Welcome to week 6 of our last term – the year seems to be slipping away quite quickly now!

The HSC has concluded for all our Year 12 students and from all reports they were generally pleased with their exams and obviously glad they are over. I wish them all well in their future endeavours and hope they enjoyed their formal evening on Saturday night.

In the last fortnight we had a very successful Elders luncheon hosted by Mr O’Shea and ably assisted by the Grow and Learn students. How marvellous it was to see so many community members sharing a meal which included produce actually grown at school by our own students. A warm thanks to all those who attended these events, including Mr Ben Philips, representing the Department of Prime Minister and Cabinet who were responsible for the funding to enable Grow and Learn to continue at Wee Waa High School.

We have also held a mufti day for students and Melbourne Cup luncheon for staff, raising money for the Westpac Rescue Helicopter as well as a morning tea for students involved in the Quicksmart Literacy and Numeracy Programs and their parents. Thanks go to Mrs Grellman for co-ordinating the program and well done to all students – there has been significant growth shown by many as a result of this program.

On the 11th November I accompanied the school captains, Lilly and Nick, to the town centre of Wee Waa to participate in a Remembrance Day service, commemorating the loss of lives in war. The captains laid a wreath on behalf of the school, while the remainder of the school observed a minute of silence back at school.

The FIRST Robotics Competition is a worldwide challenge that involves 350 000 students from nearly 80 countries. Wee Waa High School has been extremely fortunate in gaining an opportunity to participate in the competition, which will see our students raising funds for, designing, building, programming and operating robots.

The school sincerely thanks Ms Jansson for her assistance with preparing our submission and to Mr Frangos and Mr Druce for overseeing the project. There are exciting times ahead!

Good luck to the World Skills team travelling to Hunter Trade College later this week.

Annabel Doust
Principal

**Remembrance Day 2015**

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Annabel Doust
Principal

**Upcoming Events:**

- Nov 16 - Rotary Mock Interviews
- Nov 23-27 – Year 10 Work experience
- Nov 23 - Year 6 Transition
- Nov 23 - Year 6 Parent night 5.30pm
- Dec 9 - Presentation Night

If you would like an electronic copy of the newsletter each fortnight, please send an email to janelle.lilliebridge@det.nsw.edu.au
Quicksmart Graduation

The QuickSmart Graduation morning tea is a celebration of the students' achievements in this program. QuickSmart is designed to assist students develop their accuracy and recall of facts in either literacy or numeracy. I'd personally like to thank and acknowledge our wonderful mentors: Mrs Horne tutored students in literacy, Mrs O’Neill and Mrs Morrison tutored student in numeracy. The data collected from our students is analysed by the University of New England and our school and students, show growth beyond the expected average, thanks to our experienced and enthusiastic tutors. Our students attend three half hour lessons and have been working very hard.

Each year, Wee Waa High is committed to improving our students' literacy and numeracy and this program is funded because of its great success.
ELDERS' LUNCHEON

On Monday 2nd November Wee Waa High held a luncheon for the local Aboriginal Elders from the community with visitors from Narrabri, Moree and Tamworth.

The Elders were welcomed with an opening dance performed by Wee Waa High School students. Thanks to Clifford Toomey, Lachlan Trindall and Tialas Croaker. Welcome to Country was given by Curtis Booby.

Ms Doust, the Principal of Wee Waa High School, addressed the luncheon meeting saying that the “Grow and Learn” Program developed social skills as well as a deeper understanding of food production and nutrition. Mr O’Shea told of how the students worked as a team, developed respect of each member and enhanced leadership qualities in the individual.

There were eight students involved in the program this year. A new program is beginning this term with an intake of another eight students to experience the program in the coming months.

The luncheon was organised by the “Grow & Learn” students. The students assisted in the preparation of the meal from the food they had grown in the program. The program has been a positive learning and social activity for the students at Wee Waa High School.

It was pleasing to have the elders of our community come to the luncheon and meet with students and staff who were involved in this “Grow and Learn” program.
KAMILAROI STORIES TOUCHSCREEN

On Thursday 5th November Wee Waa High School had visitors from the Narrabri Shire Visitor Information Centre. To continue to gather and record Kamilaroi History through story collection, students and local Elders and school Aboriginal Education Officers were told of how the film crew were travelling to talk with and record the local Aboriginal History as remembered by people who have lived the “history” in Kamilaroi country. A deeper sense of “belonging” and empowerment to express the local history is one aim of this activity. The collected stories will be uploaded onto an interactive storyboard at the Information Centre in Narrabri for all residents and visitors to view.

