Swifts Creek School Newsletter

August 7th 2014

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Book Week Community Walk
The theme for this year is ‘Connect to reading’
As part of the Book Week celebrations we are planning a walk around our community, stopping at various businesses and venues. At each venue we will hear a story, read to us by a community member.
At 9.15 a.m. there will be a Book Character Parade at the Tambo Campus - Swifts Creek School. The kindergarten students and other pre-school families will join the school students to be part of this event.
The walk will take place after the parade at 10.00 a.m. All parents are welcome to join us on the walk and celebrate the importance of literature with our children amongst the wider community.
Rowena Turner – Schools as Hubs Coordinator.

Auskick
We now have eight children enrolled (and paid up) for Auskick. The date and times for the remaining Auskick sessions at school are:
August 11th, 18th and 25th and September 1st at 2.30pm.

Reading Tips
Use Words to Teach Words
Families can help develop word knowledge through simple conversations focused on words.
For Example
MULTIPLE MEANINGS
Many words have more than one meaning. While sitting at the dinner table, choose a word and brainstorm as many meanings and uses for the word as you can think of. Some words to start with: spring, frame, check, light.
**Swifts Creek School’s Book Fair for 2014**

**Dates:** 18th August until 22nd August

**Time:** The Fair will be open for purchases at recess and lunchtime and after school on Wednesday the 20th August until 4.30.

**Where:** Flagstaff Campus Library

**What:** A selection of texts for pre-school to year 12 will be available for purchase.

Our ‘Book Character Parade Dress up Day’ and ‘Community Reading Walk’ will be held on the 20th August. Dress as your favorite character and bring along your book.

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**Tips for staying active this winter!**

Exercise Induced Asthma (EIA) is a common trigger for asthma. However, it does not need to be a barrier to Students participating in sports and physical activities.

**Here are some tips to help prevent EIA in students:**

- **Before Exercise** take reliever medication 5-20 minutes before warming up.
- **Warm Up** before exercise as normal.
- **During Exercise** watch for asthma symptoms and administer reliever medication if they should occur. Only return to exercise if symptoms are relieved. If symptoms appear again, administer medication again, until they are relieved. It is not recommended that the Student should return to the sporting activity after a second occurrence of asthma symptoms.
- **After Exercise** cool down as usual. Note that asthma symptoms can present up to a half an hour after exercise has stopped. Ensure reliever medication is still easily accessible should it be required.

**Other things to remember:**

- Ensure all students have current Asthma Action/Care Plans
- If possible make activities that are scheduled for the night indoors as the drop in air temperature makes air colder to inhale and acts as a greater trigger.
- Encourage students with asthma to participate fully!

**National Young People and Asthma survey**

To help inform future activity under the National Young Person and Asthma Strategy managed by Asthma Australia, we have developed a comprehensive survey for young people aged 12-25 years. This survey was designed by the Young and Well Cooperative Research Centre, the evaluators of the strategy, and released in June.

As well as finding out about their asthma and use of medications, this survey will also explore health and well being indicators, allowing for comparisons with more general young person populations.

If you are reading this before 31 July, the cut off date for the survey, please inform any young people you know with asthma of this opportunity. They can access the survey link via the Asthma Australia website. Thank you.

We look forward to sharing the survey finding with the Australian community in national Asthma Week (1-7 Sept)