This Saturday (23rd July), we have organised a School Working Bee. We have many outside jobs that need doing around the school and need the help from our school community. The Working Bee will begin from 8:00 a.m. and continue until lunchtime.

The Working Bee is an opportunity for families to help. Without your help these improvements will not be able to go ahead in 2016. The last few years we have had fantastic support during our working bees. Jobs are listed on page 8. Please mark the day on your calendar!

We desperately require the help of our school community. At this moment we are owed over $10,000 just from our families. We have far too many outstanding invoices that are now affecting our bank balances. All families have received a copy of their outstanding recently. Please promptly help. If any family requires some assistance to work out a viable payment plan, please contact the office so we can do that for you.

**Just a reminder - Tuesday 9th August is a Pupil Free Day.**

No students are expected at school that day.

All staff will be attending a VCOP/Big Write Training Day to continue to develop our skills in our new writing program.

***Have you heard your child read today? We encourage all students to practise their reading at home about 5 nights per week. Therefore, by now, most students should have read at least between 115-120 nights. Well done if you have kept up!***

**Inside this Issue:**
- DSTA Message/Canteen
- Birthdays
- The NED Show
- Puckalympics/Assembly Reading
- School Value/Rule Reminders
- Student Awards of the Week
- Indo Lingo
- Teaching and Learning Focus
- Team Triathlon
- School Working Bee
- Puckalympics
- Learning with IPADS
- What’s Happening Around Our School
- NED Yo-Yo order forms
- Winter Asthma

**Coming Events**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>Friday 22nd July</td>
<td>Years 3/4 Hoop Time Basketball Competition</td>
</tr>
<tr>
<td>Saturday 23rd July</td>
<td>School Working Bee</td>
</tr>
<tr>
<td>Tuesday 9th August</td>
<td>Pupil Free Day</td>
</tr>
<tr>
<td>Tuesday 9th August</td>
<td>School Council Meeting</td>
</tr>
<tr>
<td>Wednesday 10th – Friday 12th August</td>
<td>Years 5/6 Phillip Island Camp</td>
</tr>
<tr>
<td>Thursday 18th August</td>
<td>Team Triathlon</td>
</tr>
<tr>
<td>Wednesday 24th – Friday 26th August</td>
<td>Years 3/4 Ballarat Camp</td>
</tr>
<tr>
<td>Tuesday 30th August</td>
<td>Year 1 Latestay</td>
</tr>
<tr>
<td>Tuesday 30th – Wednesday 31st August</td>
<td>Years 3-6 House Athletics Carnival</td>
</tr>
</tbody>
</table>
Active travel update: We have been keeping active travel statistics since 2007 and last week’s figure (41% of students travelling to school in an active manner) was the second lowest ever. Cold, wet and wintry mornings can discourage outside activity but studies have linked exercise with cognitive, social, emotional and physical benefits. In other words our lives are enhanced with activity! Let’s see if we can incorporate travelling to and from school into our daily physical activity.

Enjoy your week.

Sue Ranger, DSTA.

POSITIVE BEHAVIOUR REWARD UPDATE

We have a new leader! Lots of positive behaviour from lots of students, particularly from Bradman house. Keep up the positive behaviour everyone!

CURRENT SCORES
- Bradman-107 points
- Melba- 106 points
- Hume- 91 points
- Chisholm- 63 points

Happy Birthday

Happy Birthday to Claudia Carrick and Finlay Koch who are both having birthdays this week.

On behalf of the Puckapunyal Primary School Community, we wish them both a very Happy Birthday!

School Canteen

The School Canteen is open for Lunch Orders this Friday. Each and every Friday students can order lunches from the school canteen. The menu will be different each week. Please ensure that a paper bag comes with the order. Please indicate on the lunch bag if the money is in another sibling’s bag (please see Term 3 menu and tips in last week’s newsletter).

This week the menu is -
- Pizza Supreme and Ham and Pineapple $2.50 each
- Chocolate/Strawberry Milk $2.00 each
- Apple/orange Juice Popper $1.50 each

No charge for tomato sauce

School Athletics

This term, all students will begin their athletics training. In P.E. and Sport the students will be out again practising their field and track events.