SES SCHOOL CADET PROGRAM

During Term 3 some of the Wee Waa High School students in year 9 and 10 gave up their sports time and took part in the 10 week SES Cadet Program. Students learnt and achieved new skills during this time and were rewarded with a Certificate of Achievement, a stuffed platypus and a USB drive with photos of the students throughout their time in the Cadets.

Students not only worked in the classroom but also enjoyed practical activities outside. They were taught how to work in a team and use each other’s ideas to come up with a solution in difficult times. Students travelled around Wee Waa to the Police Station, SES building and the Rural Fire Brigade station to develop their knowledge and skills.

I am extremely proud to acknowledge the Aboriginal students who took part in this program organised by Ms Jayne Lovelock who is an SES member at Wee Waa.
Award Nomination

Wee Waa High School student Jared Hoffman has been nominated for Young Citizen of the Year Secondary in the Australia Day Awards for Narrabri Shire.

Jared is a young achiever who volunteers his service and time in the local community.

Jared helps his grandparents around the house and with yard and animal care. “He willingly turns his hands to any chore” his mother Trina says.

Jared also visits other older pensioners in the community at Burren Junction, helping with yard work, rubbish collection and chat time at weekends.

Jared has also helped with Cancer Council fundraises in the last couple of years.

He played with the Blues U16 team in Narrabri in 2015.

Wee Waa High School is proud to have a student of this calibre who shows care and interest to others through his volunteering in the community.
Luke Kennedy Visit

Author and speaker, Luke Kennedy will be visiting Wee Waa High School on November 25 to talk to all students about his experiences and to present his book to our library.

Following is some information about Luke Kennedy:

Luke Kennedy: Author of “Stabbed Ego; A Thug’s Journey to Enlightenment”

At the age of 15, Luke Kennedy, an overweight kid from Sydney's southern suburbs, in a hole of anxiety and depression, resorted to drugs, alcohol, graffiti and fighting in a desperate bid to silence his frantic mind. Soon he'd dropped out of school to spend all his time with his crew, bombing trains and train lines, thieving, drinking, taking drugs and - Luke’s specialty - street fighting. Nothing could stop 'Punchy' (Luke's tag and nickname). He was notorious for taking the biggest risks, drinking the most and fighting anyone who dissed his crew. Punchy was stabbed in the chest and glassed in the head. He had 100 staples to hold his head together and had to have the top of his ear surgically re-attached. Unfortunately this was not a turning point. His biggest battle was with himself. Some of his friends ended up in jail; many others ended up dead. When he was busted bombing a train in Melbourne, a prison sentence looked certain. But a judge gave Punchy one more chance. This time, he took it. But it wasn’t easy, it was very gradual change. Luke managed to quit graffiti, drugs and alcohol and lost 47 kilos. Luke found that he had to live for himself and on his own terms, without the need for approval from his gang. His journey from overweight, drunk street thug to fit, sober and successful business owner whose focus is on helping others turn their lives around is powerful - and absolutely inspiring.

“Depression is such a massive problem these days, especially with our youth. A lot of it is due to social media. Too many are worried about what other people think. I say be yourself.’

Luke provides a good insight into what motivates people to behave in certain ways when they are part of a gang and/or subculture. He highlights the significance of giving young people chances to redeem themselves and giving them every opportunity to make something of their lives.

Luke is a wonderful success story on overcoming his ego, making the most of his life and his commitment to helping others

“Luke had our students from the very first word. You could hear a pin drop in our auditorium! He spoke and answered questions at the end of the session with complete candour.

I would highly recommend this remarkable author to speak to teenagers about his harrowing journey out of a life of crime towards healing, redemption and finally, peace.”

