PRINCIPAL’S REPORT:
We have had a wonderful start to the term. All the children have loved the addition of sand placed near the Art Shed over the holidays and have played beautifully together making a range of sand sculptures – they look amazing! Thanks so much to Kevin Reade and the grounds committee for organising this.

At school council last Thursday night we talked about where we need to go from here in terms of the school grounds. Our focus this term will be getting the Sensory Garden well under way and giving the playground a much needed make over. Please stay tuned for date/time for an upcoming working bee to get stuck into these projects – many hands make light work.

I have placed an Ideas/Feedback box on the table in the foyer next to the Random Acts of Kindness box. If you have any ideas to improve the schools, feedback on what we are doing well or thoughts you would like to share please feel free to jot them down and pop them in the box. As always my door is always open if you would like to discuss anything about your child/children and the school but this is just another easy way that you can be involved and we can all work together to continually develop and improve Eppalock Primary School.

ACTIVE AFTER SCHOOL CARE
Active After School Care will commence next Tuesday night, 30th April and will run on Tuesday and Thursday nights up until the 13th June. This term we have Paul Powell from the Eaglehawk Golf Club doing golf with the children on Tuesday nights and Michelle Mannes taking Multiskill Games on Thursday afternoons.

NAPLAN TESTING
This year’s NAPLAN testing will occur on Tuesday 14th May, Wednesday 15th May & Thursday 16th May for grade 3 and grade 5 students.

GRADE 6 GRIP LEADERSHIP CONFERENCE
We have been very fortunate in obtaining registration for our Grade 6 students to attending the GRIP Student Leadership Conference to be held at The Capital Theatre, Bendigo on Wednesday 1st May.

GRIP Leadership is an independent organisation that exists to train and develop leaders with a special focus on school students and the educational sector. The GRIP Student Leadership Conference is unique in that it concentrates specifically on training student leaders for their role as SCHOOL LEADERS. The style, topics, and content of this conference all focus on what the students can do RIGHT NOW. School Council has very generously agreed to cover the costs of the Conference in order to help build and develop the leadership capacity of our young people.
A few reminders ...

- There will be no school on Thursday, 25th April due to ANZAC Day. Don't forget we are having a special ANZAC Day Ceremony at 9am this Friday morning, 26th April. All parents are welcome to attend.

- WOOLWORTHS EARN & LEARN – We are participating in the Woolworths Earn & Learn program this year. Please collect your Earn & Learn Stickers Points when shopping at Woolworths & place them in the box in the foyer at school.

- EDUCATION WEEK DATES & ACTIVITIES
  The prospective Prep Parent Information Evening at Eppalock Primary School is on Monday May 20th between 6.00pm-7.00pm. For an individual tour of the school & appointment, please contact the school at any time.

  Whole School Open Morning—Wednesday May 22nd from 9:00am. Includes a Grandparents & Special Friends Morning Tea in the Project Space.

- Kinder Visit – students from Jenny's Early Learning Centre in Regent St Strathfieldsaye will be having a school visit on Thursday 23rd May between 11.30am and 1.30pm.

- Orientation Program Dates for 2014 Preps
  Visit 1 … Thursday 14th November - 11.30am-1.00pm
  Visit 2 … Wednesday 20th November - 9.30am-11.00am
  Visit 3 … Monday 25th November - 10.00am-11.30am
  Whole school Orientation Day/Classroom visit 4 Tuesday December 3rd - 9.00am-11.30am

Have a great week. Mrs Ryan

AWARDS

Congratulations to the following students who received awards this week ...

- Jordan R for working hard and having a great attitude to school
- Lee for learning to write his numbers
- Jazz for always working hard at school

Honesty & Trustworthiness Award - Jesse Wild

Acts of Kindness ... (the following comments were drawn from the ‘Random Acts of Kindness' box)

- Jordan, Brione and Mackenzie for keeping me company
- Abby made her brother and her own lunch for school on Friday without being asked because her mum was very tired
- Henry, Kaden and I played ‘Cricball’ with Lee (Cricball is a game when you hit a soccer ball with a cricket bat) from Jack

Congratulations to Junior School Council members Riley, Jordan, Kobi, Nikiah and Harmony who receive their badges this week.

