NAPLAN
The National Assessment Program – Literacy and Numeracy (NAPLAN) is an annual assessment for students in Years 3, 5, 7 and 9. It has been an annual event for schools since 2008. On Tuesday 14, Wednesday 15 and Thursday 16 May, students will take the 2013 NAPLAN tests.
NAPLAN assesses skills in literacy and numeracy that are developed over time, through the school curriculum. NAPLAN is not a pass or fail type test, but rather shows how students are progressing in numeracy and literacy skills against national standards for all Australia children. It also provides valuable information that allows schools and governments to better target effort and support to help all students achieve their potential and acquire the basic skills to help them build successful and happy lives.
NAPLAN tests fundamental skills rather than specific content, and as such is not a test for which students can study or drill. The best way you can help your child prepare for NAPLAN is to let them know that NAPLAN is just one part of their school program, and to urge them to simply do the best they can on the day.
An individual student NAPLAN report will be issued by the school later this year. Parents can use this information to monitor how their child is progressing and to identify any areas of concern. Parents may also wish to use their child’s results to discuss progress with teachers. More information is available at www.nap.edu.au.
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?

For more information please contact The Asthma Foundation of Victoria on 1800 278 462 or www.asthma.org.au.

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 your 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/ or contact The Asthma Foundation of Victoria for your free copy of the new NAC Asthma & Complementary Therapies brochure.
Pupil Free Day – Monday May 20th

Students will not be attending school on Monday May 20th, as on that day staff will be undertaking some professional development. Staff will be working with a language expert, Dr Tonya Stebbins, on improving our skills as teachers of writing. Writing is a vital part of what teachers and students do, both in school and outside of school, so we are looking forward to working with Dr Stebbins.

Central Australia trip
Are you interested?

Dear Parents

We are investigating the possibility of a trip to Central Australia for our students in Years 7-12. We are looking to gather a bit of data to determine the viability of this trip, which would most likely run towards the end of term 4, for about 10 days.

The focus of this trip would be to gain an awareness of indigenous culture and the differences that exist within our Australian community.

If you are interested in your child/ren participating in this trip, please tick the boxes below:

☐ I am interested in my child/ren attending

☐ A cost of about $800 is manageable

Names of child/ren ...........................................................................................................................................................................

Parent signature ........................................................................................................................................................................

Robert Boucher
Principal
02 May 2013

Dear Parent / Guardian of Children Attending Swimming Lessons or Swim Clubs

An outbreak of cryptosporidium infection (also referred to as 'crypto') is affecting Melbourne and many parts of regional Victoria. The Department of Health is requesting that parents and guardians of all children who attend swimming lessons or swim clubs in Victoria be provided with information on how to protect themselves and others when swimming. **This letter does not indicate a problem with the facility your child attends** - it is being provided across the State and contains advice that is important all year round.

Crypto is a parasitic infection that causes gastroenteritis, with the most common symptoms being diarrhoea, stomach cramps and nausea. Symptoms may last for weeks and have serious consequences for people who have weakened immune systems. During swimming, people can become infected by swallowing water which has become contaminated by human faeces, usually from tiny amounts that cannot be seen. Crypto can also be spread from person to person, especially in settings such as childcare facilities and in households where there are cases.

All swimming pool patrons are able to become infected if the pool is contaminated with crypto because crypto parasites are not killed by the normal levels of chlorine used in swimming pools. Without realising, people with crypto infection can contaminate pool water up to 14 days after their diarrhoea has stopped. Pool operators have taken steps including decontamination of water where appropriate as a protective measure, but this cannot break the cycle of crypto infection without the help of patrons.

**To prevent the spread of disease, parents / guardians should ensure they and their children take the following actions to protect themselves and others:**

- Do not swim if you have diarrhoea or if you have had diarrhoea in the past two weeks;
- Shower and wash thoroughly with soap before entering the pool;
- Wash your hands with soap after going to the toilet or changing a nappy;
- Avoid swallowing pool water.