**PRINCIPAL’S NEWS—Kirsty Squires**

**SASS Week**
This week is a chance for us to say thanks to our non-teaching staff who do such a wonderful job in ensuring the smooth running of the school. A big thanks to Mrs Broome, Mrs Padgett, Mrs Hamilton and Mr Ward for their hard work and dedication to our school!

**NAPLAN**
This week NAPLAN results are due to arrive at school and will be sent home. Please feel free to come in and discuss any results.

**Stage 3 Canberra Excursion**
The Stage 3 excursion to Canberra is next week and a final reminder note has been sent home today. Please make sure that spending money and money for lunch on the way home is put into separate envelopes and sent to school BEFORE the excursion to save time and confusion on the morning of the excursion.

If there are any further questions please do not hesitate in contacting the school.

**Fathers’ Day Stall**
This Friday morning the P&C will be running a Fathers’ Day stall. Gifts for dad can be purchased by students for $4. A big thanks to the P&C for organising this for our students.

**Primary Principal’s Meeting**
This Thursday I will be attending the Primary Principal’s meeting. Chantelle Henderson will be teaching Year 3/4.

**TEN Training**
Next Monday Mrs Cranstone will be attending a second training in the TEN maths program. Miss Ebert will be teaching the K/1/2 class.

**K/1/2 Reptile Park Excursion**
Unfortunately our excursion was postponed today due to the weather. The excursion will be rescheduled and another note will be sent home as soon as possible.
Gosford City Council Greenhouse Awards
On Tuesday, 16 September, representatives from Gosford City Council will be visiting our school to check out all of the amazing work we have done this year and watch the Reduce, Reuse and Recycle song our 5/6 students have been working hard on. We think they will be very impressed with our efforts this year.

Jade Cranstone

Year 6 Pie Drive
Year 6 are running a ‘Pie Drive’ fundraiser over the next two weeks. An order form has been sent home today with further details.

5/6 News
As you know Neil Mitchell is on Long Service Leave for the rest of the term and I am relieving in his position. I have thoroughly enjoyed the last two days working with the wonderful and hardworking Year 5 and 6 students, and am looking forward to the rest of the term, in particular the Canberra Camp next week. I am sure we will all have a great time.

Bill Haydon

Roald Dahl Day
13 September is recognised as Roald Dahl Day. To help celebrate this ibooks are giving away a number of Roald Dahl books for FREE. These are full versions, and are absolutely free. For your free ibooks visit the itunes store on your apple devices.

Laura Knight

Fruit and Veg Month
We are in the second week of Fruit and Veg Month and classes are learning all about why it is good to ‘eat a rainbow’. We are planning another tasting day this later in the year. More information will be sent out next week.

P&C News

Father’s Day Gift Stall—Friday, 5 September
Don’t forget our Father’s Day stall will be held this Friday. Gifts will be $4 each. Children will also have the opportunity to buy extra presents after all students have visited the stall.
Special thanks also to the volunteers who helped with the gift wrapping.

Next meeting—Wednesday, 3 September
The next P&C will meet tomorrow night in the library at 7pm. Everyone welcome!

National curriculum forum—Thursday, 11 September 7-9pm
In collaboration with the Department of Education & Training, the Central Coast Council of P&Cs will hold a community forum on 11 September at Wadalba Community School at 7pm-9pm.

The forum will provide parents with the opportunity to hear details of the national curriculum which is being rolled out in our school.

The forum will also look at workplace health and safety in the canteen, playground and classroom.

All parents and staff are welcome to attend the forum.
Asthma, Allergies and Anaphylaxis

With Spring upon us, the change in the weather and the pollens in the air means many of us will develop asthma, hay fever or be exposed to grasses, insects and other allergy triggering menaces. What was once a mild allergy can have the potential to turn into a life threatening Asthma attack or severe allergic reaction known as Anaphylaxis.

It is important that we are all aware of the signs of Asthma and Anaphylaxis to help prevent what could be a life threatening episode.