Happy Birthday to Jazz for Sunday 21st April

We hope you had a fun day
IMPORTANT DATES

Please mark your diary

APRIL

Wednesday 24th  CROSS COUNTRY (Grade 3-6)
Thursday 25th  ANZAC DAY—PUBLIC HOLIDAY—NO SCHOOL
Friday 26th  CLUBS
Monday 29th  Prep / Grade 1 / Grade 2 Excursion to Castlemaine Gardens
Tuesday 30th  DRAMA & MUSIC

SCHOLASTIC BOOK CLUB ORDER & MONEY DUE

ACTIVE AFTER SCHOOL PROGRAM—GOLF

MAY

Wednesday 1st  MARC LIBRARY

Grade 6 Leadership Course

Thursday 2nd  MULTI SKILLS—GAMES FOR LIFE
Friday 3rd  School Fun Run

LOTE

CLUBS

Tuesday 7th  DRAMA & MUSIC
Friday 10th  LOTE

CLUBS

Tuesday 14th  DRAMA & MUSIC
Thursday 16th  MARC LIBRARY
Friday 17th  STUDENT FREE DAY—Staff at Quarry Hill PS for PD

Monday 20th—Friday 24th EDUCATION WEEK

Monday 20th  Prep Information Evening—6.00 pm
Tuesday 21st  DRAMA & MUSIC
Wednesday 22nd  OPEN DAY—Grandparents & Friends Morning Tea

JUNE

Thursday 6th & Friday 7th  GRADE 3-6 CAMP—Urban Camp, Melbourne

Monday 10th  Public Holiday—Queen’s Birthday
Wednesday 12th  Drama Excursion—Grade 5 & 6 students—‘Legally Blonde’
Friday 28th  LAST DAY OF TERM—1.30 PM FINISH

REMINDER—SCHOOL BANKING DAY IS TUESDAY—If you do not have a School Bank Account through

Bendigo Bank and would like to start one, please see Marie for the application forms.
CROSS COUNTRY 2013
The Cross Country Championships will be tomorrow, Wednesday 24th April at the Bendigo Racecourse. Students from Eppalock Primary will travel by bus to and from the venue and will be accompanied by staff. Parents are welcome and encouraged to come along and cheer on the participants.

In the event of wet weather a final decision will be made on the morning. An announcement to postpone the event will be made over the radio on 93.5fm (3BO) between 8.00-8.30 am.

All children should wear suitable running attire and should bring adequate warm clothing for when they have finished – shorts, polo and runners for the run and long pants and jumper to put on before and afterwards. A shower-proof jacket is also recommended.

• Please ensure the children bring plenty of water to drink and enough food for the day so they are not hungry.
• As the ground will be damp, regardless of the weather, we would appreciate any tarps or rubber backed rugs for the children to sit on (please ensure your name is on them).
• Children are not allowed on to the main oval until they are marshalled which will be approximately 15 minutes prior to the event starting.

The 8, 9 and 10 year old will run between 10.30 am—12 noon with the first event being the 10 year Boys’ race at 10.30am
The 11 and 12 year olds will run between 12.45 pm – 2.30 pm starting with the 11 year old boys’ race.

Every child who completes the course will receive a certificate recording the achievement.

Please note that Asthmatic children should pre-medicate, warm up and carry inhalers etc with them on their run.

Children must cross the finishing line where they will then be channelled into the finishing chutes. The school names will be recorded until Team Events are finalised. Children remain in the finishing chutes until the recording has taken place and then they leave by the exit gate, collecting their certificates on the way. Children must then return to the allocated area. The first 6 place getters in blue and the first three places getters in other colours must have their names recorded.

Permission forms were sent home last week, if you have not returned your form, please do so tomorrow. The cost of the day is $10.00 per student.

Attached to this newsletter is a seating plan with Eppalock Primary School marked.

Don’t forget the Victorian Premiers’ Reading Challenge—we are encouraging all students to participate and let’s all take up the challenge and keep on reading!!!!!

LOST / MISSING …
The Gallagher family is missing a Fleece Zip Jacket—size 10—has the name Gallagher on it also a RED coloured COLD BRICK for a lunch box. Could you please check incase these items are ‘holidaying’ at your house.

Thank you.

Eppalock P.S. Fun Run – Friday 3rd May—9.00 am start
Please return sponsorship forms to school by Thursday 2nd May.
We will need some helpers on the day (Friday 3rd May) for the Fun Run to count the number of laps and to help children around the course.
If you can help, please let us know.

Thank you and don’t forget to continue to get your sponsorship organised.

This is a fundraiser for our school
HELP US KICK GOALS

HelpUsKickGoals.com.au is a new, local online auction for tickets to AFL matches throughout the footy season with all funds raised going to individual school.

BLS Financial has made available tickets to AFL matches every week throughout the AFL season, with two (2) seats available in the Etihad Medallion Club, and another two (2) in the AFL Members Reserve at the MCG.

Eleven school have been selected and allocated two rounds each—EPPALOCK PRIMARY SCHOOL is fortunate to be one of the lucky schools chosen.

