



Calendar

September

Friday 6 September	Assembly - Year 2 item 2.40pm in the hall
Monday 9 September	Musica Viva "Zeeko" 2.05pm in the hall - parents of children who have paid are welcome to come free  Payments overdue - please contact office
Wed 11 September	Pyjama Day SRC event - fundraiser for spina bifida P&C Meeting 7pm in the staff room
Thursday 12 September	Camp Quality Puppet Show 12 noon in the hall - more information to come Movie Night - P&C Event Downton Abbey - see advertisement on Page 4
Friday 13 September	Area Athletics
Sunday 15 September	CAPERS working bee Helpers required to make costumes and props 9am-3pm
Friday 20 September	Assembly - Year 1 item 2.40pm in the hall
Friday 27 September	Term 3 ends

October

Monday 14 October	Term 4 starts
Friday 25 October	Assembly - KP item 2.40pm in the hall
Tuesday 29 October	Kinder Orientation 9.30am-12.30pm

November

Saturday 2 November	Cricket match and movie night P&C event - details to come
Wed 6 November	Kinder Orientation 9.30am-12.30pm
8/9 November	CAPERS TRECC
Wed 13 November	P&C Meeting 7pm in the staff room
Friday 15 November	Kinder Orientation Day Assembly - KH item

December

Friday 6 December	Presentation Day
Wed 11 December	Year 6 Farewell
Wed 11 December	P&C Meeting 7pm in the staff room

Clothing Pool - open each Monday and the first Friday of each month, 2.30-3.30pm



2019 National ASTHMA & ALLERGY Awareness Month

Christopher Jackson, Principal

There are about two million Australians who have asthma and that comprises about one out of every eight or nine children in Australia who have the condition.

One of my children had serious asthma when he was a little boy, so that meant many trips to the emergency department and unplanned hospital stays. He still takes his asthma medication regularly even though he hasn't had a serious bout for years. Asthma is not something that can be taken lightly.

Most people think of asthma as the episodes of breathlessness, wheezing and coughing that some children experience from time to time. These symptoms are like the 'tip of the iceberg'; asthma is really a long-term lung condition that is always there, even when it seems invisible because the child has no obvious symptoms.

According to the National Asthma Council of Australia, asthma is a long-term inflammatory condition of the airways. This means that if your child has asthma then they have ongoing changes within the lungs that make them more likely to react to 'triggers' like colds (viral respiratory infections), physical activity, cold air or pollens. When this happens, your child might experience asthma symptoms: wheezing (a whistling sound in your child's chest), breathlessness, a feeling of tightness in the chest, or coughing.

These asthma symptoms happen when the flow of air through the tubes inside the lungs is partially blocked. The blockage is caused by a combination of three things that happen inside the lungs:

- tiny muscles around the airways tighten, so that the tubes become narrower
- the walls of the airways become swollen
- there is more mucus inside the airways.

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ATHMA AWARENESS MONTH ... from Page 1

The air flow is not always obstructed, because your child can breathe normally at other times. However, the inflammation inside the lungs and the tendency of the airways to over-react to triggers are still there. This is why children with asthma need to have regular check-ups by a doctor to make sure that the 'invisible' part of asthma is under control, to make sure your child can grow normally and be healthy and active.

Most children with asthma have symptoms only occasionally – isolated episodes lasting a few days, with no symptoms for about two months or more between episodes. Asthma symptoms in these children are usually triggered by a respiratory infection (such as a cold), or by breathing air that contains something the child is allergic to (such as pollens or cat fur).

Some children have asthma symptoms more often, and a small group have symptoms on most days. For most children, asthma will improve with age.

For further information contact <http://www.kidswithasthma.com.au/>

"Between 1991 and 1997 I had really serious asthma."

Cathy Freeman



**The SRC will be hosting a Pyjama Day on
Wednesday 11 September**

There will be a gold coin donation, with funds raised going to spina bifida.

Children who donate will receive a yellow ribbon.



The following notes have been sent home this week:

CAPERS performers

Stage 3 costume information
Indigenous item rehearsal
Working bee requirements

Year 5 students

Peel High School Year 5 Taster Days

Before and after school care

There has been interest from a number of parents looking into before and after school care.

For further information concerning costs and times available, please contact Mr William Wong either by email on hurstville@sherpa.com.au or on his mobile, 0410 841 628.

ASCA

Congratulations to our ten ASCA students who all achieved Distinctions and above for this years examinations. What a wonderful achievement!

Josie and Alice Murdoch, Isabella and Maeve Graham, Edward Blyton, Pia Flemming, Cooper Godden and Ella Moxon all achieved Distinctions with Hannah Coxhead and Maddison Train achieving High Distinctions.

P&C Fundraiser

Mel Gallagher will be at the school prior to and after the assembly on Friday 6 September 2019 selling tickets for the Downton Abbey movie night and raffle to be drawn on the night.