We have House Athletics Carnivals scheduled for both Foundation-Year 2 and Year 3-6 students.

*Years 3-6: Tuesday 30th August - Wednesday 31st August
*Foundation-Year 2: Thursday 15th September

Hoop Time Basketball

On the Friday 22nd July 28 students from Years 3/4 are traveling to Seymour to participate in the Hoop Time Basketball Competition. Students have been training for the last term leading up to the big day, focusing on skills, rules and sportsmanship. All students participating have received notes regarding the event and are due back ASAP. Good luck to all who are participating.

NED Show Yo-Yo order forms are on page 12. Yo-Yos can be purchased from the school office over the next few school days.

**We spent 11 weeks of Term 2 completing our Bike Education Course for our Years 3-6 students. We have watched students improve massively in that time. Well done, kids! There are still some students who may need to practice 1 or 2 skills to be re-tested this term. Those students can catch up with Mr. Warne in Term 3 to be re-tested when they are ready!**

‘Striving for Excellence’
Open since 1887
Each week at assembly, a few of our students will be educating the school about various countries that take part in the Olympics. The countries selected are also the countries that will form our teams at our planned Puckalympics later on in the term. Thank you to Sophia Brooks, Eamon Constable and Kian George for educating us about Jamaica, Mexico and Turkey at assembly this week.

At assembly this week Tolerance was announced as our School Value of the week. That means teachers are looking for students who are demonstrating ‘Tolerance’ to be eligible for the Student of the Week award. We encourage parents to talk to their students about our values throughout the year.

What is Tolerance? Year 5 student, Jack Anderson read out the meaning of Tolerance.

‘Tolerance is accepting things that you can’t change or things that you wish were different. Tolerance is practised when you accept things about people that you don’t like. A friend may have an annoying habit that irritates you or a family member may do things that annoy you. You tolerate these things because you care for those people.’
Back at school:

I trust that everyone has had a smooth and satisfactory beginning to the school year. Changing schools, beginning school for the first time and even returning for another school year can be daunting for students and parents. It is great to see parents eager to support their children at this time and be an integral part of their education. If you have any concerns, or just feel like a chat about school and your child, please find me!

SWAPP Select Program

I have information about the ADF partners career assistance program if anyone is interested.

NEW UNIFORM

We have recently had a new shipment of uniform arrive that includes shorts, tops, tracksuit pants and hats. Some parents have been waiting on this to arrive.

Best wishes for the week.

Sue Ranger,
Defence School Transition Aide

Congratulations to the following students who were ‘Students of the Week’ for last week. Winners – Summer Cameron, Deagan Hermann, Owen Pippin, Evan Tschiderer, Renae Pennycook, Hayden Clarke, Jake Tanis and Tristan Murphy. These students were selected because they were modelling ‘Enthusiasm’. This week teachers are looking for students who are modelling ‘Tolerance’.

Congratulations to the following students who were ‘Authors of the Week’ for last week. Winners – Lachie Hamley, Milli Miller, Caleb Holloway, Evan Tschiderer, Christopher Davies, Harry Fletcher, Ashby Murphy and Abigail Major. These students were selected because they showed great skills as an author.

4/5/6 P in Room 1 won the Yard Duty Comp. Kian George and Brooklyn Lindsay enjoyed collecting the winning trophy this week!

3/4 H in Room 10 won the Middle School Times Tables Trophy. Renae Pennycook and Eamon Constable were very happy that their classroom won the winning trophy this week!

4/5/6 P in Room 2 won the Senior School Times Tables Trophy. Eila Schlender was delighted that her classroom won the winning trophy this week!

3/4 H in Room 10 won the Middle School Times Tables Trophy. Renae Pennycook and Eamon Constable were very happy that their classroom won the winning trophy this week!

Congratulations to Lily Freeman, Jesse Avery, Paige Cooper and Malakai Casey for winning the raffle prizes for ‘Positive Behaviour’ this week!