Jeannie Ghadma - English teacher.
AGAP PROGRAM

There is an opportunity for students to undertake an Agricultural School-Based Traineeship during Years 11 and 12. This will require students and parents to find an employer willing to take on a school-based trainee. As a trainee, students will be required to work at least 100 days, being one day per week and half the holidays. Upon the completion of Year 12, students will have a Certificate II or III in Agriculture. Following Year 12, students may attend Tocal College to undertake Certificate IV and then the Diploma and Advanced Diploma of Agriculture if they would like to do so.

Once the Diploma courses have been completed, students may, if they wish, gain a credit from the University of New England and study the Bachelor of Agrifood. Students will be given credit for around 50% of the course and gain their degree in approximately 18 months. If students are interested in this opportunity and have an employer who is willing to employ them, please see Mrs Widauer.

GREENKEEPER APPRENTICESHIP AVAILABLE - Full Time

Are you interested in an apprenticeship as a Greenkeeper? This is a full time apprenticeship for students completing Years 10 or 11. Students will be fully trained and undertake the Greenkeeper Apprenticeship at TAFE. If any student is interested, please see me as soon as possible.

HSC STUDENTS - TAFE Courses

If you have completed the HSC and are wondering what to do next, Narrabri TAFE will be running the following courses in 2016 for students who have completed the HSC and would like to gain skills in Automotive, Business Services, Construction, Engineering and Preparation for University.

For more information, phone Renae Kilby on 67682426 or email renae.kilby1@tafensw.edu.au

Apprentice chefs – Year 12 School Leavers

Positions for 2016

This wonderful opportunity will expose apprentices to a broad range of signature restaurants from buffets to 5 star fine dining in a world renowned entertainment facility. If you love variety and have a passion for a career in food, this apprenticeship offers a fantastic starting point. You will develop skills and learn from the best within a diverse range of restaurants. The Star offers great employee benefits such as master chef classes, site visits and employer subsidised meals, supplied and laundered uniforms and much more.


CAREERS NEWS

Mrs. L. Widauer
COUNTRY EDUCATION SCHOLARSHIPS
Go to https://cef.org.au  Then click on Scholarship Guide
This information gives you 205 pages of scholarships that are available for students who are considering going to University. You can scroll through the scholarships that are available and click on any that may apply to you. This will take you to the application page for the relevant scholarship.

YEAR 10 WORK EXPERIENCE
On the 16th November. 2015, Year 10 students will be undertaking a Mock Interviews with local employers at Namoi Cotton Cooperative followed by a dinner in the evening hosted by Rotary. Notes have gone home with students. Please ensure students return the notes as soon as possible so that we can let Rotary know the numbers for catering purposes.

AUTOMOTIVE APPRENTICESHIP PROGRAM
Apprenticeships are available for 2016. Go to www.vantageautomotive.com and click on apply now. Choose a dealership you are interested in and complete the online form. Attach your Resume with a cover letter and complete a short online assessment. The dealership may then contact you for an interview.

CADETSHIPS WITH McDONALD JONES AND THE MJH GROUP
Career opportunities in the residential building industry. Cadets will complete a Certificate III in Business and a Certificate IV in Building and Construction. You will receive on the job training and a career in the building industry. For further information go to mcdonaldjoneshomes.com.au or call Mark Maguire on 02 49182645.
Your child’s school is conducting tMHFA training, which gives teenagers the skills they need to recognise and help with mental health problems and crises in their friends, and to get the help of an adult quickly.

Young people will often turn to each other when stressed or upset, and try to help each other, taking too much on. This course teaches them not to try to take on these problems alone.

The course discusses suicide. You may wish to discuss this with your child, if there is a risk they will find it distressing.

This course has not been introduced because of any specific problems at the school. Mental health problems are very common in adolescents. If there has been a student suicide in the school, be aware this specific suicide will not be discussed, nor will any individual student.

Your child might want to talk about the course. The following can help you to have a conversation if this is needed.

**Session 1** discusses mental health problems in general, and understanding how common and disabling these are in young people. Students also learn about professionals who can help.

**Session 2** talks about helping a friend who is in crisis, whether because they are suicidal, engaging in non-suicidal self-injury, using alcohol or other drugs, or experiencing bullying or abuse.

The Action Plan (‘Look, Ask, Listen, Help Your Friend’) is introduced for the first time, and applied to a crisis situation. You can find details about the Action Plan on the MHFA website listed below.

