

~Kadina News~

No 14 Term 3 — 20th September 2013

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Principal: Mr Ian Davies

This school is built upon the Lands of the People of the Bundjalung Nation

Principal's Message

Year 12

Friday September 20th will be the final assembly for our Year 12 students. It will be an emotional day for all. Monday October 14th will be the first of many HSC examinations. The school wishes each student all the best in their examinations and the next time the students gather together will be for the formal in November. The two English exams, October 14th and 15th will be held at Lismore Workers Club, Keen Street. After that all other exams will be at the Goonellabah Workers Sports Club, Oliver Ave.

Year 11

With the completion of their preliminary final examinations Year 11 move into their HSC studies. To ensure a smooth transition it is important any outstanding work is finalised. This means resolving any outstanding N warning letters. Any student not sure of their status should see their classroom teacher as a matter of urgency. In the HSC year students need only study 10 units of work. Ms Champion and/or Mr Farrell can answer any questions students have with regards patterns of study.

"On Thursday 5 September ACARA identified an error in the placement of the national average markers on the Years 5 and 7 NAPLAN Student Reports for Language Conventions. Importantly the NAPLAN student data is correct. ACARA made the immediate decision to halt any further packaging and distribution of NAPLAN reports while options regarding the distribution of correct NAPLAN Student Reports were considered.

ACARA is working closely with Test Administration Authorities (TAAs) in every state and territory to ensure correct reports are distributed. This matter may result in the delay of the distribution of student reports, possibly to the week of 13 October, however ACARA and TAAs will seek to minimise the delay."

Finally

Remember when you say "Good morning", ask "How are you?" and remember to say "Thank you"! These simple actions put a smile on people's faces and make the day positive and supportive. Remember our three care statements, Care for Yourself, Care for Others, Care for the Environment and Care about learning!!!

Ian Davies
Principal



Being a Kadina student means that you:

CARE FOR YOURSELF
CARE FOR OTHERS
CARE FOR THE ENVIRONMENT



2013 Kids in Community Award



NRL Girls Rugby League at Mullumbimby 17 Sept 2013

Our 17 girls played extremely well at the rugby league gala day at Mullumbimby and made their coach Mr Wilkes proud by going through undefeated and playing in the spirit of the game. Special thanks to guest coaches Sasha Harrington from SolidMob and Chris King from PCYC for stepping up on the day and guiding the girls to their victories. Thanks to the NRL's Milo, Kel, Wazza and Miles for running such a fantastic gala day and giving our girls the opportunity to have so much fun. Lastly, thanks to all the parents and Ms Jo Burchall who came out to support the squad. Mr Ippolito





HSC CONCERT 2013



Public Schools NSW

Important information for parents of children who do not already carry their own medication for anaphylaxis or asthma

Dear Parent

We are strongly committed to the health, safety and wellbeing of our students at this school.

We know that this is best achieved when we keep you informed and work in partnership with both you and, where possible, your children. I am writing to you today about an important health issue.

In May 2011, a 16 year old boy died after having an anaphylactic reaction at his NSW government high school. An inquest was held into his tragic death in December 2012.

The NSW State Coroner made a number of recommendations to the NSW Minister for Education at the end of the inquest. I am writing to you today about one of those recommendations.

The Coroner made a recommendation about students carrying their own EpiPen®, Anapen® or asthma reliever medication to and at school

She recommended that high school aged children with asthma and/or allergies be actively encouraged to carry their EpiPen® or Anapen® and/or asthma reliever medication with them to school and at school. This would be in addition to any medication you provide us to use if your child needs our help.

For some students in their upper primary years it may also be appropriate for them to carry their own medication to and at school.

I know that not every school student will be ready to do this now.

Please seriously consider whether your son or daughter should carry their adrenaline autoinjectors or asthma reliever medication with them to school.

If you are not sure about this - who can you talk to? Talk to your child's doctor if you have any doubts or concerns.

Is there anything you should tell your child if he or she is carrying their own EpiPen®, Anapen® or asthma reliever to school?