‘Striving for Excellence’
Open since 1887
The children are continuing their new unit on animals, colours and numbers. This week the children will make a small book 'Pak MacDonald Punya Ladang' (Old MacDonald Had A Farm) and focus on learning the following in Indonesian:

There is a horse. = Ada kuda.
There is a duck. = Ada bebek.
There is a pig. = Ada babi.
There is a chicken. = Ada ayam.
There is a cow. = Ada sapi.
Old MacDonald had a farm. = Pak MacDonald punya ladang.
Di ladang ... = On the farm ...

The children are finishing their Tentang Saya (About Me) project. The children are still welcome to bring photos on a USB that they might like to include in their project. They will be proof reading and editing information about themselves such as:

What’s your name? = Siapa nama kamu?
My name is _____. = Nama saya _____.
How old are you? = Berapa umur kamu?
I’m ______ years old. = Umur saya ______ tahun.
When’s your birthday? = Tanggal berapa ulang tahun kamu?
My birthday is on the __________. = Ulang tahun saya tanggal ___ ________.
Where do you live? = Kamu tinggal di mana?
I live in __________. = Saya tinggal di ___________.
What’s your address? = Di mana alamat kamu?
My address is __________. = Alamat saya Jalan ________ nomor _____.
What’s your telephone number? = Berapa nomor telepon kamu?
My telephone number is __________. = Nomor telepon saya _____________.
Where do you go to school? = Kamu bersekolah di mana?
I go to school at ______________. = Saya bersekolah di ___________.
What grade are you in? = Kamu duduk di kelas berapa?
I’m in grade ________. = Saya duduk di kelas _____.
Who is your teacher? = Siapa nama guru kamu?
My teacher is __________. = Nama guru saya _________.
What do you like? = Kamu suka apa?
I like ___________. = Saya suka ____________
What don’t you like? = Kamu tidak suka apa?
I don’t like ___________. = Saya tidak suka ___________.

Salam (Regards)
Bu Hooper (Mrs Hooper)
Guru Bahasa Indonesia (Indonesian teacher)
Each week in the newsletter, we will give families a summary of the Teaching/Learning Focus for the week. **That can help families by:** being aware of what classrooms are covering; with discussion topics at the dinner table when discussing school (eg. ‘How are you going with addition in Numeracy this week?’); helping their children study at home, etc. Parents have indicated that this information is very useful. We also ask families to be aware that schools are very busy places and events can be unpredictable at times. We therefore must remain flexible. That means that we can plan to cover certain topics at particular times and have to change them according to arising needs.

<table>
<thead>
<tr>
<th>Junior School – Preps/Foundation Rooms 6 &amp; 8</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Literacy:</strong> We are continuing to practise our home reading and Golden Words every night. We are continuing to revise all the letters we have covered and are looking at vowels. We are practising using capital letters and full-stops in our writing and talking about WOW words.</td>
</tr>
<tr>
<td><strong>Numeracy:</strong> We are continuing to count forwards and backwards and revising all numbers from 1 to 10 and learning about 11. We are telling the time and looking at calendars.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Junior School – Year 1s Rooms 3, 4 &amp; 8</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Literacy:</strong> We are learning about verbs and exclamation marks and how to use them to make our writing more interesting. We are also revising vowels in our handwriting sessions and revising other letters covered this year.</td>
</tr>
<tr>
<td><strong>Numeracy:</strong> We are practising skip counting and counting forwards and backwards and revising clocks and calendars.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Junior School – Year 2s Rooms 3 &amp; 4</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Literacy:</strong> We are consolidating using capital letters, full stops, commas and exclamation marks. We are also looking at conjunctions (connectives in BIG WRITE). We are enjoying practising Kung Fu punctuation, using WOW words in our writing and thinking of interesting openers.</td>
</tr>
<tr>
<td><strong>Numeracy:</strong> We are adding and subtracting one and two digit numbers by counting on and back, and revising clocks and calendars.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Middle School Years 3/4 Rooms 10 &amp; 11</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Literacy:</strong> During writing sessions over the next few weeks, we will focus on VCOP revision and the ‘Big Write’.</td>
</tr>
<tr>
<td><strong>Numeracy:</strong> We will continue to focus on the four processes.</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Senior School Years 4/5/6 Rooms 1 &amp; 2</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Literacy:</strong> During writing sessions over the next few weeks, we will focus on figurative language.</td>
</tr>
<tr>
<td><strong>Numeracy:</strong> We will continue to focus on algebraic equations and problem solving. Times tables will be practised throughout the week.</td>
</tr>
</tbody>
</table>