There is a video which shows a young man helping a friend who is experiencing suicidal thoughts. Participants are told that in a crisis situation it is important to get a responsible adult involved right away.

**Session 3** takes a step back and discusses how to help if someone seems to be developing a mental health problem. We don’t teach students how to diagnose problems – it’s advice about being a supportive friend, encouraging the friend to seek help, and knowing when it’s time to get an adult involved.

Your child will bring their manual home after session 3. There are resources for further information in the back and you may want to explore them together. If you wish to learn more now, resources are also provided overleaf.
If you wish to learn more…

… about mental health problems experienced by young people, visit:

- www.youthbeyondblue.com
- www.reachout.com

… about suicide:

- www.livingisforeveryone.com.au

… about tMHFA and other MHFA courses:

- www.mhfa.com.au

For immediate online help for teenagers:

- www.kidshelp.com.au
- www.eheadspace.org.au

The course is for students in Years 9, 10 and 11. Sessions are run by a qualified trainer and are approximately 75 minutes long. The training will be held on Monday December 7, Wednesday December 9 and Friday December 11, 2015.

A Parent and Staff information session will be held after the first session on December 7, 2015 @ 3.30pm. All parents welcome.

For further information contact Lindy Widauer or Carmel Schwager at WWHS on 02 6795 4477.
BREAKFAST CLUB

**FREE**

EVERY FRIDAY 8-9AM
OUTSIDE HOSPITALITY ROOM

ALL Students Welcome
Education for your child is important and regular attendance at school is essential for your child to achieve their educational best and increase their career and life options. NSW public schools work in partnership with parents to encourage and support regular attendance of children and young people. When your child attends school every day, learning becomes easier and your child will build and maintain friendships with other children.

**What are my legal responsibilities?**

Education in New South Wales is compulsory for all children between the ages of six years and below the minimum school leaving age. The *Education Act 1990* requires that parents ensure their children of compulsory school age are enrolled at, and regularly attend school, or, are registered with the Board of Studies, Teaching and Educational Standards for homeschooling.

Once enrolled, children are required to attend school each day it is open for students.

**The importance of arriving on time**

Arriving at school and class on time:

- Ensures that students do not miss out on important learning activities scheduled early in the day
- Helps students learn the importance of punctuality and routine
- Give students time to greet their friends before class
- Reduces classroom disruption

Lateness is recorded as a partial absence and must be explained by parents.

**What if my child has to be away from school?**

On occasion, your child may need to be absent from school. Justified reasons for student absences may include:

- being sick, or having an infectious disease
- having an unavoidable medical appointment
- being required to attend a recognised religious holiday
- exceptional or urgent family circumstance (e.g. attending a funeral)

Following an absence from school you must ensure that within 7 days you provide your child’s school with a verbal or written explanation for the absence. However, if the school has not received an explanation from you within 2 days, the school may contact you to discuss the absence.

Principals may decline to accept an explanation that you have provided if they do not believe the absence is in the best interest of your child. In these circumstances your child’s absence would be recorded as unjustified. When this happens the principal will discuss their decision with you and the reasons why.

Principals may request medical certificates or other documentation when frequent or long term absences are explained as being due to illness. Principals may also seek parental permission to speak with medical specialists to obtain information to collaboratively develop a health care plan to support your child. If the request is denied, the principal can record the absences as unjustified.

**Travel**

Families are encouraged to travel during school holidays. If travel during school term is necessary, discuss this with your child’s school principal. An *Application for Extended Leave* may need to be completed. Absences relating to travel will be marked as leave on the roll and therefore contribute to your child’s total absences for the year.

In some circumstances students may be eligible to enrol in distance education for travel periods over 50 school days. This should be discussed with your child’s school principal.
My child won't go to school.
What should I do?

You should contact the principal as soon as possible to discuss the issue and ask for help. Strategies to help improve attendance may include a referral to the school's learning and support team or linking your child with appropriate support networks. The principal may seek further support from the Home School Liaison Program to develop an Attendance Improvement Plan.

What might happen if my child continues to have unacceptable absences?

It is important to understand that the Department of Education and Communities may be required to take further action where children of compulsory school age have recurring numbers of unexplained or unjustified absences from school.