Signs of an Asthma Attack:
- Difficulty breathing, shortness of breath, or very rapid breathing
- Severe wheezing when breathing both in and out
- Coughing that won’t stop
- Chest pain or pressure
- Tightened neck and chest muscles, called retractions
- Difficulty talking and performing normal daily activities

Signs and symptoms of Anaphylaxis:
An allergic reaction usually happens within minutes after being exposed to an allergen, but sometimes it can take place several hours after exposure. A reaction can involve any of these symptoms, and a person could have one or more of these symptoms regardless of the allergen:

- **Skin system:** hives, swelling, itching, warmth, redness, rash
- **Respiratory system (breathing):** coughing, wheezing, shortness of breath, chest pain/tightness, hoarse voice, nasal congestion or hay fever like symptoms (runny itchy nose and watery eyes, sneezing), trouble swallowing
- **Gastrointestinal system (stomach):** nausea, pain/cramps, vomiting, diarrhoea
- **Cardiovascular system (heart):** pale/blue colour, weak pulse, passing out, dizzy/light-headed, shock
- **Other:** anxiety, feeling of ‘impending doom’, headache, uterine cramps, metallic taste in the mouth

The most dangerous symptoms of an allergic reaction are:
- **Trouble breathing** caused by swelling of the airways (including a severe asthma attack for people who have asthma)
- **A severe drop in blood pressure** causing dizziness, light-headedness, feeling faint or weak, or passing out.

**BOTH CAN LEAD TO DEATH IF UNTREATED.** If a person is suffering from these symptoms call 000 immediately.

Some Important Things to Keep in Mind
- Do not ignore early symptoms, especially if you have had a reaction in the past Always take a possible reaction seriously and act quickly
- Not every reaction will always look the same: a person can have different symptoms each time.
- Anaphylaxis can occur without skin symptoms or hives

Somersby CWA

Somersby CWA would like to invite you to help celebrate CWA Awareness week on Wednesday 10 September 2014. We will have hour normal meeting at 1pm where we will also be judging some of our cooking competition. At 2.30pm we will have a special afternoon tea. We would like to welcome you to come along and see what CWA is all about.

Somersby CWA meets on the second Wednesday of each month at the Somersby School of Arts, next to Somersby PS. For further enquiries please ring Judy Betteridge on 4377 1728 or Beth Talbot on 9985 9313.
Eisteddfod on the Mountain

DATE: Saturday 13 September 2014
VENUE: Peats Ridge School and Community Hall
TIME: Performance workshop 1pm
Eisteddfod 2-4pm

REGISTRATIONS CLOSE 6 SEPTEMBER

Competitors applying to participate in the competition must have a “link” with the Mountain and play an acoustic instrument or sing.

More information available from the school office

Alive Dance Academy

Hip Hop
Modern
Jazz
Tap
Ballet
Acro
Zumba
Burlesque

Bend before 20th September for NO Registration Fee

@ Karing

where dreams come Alive

Ph: 0407 259 001
alivedanceacademy@hotmail.com
www.alivedanceacademy.com.au

Karing Mountain High School, Forest Drive, Mt Peregian, Karing

Play Baseball!

Come and play baseball this summer with the Lions Junior Baseball Club.
Seeking girls/boys for U8 - U16 teams!

Season starts October after school holidays and finishes March 2015. Training and games played on Tuesdays U14/U16 and Wednesdays
U8-U12 - 5-7pm most games at Adcock Park, West Gosford.

Registrations for Lions Junior Baseball Club are being held at McDonalds, West Gosford on:
SAT 6 September 10am – 12.00noon
SAT 13 September 10am - 12.00 noon

Uniform is provided free!

Registrations call Megan Morgan on 4322 8230 or email meganmorgan@smartchat.net.au

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PBL Wall of Fame

Congratulations to last week’s
Happy and Friendly
Angelo (Week 7)