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ARE YOU INTERESTED IN BECOMING A FOSTER CARER?

Childhood can be a difficult time for children who have experienced trauma, abuse, neglect or grief. They need patience, tolerance, stability and understanding to overcome the barriers to a life most of us take for granted.

Join us in becoming a Foster Carer today. To increase your awareness of foster care and learn about the fostering process, Berry Street is hosting an Information Night on Wednesday 3rd August, 6.00pm at the Neighbourhood Community House, 12 Bentinck Street, Wallan. All Welcome.

For more information please contact Janene or Chrissie at Berry Street t: 58228 100 or e: humefostercare@berrystreet.org.au ‘Striving for Excellence’ Open since 1887
The Puckapunyal Primary School will conduct the **Team Triathlon** on Thursday 18th August, 2016. The Team Triathlon (3 competitors per team - Swim, Ride and Run) will be held at the Puckapunyal Area Pool. The triathlon will involve teams from Years 3-6. There will be teams for boys and teams for girls from Years 3-4 and Years 5-6. Only students who are in teams will attend the events.

**Team Triathlon**

- **Swim Leg** – 8 laps of indoor pool = 264 m (Years 5/6)
- **Swim Leg** – 6 laps of indoor pool = 198 m (Years 3/4)
- **Ride Leg** – 2km lap X 3 = 6km (all students)
- **Run Leg** – 1.2km lap X 2 = 2.4 km (all students)

* Students are to organise their own teams and fill out the form below.

The event will begin at 2:00 p.m. and finish at approximately 3:30 p.m. All students attending the Team Triathlon will be dismissed from the pool at 3:30 p.m. There is no cost for the day. All parents are welcome to attend and cheer.

All participants will need to bring all of the necessary gear for their particular event; eg. bathers for swimmers, bikes and helmets for riders and running shoes for runners.

Please return permission forms with team names to the school office by Friday 29th July, 2016.

Good luck competitors!

---

**PUCKAPUNYAL PRIMARY SCHOOL**
**SCHOOL EXCURSION AUTHORISATION**

<table>
<thead>
<tr>
<th>Family Name</th>
<th>Given Name</th>
<th>Room</th>
</tr>
</thead>
</table>

I give permission for my child to participate in the **Team Triathlon** on Thursday 18th August, 2016.

In case of accident or illness, I authorise the teacher in charge of the excursion to consent, where it is impractical to communicate with me on ___________________ or ____________________, to my child receiving such medical or surgical treatment as may be deemed necessary.

Specific medical information that teachers should be aware of:

________________________________________________________________________________________
________________________________________________________________________________________

SIGNATURE OF PARENT OR GUARDIAN: ______________________________

FULL NAME IN BLOCK LETTERS:  ______________________________

Triathlon:   Swimmer____________________  Rider__________________________ Runner___________________

'Striving for Excellence'
*Open since 1887*
On Saturday 23rd July, we have organised a School Working Bee. We have many outside jobs that need doing around the school and need the help from our school community. The Working Bee will begin from 8:00 a.m. and continue throughout the day.

The Working Bee is an opportunity for families to help. Please help us and mark the day on your calendar!

Job No 1.  
**What Needs Doing?** Paint wooden posts and seats in playground.  
**Tools Needed.** Paint brushes (school to supply paint)

Job No 2.  
**What Needs Doing?** Fill uneven ground with soil.  
**Tools Needed.** Shovels and wheelbarrows (school will supply soil)

Job No 3.  
**What Needs Doing?** Old trees need pruning.  
**Tools Needed.** Chainsaws, handsaws.