Some of the following actions may be undertaken:

- Compulsory Schooling Conferences

You may be asked, along with your child, to attend a Compulsory Schooling Conference. The conference will help to identify the supports your child may need to have in place so they attend school regularly. The school, parents and agencies will work together to develop an agreed plan (known as Undertakings) to support your child’s attendance at school.

- Application to the Children’s Court – Compulsory Schooling Order

If your child’s attendance at school remains unsatisfactory the Department may apply to the Children’s Court for a Compulsory Schooling Order. The Children’s Court magistrate may order a Compulsory Schooling Conference to be convened.

- Prosecution in the Local Court

School and Department staff remain committed to working in partnership with you to address the issues which are preventing your child’s full participation at school. In circumstances where a breach of compulsory schooling orders occurs further action may be taken against a parent in the Local Court. The result of court action can be the imposition of a community service order or a fine.

What age can my child leave school?

All New South Wales students must complete Year 10 or its equivalent. After Year 10, and up until they reach 17 years of age, there are a range of flexible options for students to complete their schooling.

Working in Partnership

The Department of Education and Communities recognises that working collaboratively with students and their families is the best way to support the regular attendance of students at school.

We look forward to working in partnership with you to support your child to fulfil their life opportunities.
To all the Schools at Wee Waa

Would it be possible to put in your school letter for Parents so they may help to reinforce the Code of Conduct for school students travelling on school buses.

Students:

1. Students must wear seat belts in a seat belted bus and to remain seated while the bus is travelling.
2. No walking around while the bus is moving.
3. No swearing on the bus
4. No fighting on the bus
5. Children are to be seated even if seat belts are not in the bus.
6. Listen to the Driver and apply the direction given.

If Students fail to comply with the Code of Conduct, especially to the above they will not be allowed to travel.

Regards

Kerric Wolters
Snake Bite First Aid

Step 1
Lay the victim down and provide reassurance. Arrange for medical assistance.

Do not move the victim unless further danger is present.

Firmly apply a broad elasticised bandage over the bite site.

Step 2
With another elasticised bandage such as setopress, start at the toes (or hand if bitten on arm) and wrap the bandage up the limb. If the bandage does not cover the entire limb, start with a new bandage at the point the last bandage finished until the limb is covered.

If only one bandage is available, start at the toes/fingers and work up the limb covering the bite site as you go.

The compression bandage should be firm enough to reduce lymphatic movement but not constrict blood flow. Ensure you leave the tips of the toes/fingers out to monitor circulation.

Step 3
Once the entire limb has been covered, mark the bite site with a pen or some dirt from the ground. This is helpful for emergency services personnel.

Splint the limb (including joints) to prevent movement. For bites to the leg, this can be achieved by strapping the legs together using slings or other suitable material. Bites to the arm can be supported in a sling or splinted.

Do not remove the bandage once applied. Make the victim comfortable and continue to provide reassurance until arrival of emergency services.

DO NOT wash the bite site
DO NOT attempt to cut the venom out of the limb
DO NOT attempt to suck the venom out of the limb

DO NOT apply a tourniquet to the limb
DO NOT move the person unless in immediate danger
DO NOT try to catch and identify the snake

Setopress bandages are the preferred bandage by many bushwalking groups and first aid providers around Australia. Setopress has many advantages over commonly used crepe bandages, however in an emergency any elasticised bandage should be used if setopress bandages are not available.

1300 423 477
training@paradisefirstaid.com.au
www.paradisefirstaid.com.au
The Wagga Wagga Asthma Collaborative is a group of health professionals and consumer representatives who promote awareness of asthma and coordinate the pollen counts and asthma alerts throughout the Wagga Wagga regional health services when the thunderstorm asthma risk is high.

The collaborative has established a website where you can register to receive these alerts via SMS or email at [www.csu.edu.au/asthma](http://www.csu.edu.au/asthma)

This flyer is an initiative of the Wagga Wagga Community Network of Asthma Foundation NSW.

For further information or to talk to a health professional:

📞 1800 645 130
📧 ask@asthmansw.org.au
🌐 [www.asthmansw.org.au](http://www.asthmansw.org.au)

**Asthma Medication**

**Relievers**
Provide relief from asthma symptoms within minutes. They relax the muscles around the airways for up to four hours, allowing air to move more easily through the airways.