Our allocated games are later this term -

Round 13  
Friday June 21st  
Hawthorn Vs West Coast Eagles—Etihad Stadium  
Saturday June 22nd  
St Kilda Vs Melbourne—MCG  
Western Bulldogs Vs Richmond—Etihad Stadium

Round 14  
Saturday June 29th  
Melbourne Vs Western Bulldogs—MCG  
Sunday 30th June  
North Melbourne Vs GWS Giants—Etihad Stadium  
Richmond Vs St Kilda—MCG

As part of this fundraising promotion, 3BO will broadcast live from Eppalock Primary School on Monday 17th June from 12noon—1.00 pm and there will be lots of fun activities happening here at school on the day. Stay tuned for further details.

REMEMBER—ANYONE CAN BID FOR THE TICKETS  
AND ALL FUNDS RAISED WILL COME DIRECTLY TO OUR SCHOOL
NEXT MEETING—Monday 27th May—9.15 am in staff room. Come along and have a cuppa and a chat—all welcome.

TRIVIA NIGHT—TERM 3—we are desperately seeking donations for prizes at our Trivia Night. If anyone has any contacts who they think may like to donate something towards the night, could you please ask them and let us know? This is the hardest part of organising the Trivia Night—your support and assistance is very much appreciated.

SCHOOL FUN RUN—Friday 3rd May— we urge all students to continue to seek sponsorship for the run. You can be sponsored per lap or a donation. Sponsorship forms were sent home last term—if you need an extra one, they are available from the office.

SPECIAL LUNCH DAY—Friday 26th April—DIM SIMS (steamed). $1.00 per dim sim (maximum 3). If you wish to place an order, please ensure your order and money is returned to school tomorrow.

At the moment, Jackie is organising the lunch days on a monthly basis but would be very happy if anyone would like to organise a lunch day so that children could be offered lunches on a fortnightly basis. You would need to think of a menu, organise the food and preparation (you will be reimbursed for expenses) and be available to serve it to students. Let Jackie know if you are interested.

ANZAC DAY SERVICE—Sutton Grange War Memorial—11.00 am—all welcome.

CATHOLIC COLLEGE BENDIGO—Current and prospective families are most welcome to attend our OPEN DAY to be held on Sunday 5 May 2013 between 12 noon and 2.30 pm at La Valla, McIvor Highway, Junortoun. There will be a variety of activities including displays and demonstrations, musical performances, guided tours, refreshments and much more.

ENROLMENTS—YEAR 7, 2014—Each year Catholic College Bendigo welcomes new students. For students currently in Year 6, a Transition Day is held to experience life as a Year 7 student. Hence, students in Year 6 are involved to attend for a Transition Day on Monday 27th May 2013. If you are interested in your Year 6 student attending Transition Day, it is necessary to register by contacting Mrs Trish Martin, College Registrar on 5449 3466 or Email: tmartin@ccb.vic.edu.au to obtain a Registration Form.
School Camps & Excursions: Asthma
If your child has asthma, attending school camps and excursions can introduce them to new asthma triggers especially if they are going into new environments. It is essential that your child can participate fully and safely in all school activities. The following is a list of considerations to make for your child before they go on school camp or an excursion:

- Is your child’s asthma currently well controlled (e.g. no symptoms at night, reliever use less than 3 times per week)?
- Has your child had an asthma attack or asthma symptoms recently?
- Does the school have an Asthma Action Plan for your child?
- Has the school asked you to complete a School Camp and Excursion Medical Update Form?
- Does your child have their reliever medication and spacer on hand at all times?
- Are they attending with any other medications to be taken on the camp/excursion? If so, are there sufficient instructions to staff for use/dosage?
- Does your child self-administer their medication? If so, has their technique been checked recently?

Asthma and Complementary Therapies
Complementary or alternative therapies are becoming increasingly popular in Australia, and many people seek out complementary remedies to support their health. As with any health condition, if you or a family member have asthma and are considering using complementary therapies, we strongly advise that you communicate with your doctor about your asthma treatment. They may even be able to suggest safe therapies to try! It is equally important to communicate to any complementary therapists about your asthma so that they can avoid treatments that are known to potentially make ones asthma worse.

Complementary therapies considered safe for asthma are: exercise programs, vitamin D, low-salt diet, some Chinese herbal medicines, some Indian (ayurvedic) herbs, music therapy, tai chi, buteyko (breathing technique).

Complementary therapies considered potentially unsafe for asthma are: inhaled salt (small risk of a fungal respiratory infection), echinacea, bee pollen or royal jelly (propolis), and products containing aspirin.