Job No 4.  
**What Needs Doing?** Asphalt, amphitheatre and ground gutters swept and cleared.  
**Tools Needed.** Brooms, rakes, wheelbarrows.

Job No 5.  
**What Needs Doing?** Unload rocks into garden bed.  
**Tools Needed.** Wheelbarrows and shovels.

Job No 6.  
**What Needs Doing?** Garden Beds need weeding.  
**Tools Needed.** Gloves, wheelbarrows and energy

Job No 7.  
**What Needs Doing?** Burn Pile to be burned.  
**Tools Needed.** n/a

Job No 8.  
**What Needs Doing?** Angle grind cyclone fence.  
**Tools Needed.** Angle grinder

Job No 9.  
**What Needs Doing?** Tidy, clean and oil front verandah.  
**Tools Needed.** N/A (school will supply brooms and oil)

Job No 10.  
**What Needs Doing?** Paint lines on shot put area.  
**Tools Needed.** n/a (school will supply paint)

Job No 11.  
**What Needs Doing?** Work on memorial garden.  
**Tools Needed.** N/A (school will supply seats and rocks)

Job No 12.  
**What Needs Doing?** Set up watering system for memorial garden.  
**Tools Needed.** N/A (school will supply hose and connections)

Job No 13.  
**What Needs Doing?** Mow grass areas.  
**Tools Needed.** Mowers and whippersnippers

Job No 14.  
**What Needs Doing?** Spray paint hockey goals.  
**Tools Needed.** Spray paint set (school will supply paint)

Job No 15.  
**What Needs Doing?** Tape footy goal pads.  
**Tools Needed.** N/A (school will supply tape)

Job No 16.  
**What Needs Doing?** Put stoppers on legs of art room chairs.  
**Tools Needed.** N/A (school will supply stoppers)

Please return the attendance slip below to indicate that you can come and what job you would like to help with. If we do not get much of a response, the Working Bee will not go ahead and the improvements will not happen in 2016. Please help. We will also organise a morning tea for all helpers on the day! The more people there, the better the chance to be completely finished before lunchtime. Even if you can only attend for an hour or so please do. Do not hesitate to contact the school if you have any questions.

---

**Working Bee Attendance Slip**

Yes, I/we can attend the Working Bee on **Saturday 23rd July, 2016.**  
**Name - ____________________________**  I would like to help with Job No _____.

**Tools I can bring:**

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________

________________________________________________________________________________________
Puckalympics

During the month of August the Olympics are being held in Rio. To celebrate the Olympics, Puckapunyal Primary School will be holding its own **Puckalympic Games** on the 9th September 2016.

The Opening Ceremony for the Puckalympics will be held on the 1st August 2016 and the Closing Ceremony will be held on the 12th September 2016.

All students will be participating in a day full of fun activities based around the theme of the Olympics. Country team lists will be posted around the school for students, parents and others to look at. Parents, guardians and other family members are more than welcome to come along on the day and watch the countries compete for GOLD!

As part of the lead up to the Puckalympics, the ‘Flag Bearers’ for each country are going to be presenting at each Term 3 assembly. They will present some information about their country’s history in the Olympic Games. See below the time table for these presentations.

