Tayla Beattie, Brae Cocking
1E: Joe Sharp, Kealy Gregory
1R: Beau Hancock, Jesse Sylvester
1/2T: Jesse Monk, Laila Browning
2P: Ella Davidson, Bailey Kane

Primary

SD:

2/3B: Bridey O'Neil, Liam McKillop
3L: John Renton, Charlee Marshall
4N: Dani Penfold, Mathew Peel
4/5E: Cooper Newton, Tayla Childs
5S: Brittany Powell, Charlie Davenport
5/6M: Breanna Russell, Kaylah Higginson
6S: Bailey Brown, Caitlin Marshall

Book Work Ribbon

Tashari Coffey
Andalasia Geale
Malcolm Golledge

Maddison Higginson
Sarah Turner
Brady Hopwood-Young

Chloe Harpur
Gabriella Thompson
Courtney Trembath
Bryce Kelly
Seth Langfield
Yash Patel
Logan McCarthy

QuickSmart award this week goes to Amanda Rose Hall

Multi-Lit Award this week goes to Janarie Burns

Win Bin winners for Week 1 - Kyan Gregory, Week 2 - Ashley Howarth, Week 3 - Kierra Thompson

This week's assembly 1st November is a split assembly starting at 12:00pm for infants and 1pm for primary.

Tickets

CAPERS 2013 are now On-Sale !

CAPERS 2013 will be held at the Tamworth Regional Entertainment and Conference Centre (TRECC) on Friday 1st and Saturday 2nd November 2013. Both performances commence at 7.00pm.

Tickets are available for purchase in person at the Tamworth Visitor Information Centre, the Capitol Theatre Box Office located in the Forum 6 Cinema Complex at Centre Point, by telephone on 6767 5300 or on-line at www.entertainmentvenues.com.au.

Ticket Prices

Adult \$35.00

Child 2-17 \$30.00

Child under 2 Free

Aged Pensioner \$30.00

Family Ticket \$100.00

(2 adults, 2 children)

BULLIMBAL SPECIAL SCHOOL

CAR BOOTSALE/MARKET DAY

2ND NOVEMBER 9AM TO 1PM

Turn your trash into cash and book a stall for just \$10.

Phone 6762 8003

Appearing at our November Bootsale/Market Day will be.....

Tamworth Musical Society's

Sound of Music cast

Performing songs from the musical and Christmas songs.

Prepare for Christmas

Get your Turkey from Quasts stall.

Maybe even do some Christmas shopping.

HOPE TO SEE YOU THERE

COMING EVENTS FOR TERM 4

October

30th Year Book Orders Due
31st & 1st Kinder Ready program

November

1st & 2nd CAPERS Performance
7th & 8th Kinder Ready program
11th Remembrance Day
11th - 15th Swimming School
15th Kindergarten Orientation Day
18th - 22nd Swimming School
22nd Kindergarten Presentation
28th Deadly Day
29th Year 1 Presentation
29th & 30th School Spectacular (Sydney)

TAKE HOME A BIG BROTHER OR BIG SISTER

Give your children the wonderful opportunity to have an international big brother or big sister by hosting one of our exceptional international students arriving in Australia in February 2014 for their 3, 5 or 10 month programs. Our international students from Germany, Italy, Finland, Colombia and Mexico will live as a local, attend a local secondary school, arrive with their own spending money and comprehensive insurance cover – all arranged by Southern Cross Cultural Exchange. Visit us at www.scce.com.au, email scceaust@scce.com.au or call us toll free on **1800 500 501**, request our international student profiles, and capture the spirit of family and friendship!

Thanks and Kind Regards

Genevieve Eyre

Program Coordinator
Southern Cross Cultural Exchange
Tel: (03) 9775 4711
Toll-free: 1-800-500-501

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Oxley Vale Anglican COMMUNITY CHURCH

Our Church meets in the School Hall on Sundays at 8am & 10am. We would be delighted for you to join us. A children's program is included at 10am.

Contact: Simon Carter Phone 02 6761 7271

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