**Preventers**
Make the airways less sensitive, reduce the inflammation and swelling inside the airways and dry up the mucus. It may take a few weeks for preventers to reach their optimal effect and they need to be taken daily, even when well.

**Symptom controllers (also called long acting relievers)**
Help to relax the muscles around the airways for up to 12 hours. They are taken daily and are only prescribed for people who are taking regular inhaled ‘steroid’ preventers.

**Combination medications**
Combine a preventer with a symptom controller in the same delivery device.

Your local GP can prepare a written Asthma Action Plan, including information about

- monitoring your symptoms
- the correct selection and use of medications and delivery devices
- the appropriate actions in case of worsening asthma

An Asthma Action Plan is a written set of instructions prepared with your doctor that helps you manage your asthma at different times. It will help you to recognise your worsening asthma symptoms and provides you with a treatment plan. It helps you to stop any deterioration of your asthma and regain good control of your asthma. Everyone with asthma should have a written Asthma Action Plan.

**TIPS**
That can help protect you against thunderstorm asthma:

- ensure your asthma and rhinitis are well controlled
- have a current written Asthma Action Plan
- always take prescribed asthma medications as directed
- always carry your blue reliever medication with you
- avoid outdoor activities during thunderstorms, particularly those involving physical activity where breathing is increased

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- avoid outdoor activities during thunderstorms, particularly those involving physical activity where breathing is increased
Thunderstorm associated asthma epidemics have been documented around the world by a peak in hospital admissions for respiratory symptoms when there is both a high level of airborne pollen and thunderstorm activity.

Grass pollen, dust, mould spores and other allergens are blown ahead of the storm-front by the outflow of air.

The role of pollen

Moisture in the air causes the airborne pollen granules to rupture into particles small enough to be breathed deep in to the smaller airways within the lungs. Here, they can irritate the lining to cause inflammation and mucus production which obstructs airflow, called an asthma attack.

Whilst thunderstorm associated asthma epidemics have been reported in both metropolitan and rural areas, the greatest problem is where the grass pollen levels are high, which covers much of rural NSW.

Rye grass has been identified as a major culprit associated with the thunderstorm season from October through to February, although at other times pollen can be recirculated during thunderstorm activity.

High pollen counts during the spring thunderstorm season are not the only trigger for asthma, but these conditions can trigger a severe response.

The onset of symptoms can be quite rapid, so prompt administration of a reliever medication is important.

About asthma

What is asthma?
People with asthma have sensitive airways in their lungs. When exposed to certain triggers their airways narrow, making it hard for them to breathe.

3 main factors cause the airways to become narrow:
• The inside lining of the airways becomes red and swollen (inflammation)
• Extra mucus (sticky fluid) may be produced
• The muscle around the airways tightens (bronchoconstriction)

If you have breathing difficulties during a thunderstorm you should take your reliever medication as directed on your written Asthma Action Plan. If symptoms persist go straight to the Emergency Department of your local hospital.

Many people who experience wheezing and sneezing or other breathing symptoms during the spring thunderstorm season do not realise they are sensitive to pollen. They also do not regard themselves as having asthma and therefore have not consulted their doctor for a written Asthma Action Plan.

Many people moving to country NSW have not been previously exposed to this combination of environmental conditions and have never experienced the symptoms of asthma. With an increasingly transient population, including groups such as defence personnel, university students, refugees and seasonal workers, this has become a more common regional issue.

Asthma First Aid

1. Sit the person upright. Remain calm and provide reassurance. Do not leave the person alone.
2. Give 4 separate puffs of a blue reliever, preferably via a spacer. 1 puff then 4 breaths 1 puff then 4 breaths 1 puff then 4 breaths 1 puff then 4 breaths
3. Wait 4 minutes. If the person’s condition suddenly deteriorates or you are very concerned, call an ambulance immediately.
4. If there is little or no improvement, repeat steps 2 and 3.
St Joseph's School Fete

Friday 20th November Starting at 5.30pm in the School Grounds

This Year Featuring a Rock Climbing Wall
Plus the Water Pistol Arena, Face Painting, Show Bags, Jumping Castle, Bottle Stall, Tattoo's, Hair Spray, Chair Hoopla, Fairy Floss, Snow Cones, Chocolate Wheel Plus Lots More