**Term 3 Presentation Timetable:**

<table>
<thead>
<tr>
<th>Week 2</th>
<th>Monday 18/7</th>
<th>Jamaica (Sophia Brooks), Turkey (Kian George) &amp; Mexico (Eamon Constable)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 3</td>
<td>Monday 25/7</td>
<td>Germany (Jack Anderson) &amp; Italy (Jessica Cleland)</td>
</tr>
<tr>
<td>Week 4</td>
<td>Monday 1/8</td>
<td>Ghana (Finlay Koch), Nigeria (Nannah Taylor) &amp; Spain (Natasha Lak)</td>
</tr>
<tr>
<td>Week 5</td>
<td>Monday 8/8</td>
<td>Brazil (Renae Pennycook) &amp; Argentina (Dani Corocher)</td>
</tr>
<tr>
<td>Week 6</td>
<td>Monday 15/8</td>
<td>Belgium (Cooper Dickinson), Ecuador (Amy Franks) &amp; Hungary (Jack Kennedy)</td>
</tr>
<tr>
<td>Week 7</td>
<td>Monday 22/8</td>
<td>Portugal (Rohanna Murphy), Algeria (Kate Cleland) &amp; Austria (Abigail Major)</td>
</tr>
<tr>
<td>Week 8</td>
<td>Monday 29/8</td>
<td>Sweden (Clodagh McCarthy) &amp; Netherlands (Lochlan Worden)</td>
</tr>
<tr>
<td>Week 9</td>
<td>Monday 5/9</td>
<td>Ireland (Max Fletcher), Greece (Brooklyn Lindsay) &amp; Chile (Tobias Rayner)</td>
</tr>
</tbody>
</table>

‘Striving for Excellence’

*Open since 1887*
Term 3 Learning with iPads

Learning with iPads sessions will be held on the following dates covering the following topics. Feel free to come along. See you there.

<table>
<thead>
<tr>
<th>Week 3</th>
<th>25th July</th>
<th>Edmodo</th>
</tr>
</thead>
<tbody>
<tr>
<td>Week 5</td>
<td>8th August</td>
<td>How to be Cyber Safe</td>
</tr>
<tr>
<td>Week 7</td>
<td>22nd August</td>
<td>Coding</td>
</tr>
<tr>
<td>Week 9</td>
<td>5th September</td>
<td>Creative Book Builder</td>
</tr>
</tbody>
</table>

Dear Parents,

On the dates above at 5pm there will be an iPad learning sessions for parents and others who would like to improve their knowledge and understanding around iPads.

This is the time for all the questions you might have about iPads, iPad lists, Minecraft, Edmodo and other apps or issues you might have.

Expression of interest:

I ____________________ would be interested in the iPad learning session held on the _____________ (insert date).
Bat Tennis/Tennis
The school started doing before school sports today. We played Bat Tennis / Tennis. It is on Tuesdays and Thursdays starting at 7:30am-8:45am. It is held at the back of the school grounds near the sport shed. Any Puckapunyal Primary students (Foundation to Year 6) can attend. There is no cost for this event; all you need is a permission note. Teacher, Mr Humphrey and Principal, Mr Warne were the teachers of this event today. Permission forms will be available at the office or on the school’s website if you want to come along and join in the fun. Today we worked on catching and bouncing with a tennis ball and we also played some tennis. It was fun being at school early and working with different people. It was a foggy morning and it was fun playing in the fog.
The NED Show is a character education programme that centres around three important messages that have life-long relevance:

Never give up * Encourage others * Do your best

During the assembly, students will learn about NED’s three messages while enjoying storytelling, magic, humour and yo-yo tricks.

Meet NED in a Video!

use NED at Home

- Share a story about never giving up on something that was important to you as a child.
- Be your child’s #1 encourager! Recognise something that your child is trying to be awesome at and applaud their efforts.
- If your child is excelling in a particular area, identify new challenges that will keep them doing their best!

Free Downloads for home!

The Pay-it-Forward Sale

NED gear is available for purchase for 5 days after the show at our school.

Our school gets The NED Show for free because we’re hosting a Pay-it-Forward sale. When you purchase a NED item, you help send this assembly on to the next school.

Prices include GST

- Replacement String (10 strings) $5
- Yo-Yo Holster $5

NED Yo

Glow-in-the-dark

$8

Boomerang

Autonomous feature

$15

EXCELERATOR

Professional ball bearing yo-yo

$20

Send order form and payment to school with your child.

Pupil:

Name:

Teacher:

QTY TOTAL

NED Yo __ x $8 __
Boomerang __ x $15 __
EXCELERATOR __ x $20 __
10 Strings __ x $5 __
Yo-Yo Holster __ x $5 __

Grand Total $ __________________

Cheques should be made payable to our school.

Open since 1887
What does it feel like?

- I can’t catch my breath. It’s 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.

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.
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.

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