**Wallington P.S. Newsletter**

Principal: Leigh McLaren  
School Council Pres: James Watson

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**Diary Dates**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Thu 24th Jul</td>
<td>Strawberry Fair Meeting 7 pm</td>
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<tr>
<td>Fri 25th Jul</td>
<td>Planning Meeting Josh’s Fun Day (1.30 pm)</td>
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<td>Mon 28th Jul</td>
<td>Parents &amp; Friends Meeting 9 am</td>
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<tr>
<td>Thu 7th Aug</td>
<td>Debate 4 pm</td>
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<tr>
<td>Fri 8th Aug</td>
<td>School Disco</td>
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<tr>
<td>Wed 13-15th Aug</td>
<td>Gr 5/6 Maldon Camp</td>
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<td>Wed 3rd - 5th Sep</td>
<td>Gr 3/4 Camp</td>
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<tr>
<td>Thu 18th Sep</td>
<td>Children’s Fair</td>
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**Parent Opinion Survey**

The 2014 DEECD Parent Opinion Survey will be sent home to 40 randomly selected families today. This survey should take no more than twenty minutes to complete and the information obtained is used to support future planning and improvements at Wallington Primary School. The survey, once completed needs, to be returned by **Friday 1st August** to the school office. The results of this survey are shared with the school community via School Council later this school year. Aggregated data is used.

**Car Parking**

The school car park is a very busy area in the 15 minutes prior to and after school each day. Parents must accompany their child/children across the car park to the school grounds and the reverse in the afternoon.

If using the drop off zone parents are reminded that it is important to be aware that other cars may be moving past you and to check before moving from the drop off zone. We have had some near misses during the past few days.

**Drumming**

Scott will commence drumming next week. If your child wishes to enrol please see the office by Friday 25 July to register.

**Debating**

The next debate is on Thursday 7th August at Wallington Primary School at 4.00 pm.

**Education Maintenance Allowance**

REMINDER that EMA applications for 2nd instalment payment closes on 1st August 2014. If you are eligible to apply, please send in your application before the due date.

The EMA program will cease from the end of 2014 as advised in last week's newsletter.

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**Bookclub Reminder**

All orders are due in by **Tuesday 29th July**

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**Lost Property**

Please check lost property (located in First Aid room - next to office). A reminder to label all clothing items so that it can be returned to the rightful owner.
If not, please contact Emily Jones.

If you have a table tennis table?

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 as the drop in air temperature makes air colder to inhale and acts as a greater trigger.
- Encourage students with asthma to participate fully!

**What makes my asthma better?**

- My Blue puffer. This is also called a reliever. The medicine in my reliever quickly makes it easier for me to breathe.
- I use my puffer with a Spacer. It helps to get more medicine into my lungs.

**What does it feel like?**

- I can’t catch my breath. It is hard to breathe.
- My breathing may sound funny, it may be a bit noisy (wheezing) or it may sound like a whistle.
- Sometimes it may feel like someone is squeezing my chest really tightly.
- I may cough a lot. Sometimes more at night or after sport.
- My throat may feel itchy.

**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.

KIDS WITH ASTHMA

- **Megan Burch Music Tuition**

**Music Lessons AT school**

Piano, keyboard, Guitar, Ukulele, Drum or Singing Lessons

Private & Group of 2 Lessons

During &/or After School Hours at School.

Come & try music lessons without committing to the full term. To enrol in, or to obtain more information please contact

Meagan: mbmt@bigpond.com

Providing Music Lessons in local schools since 1985