Monsters in my wardrobe

by Georgia Poore and Alice Murdoch



Last Wednesday we were privileged to be entertained by a performance called "Monsters in my Wardrobe" in the school hall. For some it was very funny and for others it was a little bit scary! but we all agreed that it was a fantastic show.

It was amazing that one person was able to entertain us for an hour through puppetry. It was a very engaging performance.



Congratulations to these students, who will receive a Gold Award at tomorrow's assembly:

★ **TOBY SMITH**

★ **BRYSON UNGER**

Community events



We were very proud of how our school was represented in the community this week.

Tamworth Show

Children from Kinder, Year 1 and Year 2 enjoyed an excursion to Tamworth Show last Friday.

We spent the morning looking at all the animals including sheep, cattle, poultry and the animal nursery. We also saw the school's Stephanie Alexander Kitchen Garden display.

After a lunch of sausage sandwiches and water we headed to the pavilion to look at the many art and craft sections.

Nemingha students had art work entered in the school section, well done to our award winners Addison Goodman (First Place, Kinder), Highly Commended winners Hayley Wall, Emma Geddes, Emma Rowbottom and Ella Goodman-Mackay, and Encouragement award winner Caitlin Beale.

Congratulations to our students on their manners and behaviour at the show. A few people made comments to our teachers, which were lovely to hear.



Kootingal Country Fair

On Sunday the Kootingal Country Fair attracted a huge number of visitors.

Our school choir performed beautifully to entertain the audience and our P&C was busy all morning with their very successful cake stall.

Thank you to everyone who volunteered their time and those who donated to the stall.



LINKS FOR LIFE

Disability Expo

TAMWORTH SPORTS DOME

Jack Smyth Drive, Tamworth

Thursday 19th September 2019

10.00am - 2.00pm

Official Opening 10.15am

FREE:

- ENTRY • PARKING
- BUS TRAVEL
- SAUSAGE SIZZLE ALL DAY

This event is for people with disabilities and ongoing medical conditions, their families, carers, support network and service providers.

Find information and advice on early intervention services, carer support, advocacy, accommodation, training and education, employment, post-school options, equipment, adaptive technology and the NDIS.

Please note the media will be in attendance and may wish to talk to participants.

HANNAFORDS

Tamworth BUSLINES

FREE BUS TRAVEL

Free bus travel with Hannafords and Tamworth Buses to and from the Sports Dome to attend the Links For Life Disability Expo. Give this flyer to the driver on the day. Hannafords will take you as far as Kable Ave, Tamworth Buses will take you out to the Sports Dome.

Free transfers to the Expo with Fiona's Mini Buses on 6760 9084 – for community members who are unable to access the regular public transport options and require individual transport.

For more information, please call:

Danielle on 6762 8003 or Lorraine on 0418 194 819

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TAMWORTH HIGH SCHOOL

TAMWORTH HIGH SCHOOL

IMMERSION DAY

The Year 7 2020 Immersion Day is offered to students who are interested in attending Tamworth High School.

This day gives all students the opportunity to familiarise themselves with our teachers and campus by participating in a day of learning at high school.

Thursday 19 September 2019

9.30am - 3.00pm

Tamworth High School Cafeteria

entry via the back gates in Jean Street

For further information please email

Caron Lasscock, Community Liaison Officer,

caron.lasscock2@det.nsw.edu.au or call on 02 6765 7888.

Students are to wear their full primary school uniform and provide their own morning tea/recess.

A BBQ lunch and drink will be provided.

PERFORM WITH POWER

TENNIS ACADEMY

SCHOOL HOLIDAY TENNIS CLINIC

30/9/19 to 3/10/19

8:30am to 11:30am each day.

COST \$88 OR \$25 single day.

SIGN UP ONLINE NOW AS SPACES ARE LIMITED.

THE GREATEST FUN FOR KIDS THESE SCHOOL HOLIDAYS!



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If you are looking for a well-balanced secondary education for your son then consider Farrer which has established an enviable reputation as a centre of excellence in academics, agriculture, welfare and sports programs. Catering to the education of both day and boarding students Farrer is set on 191 hectares of prime agricultural land, 10 kilometres from Tamworth, NSW.

By creating a safe and supportive environment within the school we have developed an atmosphere of harmonious cooperation that is the best setting for student productivity and growth. This allows students to achieve their educational objectives while forming memorable experiences and mate-ships that last a lifetime.

FARRER EXPERIENCE DAY

Open to Year 5 boys.

This is your son's opportunity to Experience Farrer

Friday

27th September 2019

9.30am – 2.30pm

On the Day your son is to:

Wear his school sports uniform.

Bring his hat & water bottle.

Morning tea and lunch provided.

Register NOW

online via our website at
www.farrer.nsw.edu.au



6764 8600

Farrer Memorial Agricultural High School
585 Calala Lane, Tamworth NSW 2340

An All Boys Government
Boarding and Day School