It has been a busy week at school this week.

**Get Well Soon Josh**
One of our students – Josh Bouma is currently in the Royal Children’s Hospital. Josh has been diagnosed with Aplastic Anaemia. This is where the bone marrow has actually stopped working. We do not know why, it may have been a virus but the doctors say that sometimes this happens out of the blue.

On behalf of the school community we have sent Josh our best wishes and presented him with some balloons. The school will be holding events throughout the year to support Josh in his recovery. We want to let the Bouma Family know that we are thinking of them and send our best wishes to Josh.

The first, being a film night on the 9th May. A note will be going out advertising this event.

**Equestrian**
Congratulations to Bianca Lock for winning the (Show Jumping) “Grand Prix”, and “Two Phase” sections, as well as being the winner over all last weekend. This event was held at the Geelong Grammar Equestrian Centre. Rohan Lock also competed on the day as well and rode well. This event is one of a series held during the year. Zara Adams Bailey also competes (although not at this event). It is a credit to these students and their parents. Well done.

**Swimming**
On Tuesday Kyle Mitchell competed in the State Swimming Championship in Melbourne. He participated in the Backstroke and the Freestyle and came fourth, beating his personal best in each race.
LEOPOLD SWITCHED ON SESSIONS
Barwon Health and Leopold Bendigo Community Bank, in conjunction with the Early Years Leopold Network proudly present
a FREE and PRACTICAL evening on
Supporting your child’s Communication Skills in the Melaluka Building at Leopold Primary School.
Wednesday 14th May, 6.45 pm for a 7.00 pm start.
Refreshments available and child minding on request
Target audience: Families with children 0-8 years
RSVP by 12/05/14 to Leopold PS, ph 52501233
Come along and listen to TAMARA BLAKE,
Speech Pathologist with Newcomb Barwon Health
Look for the red BENDIGO BANK BALLOONS on carpark gate.

Clothes - Helping kids in Need
Cottage by the Sea is a non-government, registered charity that empowers disadvantaged children by supporting them in developing their self-esteem, health and well-being. CBTS offer weekly camp programs in a safe, enjoyable and relaxed seaside holiday environment, encouraging children to celebrate their own success and that of others.

Their Vision – That every child deserves a happy and a healthy life.
A group of local Mums and I are helping to collect some much needed goodies for the kids attending camp programs at Cottage by the Sea.

Many of the children attending camp at Cottage by the Sea are from disadvantaged backgrounds, and so come along with very few personal belongings. There is a real need for some t-shirts & jocks, particularly for boys aged 6-12 years.

And so we are asking the Wallington Primary school community to help by donating for the boys, new t-shirts or jocks in any size (between 6-12).

There is a donations box placed near the office. Any help would be much appreciated
Many thanks
Kerri Wrench

Coughs, Colds and Asthma
Coughs, colds and the flu are one of the most common triggers of asthma. The common cold is caused by an upper respiratory tract infection and is a common illness for children and adults in Australia. As we approach the colder months, here are some tips to keep in mind to prevent and reduce the spread of coughs, colds and the flu:
• Avoid coughing and sneezing on or near others and wash your hands thoroughly to prevent the spread of disease.
• If your child is not feeling well, it is recommended that they stay home and rest, to reduce the spread of infections and to speed up their recovery process.
• Everyone should have the annual flu vaccination to ensure they are protected from this disease. You or your child may be eligible for the free flu vaccination. Details about who is eligible can be found here and can also be determined by your doctor.
• Prior to purchasing any medications or herbal and natural remedies, you should seek the advice of your doctor or pharmacist as some medications can react with asthma medications. Such as Aspirin, Ibufrofen/Naproxen (non-steroidal anti-inflammatory medications), Beta Blockers tablet and eye drops (used for high blood pressure and glaucoma), and ACE inhibitors (used to control blood pressure).

Stay warm this winter!
Parent and Carer Asthma Information Sessions
The Asthma Foundation of Victoria is funded by the Federal Department of Health to provide free asthma education sessions to groups of parents and carers. These sessions can take place at the school or at a location of your choice. The session runs for approximately one hour and covers:
• Asthma triggers
• Signs and symptoms
• Asthma action plans
• Asthma medication
• Asthma First Aid
If you are interested in attending a parent and carer asthma information session, please contact The Asthma Foundation of Victoria to arrange a session on 1800-ASTMHA or sdoherty@asthma.org.au

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

FRIDAY AFTER SCHOOL
HOOP-TIME Represent YOUR SCHOOL!

Enter by 23rd May!

Enter your team now at gbnc.com.au or Ph. 5223.1992

Enter your team before 23rd MAY & receive a FREE set of brand new playing singlets!

Wallington Primary School takes no responsibility for and does not endorse the quality or conduct of any activity advertised in the Community Notices section of the newsletter. Customers are required to make their own enquiries and judgements.