Remember, response to treatments and medications differs between people. Make sure you or your children continue taking any asthma medications prescribed unless otherwise instructed by your doctor. Stopping asthma medications suddenly can result in worsening asthma symptoms and even an asthma attack. For more information regarding complementary therapies and asthma please refer to The National Asthma Council (NAC) [http://www.nationalasthma.org.au/](http://www.nationalasthma.org.au/) or contact The Asthma Foundation of Victoria for your free copy of the new NAC Asthma & Complementary Therapies brochure.

For more information please contact
The Asthma Foundation of Victoria
1800 278 462 or [www.asthma.org.au](http://www.asthma.org.au)
Young people at the National Asthma Conference

On 19, 20 March Asthma Australia’s conference, Tackling Asthma in Australia — the Next 5 Years, was held in Canberra.

Two ACT young people provided a ‘welcome to the future’ for the attendees.

Hayley, a secondary school student, told the audience about her asthma and how her school was involved in a project to help other students to know how to help a friend in case of an asthma attack. Eddie, an active sportsperson, also told the conference about his asthma, how he managed this to play top level sport, and about his involvement in a day of filming at the Australian Institute of Sport for Asthma Australia.

Eddie finished the welcome with, “I’m proud to be involved with Asthma Australia and the Asthma Foundation here in ACT, and helping to get important messages about asthma and self-management to teenagers and young adults around Australia. Asthma Australia has lots of plans to work more closely with people like me. This is really important and we thank you for giving us the chance to have our say.”

The winning poster from the competition held at the end of last year, by a student at Woodleigh School in Victoria, was framed and provided to all conference presenters.

New TRIGGERS booklet

This booklet was launched at the conference and informs people with asthma and their caregivers about how to recognise their asthma triggers and what can be done to avoid them.

Asthma triggers could be something that people with asthma:

- Breathe in (smoke, cool air)
- Catch (cold, flu)
- Feel (emotions, stress)
- Do (exercise)
- Eat or drink, take (medications)

The booklet is available online at the Asthma Australia website via Latest News. This may help you understand about your student’s asthma triggers, or to inform parents and careers.

Exercise: a trigger not to avoid

Students with asthma should participate in sports and other physical activity as a component of a healthy lifestyle.

When a student’s asthma interferes with physical activity, they may need to review their use of preventer medication or seek their doctor’s advice about asthma medication they use prior to exercise.

The images here show Petrina Price, an Olympic high jump athlete, and Maddie, Issy and Eddie, active young people who manage their asthma and participate in a variety of sports, at the Australian Institute of Sport during filming for Asthma Australia. View the promo at:

http://asthmaaustralia.org.au/assist/yourasthma/asthma-sport/
World Asthma Day 7th May 2013
‘It’s time to control your asthma’

World Asthma Day is an annual event held by the Global Initiative for Asthma and this year’s theme is ‘It’s time to control your asthma’. Good asthma control not only improves lung function and means less symptoms during the day and night, but also improves the quality of life for people with asthma. This World Asthma Day, we encourage all schools to consider what good asthma control means for them, the children in their care and their whole school community. If you feel that your student’s asthma is uncontrolled and impacting on their ability to participate in activities please make sure you communicate this to their parents and carers and encourage them to see their child’s GP for an asthma review.

New Resource for VCE Health and Human Development Students!

We have a great new fact sheet for students studying the VCE Health and Human Development. Many students choose to focus on asthma as a National Health Priority and we would like to ensure that these students have an accurate, up-to-date and easy to read reference for their projects.

Please see the resources section on our website for a copy of the fact sheet, or see the attachment that has been sent with this newsletter.

School Camps & Excursions

Camps and excursions are a calendar highlight for students and are a great way to encourage them to try new activities. However camps and excursions can present a new set of challenges for students with asthma and the following is a list of considerations to be made for camps/excursions and the students that may be attending:

- How many children with asthma are attending the camp/excursion?
- Do you have a copy of students’ Asthma Action Plans to take on the camp/excursion?
- What asthma or allergy triggers will the students be exposed to?
- Are there a suitable number of asthma first aid trained staff attending?
- Are there a suitable number of Asthma Emergency Kits available to respond to an asthma emergency?
- Are all staff aware of the asthma emergency procedure?

Considerations to be made for individual students:

- Have they been unwell recently?
- Have they had an asthma attack or asthma symptoms recently?
- Has their parent/carer completed the School Camp and Excursion Medical Update Form?
- Will they have their reliever medication and spacer on hand at all times?
- Are they attending with other medications to be taken and are there sufficient instructions for use/dosage?

To find out more contact your local Asthma Foundation:

1800 645 130
asthma.org.au

Supported by the Australian Government