Yes - please remind him or her to:

- carry their EpiPen®, Anapen® or asthma reliever medication with them to and at school each day;
- keep a copy of their ASCIA Action Plan for Anaphylaxis with their EpiPen®, Anapen®; and/or keep their Asthma Action plan with their reliever medication;
- know how and when this medication should be used;
- keep their medication with them in an easily accessible and identifiable spot.
For example some parents have bought pouches so their children can carry around their EpiPen® or Anapen® wherever they go;
- tell a teacher immediately if they start to feel unwell or sick at school. Please tell them this won't get them into trouble if they do this;
- tell you immediately if their medication is used, lost or misplaced or is nearing its expiration date; and
- carry their EpiPen®, Anapen® or asthma reliever medication with them on all school excursions, training at TAFE and any work experience or structured work place learning your child is involved in.

We in the school will tell your child the same things.

You will still need to provide the school with an EpiPen®, Anapen® or asthma reliever medication

The school still needs you to provide at least one additional EpiPen®, Anapen® and/or asthma reliever medication for your child in case we need it in an emergency. This could happen, for example, if your child

doesn't have theirs with them at school when it is needed. We will store it in a central location in the school and use it to help your child if needed.

It is important to tell the school if your child is carrying their own EpiPen®, Anapen® and/or asthma reliever medication

The school needs to know that your child carries their own medication. This will be important in the event of an emergency.

You can get further information about anaphylaxis from:

- The Department of Education and Communities
[www.schools.nsw.edu.au/studentsupport/studenthealth/conditions/
anaphylaxis/index.php](http://www.schools.nsw.edu.au/studentsupport/studenthealth/conditions/anaphylaxis/index.php)
- The Australasian Society of Clinical Immunology and Allergy
www.allergy.org.au
- The NSW Ministry of Health
www.health.nsw.gov.au/factsheets/general/allergies.html
- Allergy and Anaphylaxis Australia
www.allergyfacts.org.au

You can get further information about asthma from:

- Physical as anything.com
http://physicalasanything.com.au/lo/asthma_004/index.htm
- the Asthma Foundation
www.asthmafoundation.org.au/
- the NSW Ministry of Health
www.health.nsw.gov.au/topics/asthma.asp

How do you arrange for your child to carry their own EpiPen®, Anapen® or asthma reliever medication to and at school?

Please call the school office for a form if required or if you have any questions in relation to this letter on 66243133

Yours sincerely

Ian Davies
PRINCIPAL



REDUCE RISK - INCREASE STUDENT KNOWLEDGE

www.rrisk.com.au

Talking to Young People about Alcohol and Drugs

It is best for education about alcohol and drugs to begin before young people are exposed to personal decisions about their use. Young people who have accurate information, coping and decision making skills and understand the issues, will be in a good position to make responsible decisions about alcohol and drugs.

Parents provide a powerful role model when it comes to drinking and attitudes to alcohol and other drugs. Take time to talk. Sitting down with the young person in your care and mapping out a plan of action and what to say if they are offered drugs or alcohol can help equip them for the almost inevitable real event. Listen to what the young person in your family says about alcohol and drugs and follow up with a discussion. Take the opportunities when they come up during everyday activities, for example:

When you pour a glass of alcohol

When alcohol or other drugs are mentioned on TV or other media

When using or giving out medicines

When your young person has an assignment on alcohol, smoking, medicines or other drugs.

It is important to understand that in some situations young people may take risks. Sitting down afterwards and helping them identify where things started to go wrong enables them to consider what they could do differently the next time they are faced with a similar situation.

Australian Alcohol Guideline for Children and young people under 18

Not drinking alcohol is the safest option.

For children under 15

Parents and carers are advised that children under 15 years of age are at the greatest risk of harm from drinking and that for this age group, not drinking is especially important.

For Young people aged 15-18 years

The safest option is to delay the initiation of drinking for as long as possible.

