FROM PAT’S DESK

DEAR PARENTS AND FRIENDS OF ST PAUL’S,

Class Assemblies
Assemblies will begin next Friday 11 May. They will begin at 9.00 (straight after the bell) and will finish at 9.20. It’s a great opportunity for each class to showcase the wonderful things they are doing in the classroom and we love to see as many parents as possible attend.

The first assembly will be presented by Year 4 (Miss Elizabeth).

Mother’s Day Morning Tea
Next Thursday 10th of May there will be a Mother’s Day morning tea in the school multi-purpose area at 9am. Everyone is welcome and encouraged to bring a plate of something to share.

Mother’s Day Stall
On Friday 11th May the school will be holding a Mother’s day stall. On this day the children will be able to purchase a Mother’s Day gift for mum (or grandma, aunty etc.) There will be a variety of gifts ranging from $3.00 to $15.00.

Mother’s Day Raffle
The school will also be drawing a Mother’s Day raffle on the 11th. The raffle prizes are hampers full of fantastic items for mums. A book of 10 tickets is only $5.00 and will be sent home with the children tomorrow.

Annie
Congratulations to Sarah Croce in Year 4 who has been chosen for a role as an orphan in the upcoming production of Annie. The musical will light up Melbourne’s Regent Theatre from 24 May and will also star Anthony Warlow, Nancye Hayes and Todd McKenney.

Fete Meeting
Last night the fete committee met at the school for our second meeting. The fete is really starting to come together and many fantastic ideas were discussed.

What we now need are one or two fete representatives from each class. These people would be responsible for working with the class teacher on a project that will create something that we can sell or use at our fete. Some ideas already raised included potting plants or collecting bottles of sauce. Please see the office if you are interested in helping our school fete and therefore our students.

Mr Sheedy’s trip.
The school has received several emails from Mr Sheedy and it looks as though he is not only learning lots from his course but is also having a fantastic time travelling. His last email included a photo of the sun over the River Liffey, the first time Dublin had seen the sun in two weeks!

All the best, Sam
Reflection:

Talking of Purpose

As humans we have many purposes. We all lead different lives and have had many different scenarios played out that only we can know about.

We have had our up's and down's. We have made the most of some situation's whilst letting others pass us by. We have learned many different lessons and will continue to do so.

Our ability to operate is amazing and by looking in from the outside is inspiration alone. We are the creation happening and we are always making progress.

A lesson learned is progress. Sometimes it takes a mistake to enable a lesson learned.

Celebrate a mistake with newfound optimism over a new lesson learned.

If you ever drift, think of a caterpillar on its way up the tree to become something different from what it had been. Ask yourself this; when does evolution take place?

Now is the time when progress takes grace. In this moment, we are all we can be; we have learned many lessons like our friend, the butterfly, leaving the tree.

This is a thought.

By Nick de Syla

Craft Group:
We are starting up a craft group to make items for our big fete next year. Any parents wishing to join us to demonstrate or learn new skills and meet other parents are welcome and encouraged to join us.

Any donations of 8 ply wool,(100% wool preferred) tea towels and hand towels craft material etc will be appreciated.

TIME: 9am—11am
DAY: Every Thursday
VENUE: Multi-purpose room.

Convenor: Antoinette Dingle  0421575275

Footy Tips
Tigers went close again and are playing much better than their record suggests! Lino Morretti has now moved 2 points clear in the lead with a number of people in second place.

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Asthma, Coughs and Colds: Information for Parents and Carers

The common cold, caused by an upper respiratory tract infection, is one of the most common illnesses for children and adults in Australia. Colds are more common in winter months as people spend more time indoors, in close contact, and can be more likely to pass on viruses that cause the common cold.

Colds can be a trigger for asthma, and asthma management can become more difficult for children and teenagers attending school if they have a cough or a cold. Ensure your child reduces the risk of passing on coughs and colds by avoiding coughing or sneezing on, or near other people and that they wash their hands appropriately after blowing their nose or handling used tissues. Coughing or sneezing onto the inside of their elbow instead of their hands can also prevent the transmission of infections. If your child is unwell, it is recommended that they stay home and rest to reduce the chance of spreading infections and to give them a better chance to recover quickly.

While there is no known cure for the common cold, symptoms such as headache, cough and runny nose can be managed, and children with asthma are advised to see their doctor before using any medication, or herbal and natural remedies, as these may react with their asthma medications. Many cold and flu medications available over the counter are not suitable for children and teenagers, and some medications may also trigger asthma symptoms, it is best to avoid these unless recommended by your doctor.

People with asthma should avoid the following medications if possible:
- Aspirin
- Ibuprofen/Naproxen (non-steroidal anti-inflammatory medications)
- Beta blockers tablets and eye drops (used for high blood pressure and glaucoma)
- ACE inhibitors (used to control blood pressure)

Saline drops and nasal sprays may help relieve blocked sinuses, and gargling with salty water may help relieve a sore throat.

If cold symptoms become more severe, parents and carers are encouraged to consult their doctor as soon as possible for advice. Nasal sprays should not be shared between people as this may transmit infections and viruses.

It is also highly recommended that in the lead-up to winter, people with asthma ask make use of influenza (flu shot) vaccinations.

For more information on the common cold, medications and references used in this article please see the Better Health Channel (State Government of Victoria) - [www.betterhealth.vic.gov.au](http://www.betterhealth.vic.gov.au) and the NPS website - [www.nps.org.au](http://www.nps.org.au).

For further information, please contact the Asthma Foundation of Victoria on 1800 645 130 or email schools@asthma.org.au

School Holidays – Tips for Travel

When travelling it is important to be aware that different locations and environments may harbour triggers for asthma, particularly new triggers that you or your child may not have come into contact with before.

- Even if asthma is mild or has not occurred for some time, travel to a new destination can often bring about asthma symptoms
- People with asthma should always carry reliever medication and a spacer with them when they travel to ensure they can treat asthma symptoms quickly if they occur
- It is important that people with asthma take enough medication to last for the trip, and have repeat prescriptions with them if they expect to run out during the trip
- People with asthma should have a review with their doctor and update their Asthma Action Plan prior to the trip, so that a clear guide is available on what to do if asthma symptoms or an asthma attack occurs while on holiday
- Ensure that travel insurance adequately covers medical costs and needs while on holiday. Some policies may not cover for asthma treatment if a recent asthma emergency has occurred. Be sure to read the fine print or ask the insurance provider about their asthma coverage

For further information, please contact the Asthma Foundation of Victoria on 1800 645 130 or email schools@asthma.org.au
Family Fun Night
6-7.30pm, Friday 4 May, Coburg Library

Celebrate the National Year of Reading with an evening of stories, board games, a range of craft activities and a demonstration of online resources for children.

Bookings: 9353 4000