

Up & Coming Events Term 1

Week 2

Tue 5 Feb—
'Healthy Harold'
Life Education Van,
at school

Week 3

Mon 11 Feb—
District Swimming
Carnival—
Alstonville

Week 5

Fri 1 Mar—Clean
Up Australia Day
at school

Week 7

Fri 15 Mar—
Crazy Hair Day for
Leukaemia
Foundation

P & C News

Week 2

Thur 7 – General
meeting—5.30pm
in the school
library



Term 1 Week 2

Monday 4 February 2019

Life Education

Just a reminder that 'Healthy Harold' will be visiting our school tomorrow. If you have not returned your note yet please return it to the office first thing in the morning.

District Swimming Carnival

The first major sporting event for the year will be the District Swimming Carnival to be held at Alstonville Aquatic Centre Monday 11th February. Our competitive swimmers, aged 8 years and up, who are able to swim 50 metres without stopping, are eligible to participate. We will need parent volunteer drivers to facilitate our participation so please consider if you are able to transport students to and from the Alstonville pool. Parents are welcome to stay to watch the carnival and support our students. A permission note is being sent home with the newsletter today. Students will be required to bring a hat, sunscreen, lunch, water bottle and snacks for the day. The swimming pool canteen will be in operation and students are welcome to purchase lunch on the day. Entry to the pool is \$4.50 per person students/spectator. Mrs Marriott will be attending the swimming carnival. Mrs Fahy will be teaching all students not attending the carnival. Good Luck to our student swimmers!

P & C Meeting

The Wyrallah Public School P&C is an active group of parents who contribute their time and energy into supporting our school and your child/ren by arranging activities, for fun, involvement and to raise money which is then used to further support the students. The P & C will be holding their first General meeting for the year this Thursday, 7th February, at 5.30pm in the school library. If are not already a member, please consider coming along and joining the P&C – only \$2! – and become an active and positive contributor to your child's school life.

The more
that you read,
the more things
you will know.
The more that you
learn,
the more places you'll go.



Notes

Thank you to all of the families that have returned the General Permission and Contact Information notes. If you have not returned these yet please return to the school office as soon as possible.

2019 Student Leadership

Last Friday the school students voted for who should be the School Captain for 2019.

Hi, my name is Jovana (Joey) and I was lucky enough to be elected as this year's School Captain. What?!!! I am both extremely nervous (okay, maybe even a bit terrified!!) but absolutely excited!! I am looking forward to the challenge of helping others and making this school even better!

I believe that this year we will be the happiest, most exciting and the best learning school ever! 2019 will be a blast. We will be going on excursion, sports days, swimming and athletics carnivals, hosting the cross country running carnival, cooking up healthy and delicious food (without mushrooms, if I had my way – LOL!)

The role of School Vice-Captain is going to be shared by the other Year 6 students. The Vice-Captain for Term 1 will be Luke Putsey.

It is a great privilege and honour to be the School Captain and I will do my best in all areas, for our whole school.

Jovana (Joey) Wilmoth
2019 School Captain





Lismore Girl Guides invite you to Come and Try Guides! For two weeks free.



For girls aged 7-18 years

And women 18 years + needed as Adult Leaders

Lismore Guide Hall, 186 Magellan Street, Lismore

Please call Jacki on 0427728269 to register your interest.

Or to find out more visit our website www.girlguides-nswact.org.au

LISMORE MARIST BROTHERS RAMS JRL



2019 SIGN ON

Sat 2nd Feb 9am-1pm

Sat 9th Feb 9am-1pm

Crozier Field, Lismore

2019 Fees:

\$165 less 'ACTIVE KIDS REBATE' VOUCHER = **\$65**

VISIT PLAYNRL.COM TO REGISTER

ALL REGISTERED PLAYERS RECEIVE:
TRAINING SHIRT / SHORTS / SOCKS

PLUS: NEW MERCHANDISE FOR SALE AT SIGN ON
(HATS / CAPS / HOODIES)



Junior & Senior

Hockey



Pre-Season Twilight Competition

Where: Coraki Tennis Courts-Bridge St
Coraki

When - Every Tuesday for 5 weeks.

Commencing on the 26th February 2019

Time - Juniors 4:30- 6pm,
Seniors 6-7:30pm

Grades - Juniors 3-14yrs, Seniors
15yrs onwards

Cost - Free

*All Players welcome and some hockey
sticks will be available for loan.*

*So Bring a friend and come along for some
fun and fitness.*

For more Information please contact

Ethan White- 0478683086

Warren Bradford- 0408663697

Anne-Maree Cheffins 0448346476



Back to school asthma checklist

1. ASTHMA ACTION PLAN

See a doctor for a signed Asthma Action Plan or Care Plan. Most schools require an up-to-date plan for each student with asthma at the start of the new school year.

Evidence tells us that using an Asthma Action Plan can help to reduce hospitalisations, improve lung function and reduce the number of days off school.

While with the doctor, why not combine this with a check-up for your child's asthma, including a check on their device technique.

2. RELIEVER MEDICATION

Check with the school about their medication policy and work with the staff to find the best way to manage your child's asthma medication, including before physical activity (where applicable).

- **Medication and devices are clearly labelled with your child's name**
- **Medication is in date and with sufficient medication remaining**

3. TALK TO SCHOOL STAFF

Make time to talk with the class teacher and the school nurse (where applicable) about your child's asthma, their Asthma Plan and their usual triggers, symptoms and medication.

Also talk to your child's sport coaches and supervisors of other school activities. Don't forget to keep staff up-to-date with any change to your child's asthma management.

Use this valuable time to:

- Go over your child's Asthma Plan
- Discuss the signs of asthma for your child
- Show them your child's asthma medication and demonstrate how to use it
- Talk about the extent to which your child can self-manage their asthma
- Provide details of how to contact you when:
 - They have asthma symptoms
 - They use a reliever medication at school



PROUDLY
PARTNERING
WITH



Call **1800 ASTHMA** Helpline (1800 278 462) or visit **www.asthmaaustralia.org.au**