Australian Alcohol Guidelines to reduce health risks from drinking alcohol. National Health and Medical Research Council, 2009 can be found at http://www.nhmrc.gov.au/_files_nhmrc/file/publications/synopses/ds10-alcohol.pdf

Look for information about the RRISK Program and risk taking at our website www.rrisk.com.au

Kadina Uniform Prices

Available from the Canteen

Item	Years	Cost
Senior White Polo	Yrs 11, 12	\$28
Junior Green Polo	Yrs 7 - 10	\$28
Green Skirt - Girls	Yrs 7 - 12	\$28
Black Shorts - Boys and Girls	Yrs 7 - 12	\$20
Black Track Pants - Boys and Girls	Yrs 7 - 12	\$30
Jacket - Boys and Girls	Yrs 7 - 12	\$35
Polar Fleece Jacket - Boys and Girls	Yrs 7 - 12	\$35
Woolen Jumper - Boys and Girls	Yrs 7 - 12	\$58

COMMUNITY NOTICES

Agriculture Equine Studies: Evans River K - 12 runs a School Developed Board Endorsed Course. Over two years. Interest parties should contact Alison McGeary at the school 6682 6666

Koori Mail Aboriginal Rugby League Knockout Carnival: 21 and 22 September at Crozier Oval Lismore For further information contact Grantley Creighton 0402 309 582

GOLF - Junior Development Gala Day Monday 23rd September 2013, from 9am to 2.30pm at Iluka Golf Club cost \$25 for further information or to nominate please contact Gerard Wilkinson 0419 708 676

Futsal 5-A-side Sign on Days 14th, 15th and 22nd September Lismore Shopping Square 9am to 4pm. Competition at Summerland Christian College, Pineapple Road, Goonellabah for more information contact Damien on 0458 201 134 or damienparker@austalianfutsal.com www.austalianfutsal.com

Volunteer Tutor Training course: FREE course. No experience necessary. Would you like to be trained to offer English language tutoring to adults? Where: Lismore TAFE. When: 9.30-2.30 Fridays. Start date: 11th October. Enquiries phone: Rose 0421796529 or 66230270

Community Sector Masquerade Ball: Nominate a caring community sector worker for an award. Award nominations and booking information WWW.NRSDC.ORG.AU/BALL \$45 dinner & entertainment Lismore Workers Club 9/11

Eltham Art Awards: Primary, High School & open Sections. Entry forms due by 18/10. Opening night 1/11. Exhibition open 2-3/11 More info & entry forms contact Karen Parrish 0428710953/kparrish@tpg.com.au

Sisters Dreaming Numeracy & Literacy Workshop: 22/10 Goonellabah Transition Community Room

Lismore TAFE: FREE Volunteer Tutor Training course. No experience necessary. Would you like to be trained to offer English language tutoring to adults? 9.30-2.30 Fridays. Start date: 11th October. Enquiries phone: Rose 0421796529 or 66230270

Open Talent Workshop: 20-24/1/14 Sydney Entertainment Centre. \$600 Ages 14-23. www.tdp.org.au/call Robyn Philpot 93204221

Boomerang Festival: A new world Indigenous Festival for all Australians. 133 performers over 3 days 4-6/10



Crime Time

With Senior Constable Kim Mewin
Your School Liaison Police Officer

Safe Sexting: No such thing!

Hi everyone. There is a growing trend for young people to send provocative images and videos of themselves to their friends via mobile phones. There are serious consequences and you need to be aware!

Kids and Parents: These safety tips are for you!

1. There are serious consequences to sexting. It can potentially damage future career prospects or relationships.
2. It is illegal to take sexual photos and videos of yourself (if under 18 yrs) and of others under 18 years of age. Sending or possessing child pornography is illegal. It is against the law to 'procure' such images from another young person also. The maximum penalty is 15 years jail and potential inclusion on the child sex offenders register.
3. Think before you act! What can seem like an innocent joke or flirtatious fun can turn into a devastating experience. Sexting can lead to public humiliation and cyber bullying.
4. Images sent by mobile phone can easily fall into the wrong hands and once they are in cyberspace it can be impossible to remove them or to control who sees them.
5. The message to young people is don't post images of yourself and don't distribute any sent to you.
6. Mum and Dad can ring the parent line for any advice on parenting topics: Parent Line 1300 1300 52

Check out the websites below for more information!

www.schools.nsw.edu.au/click

www.community.nsw.gov.au

Remember to stay safe

See you all next time!



Parents Count Too

Helping your child with – Shapes and objects

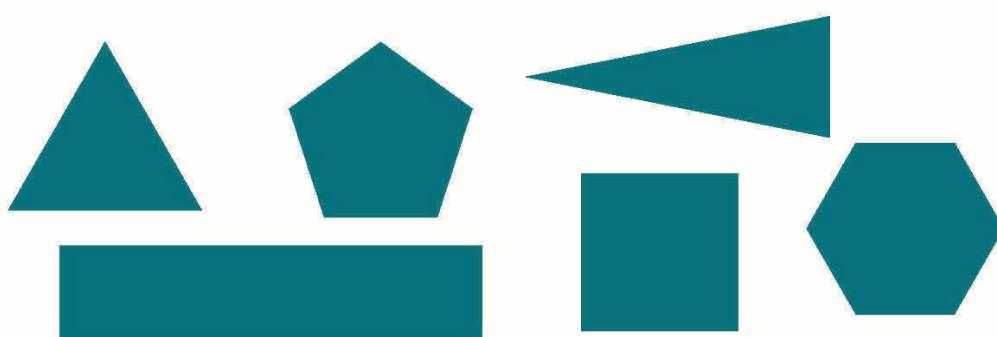
Spatial mathematics includes ideas relating to shapes, shapes within solid objects and the position of shapes and objects. Children need to develop strong images in their minds about shapes and objects and the way they can be changed, put together or pulled apart.

We also need to help children develop the language they need to describe shapes and objects.

How do children learn about spatial ideas?

Initially, children will learn about objects and the space around them by experimenting and playing. Young children enjoy building towers or discovering which blocks will stack or roll. While it is not until much later that children will learn the names of three-dimensional objects, we should encourage children to think and talk about the parts that make up the object.

Through early experiences, children will learn the names of simple 2-dimensional shapes, such as *triangle* or *circle*. We need to show children shapes in different positions and sizes to help build their mental images of shapes. Drawing and making shapes are key ways in which children can develop these ideas.



Parents Count Too

What can you do at home?

- Read books to your child and talk about the shapes you can see within the pictures. *The roof on the house is a triangle.*
- Look for objects inside or outside the house that are shaped like a circle, triangle, rectangle or square. Look for different sized shapes and shapes in different positions.
- Involve your child in craft activities such as making your own gift wrapping by printing painted shapes onto paper using corks, empty cotton reels or sponges.
- Make shadows on the ground or on a wall using your body or hands and talk about the shapes.
- Fold paper to make a hat or boat and talk about the shapes made as you fold the paper.
- Make your own jigsaw by cutting a magazine picture into about four or five pieces and putting it back together again. Talk about how the edges of the pieces fit together.
- Collect scrap paper or used gift wrapping and encourage your child to cut and glue pieces to make a picture.
- Play *I Spy* games and describe things by size and shape. *I spy with my little eye something that is big and shaped like a square.*
- Use boxes and containers of different sizes to play “stacking” games.
- Ask your child to help you put away the groceries and talk about which things will stack easily.
- Make biscuits using cookie cutters or make pretend biscuits from modelling dough. Talk about the shape of each biscuit.



Parents Count Too

- Help your child to build a paper aeroplane and see if it can fly.
- Make sand models from wet sand using cups, buckets or jelly moulds. Talk about sizes and shapes and try to stack some shapes.
- Blow bubbles using wire loops or straws and a detergent solution. Talk about the shape and size of the bubbles and the effects when the wire shape is changed
- Collect wood off-cuts and let your child glue the pieces to make a model.
- Collect shells at the beach and ask your child to sort them and tell you how he or she grouped them.
- Build a “house” from playing cards or dominoes.
- Talk about the shapes made when you cut straight through vegetables or fruit.

