Principals Message

VISITING PERFORMER: On Thursday 31st October at 12 noon an international performer known as Tjupurru will be performing for our students. Please refer to yesterday’s note for details. Each student wishing to attend this performance needs to bring $2.00 on the day. Tjupurru comes highly recommended, so don’t miss out on this unique experience.

CAPERS: As you know, the CAPERS performances are on this Friday and Saturday (1 & 2 November). Arrangements for this week’s commitments at TREC during school hours, including Friday’s Matinee are:

**Monday:**
- Stage 2 Rehearsal 9.30 am – 2.30 pm
- Stage 3 Rehearsal 9.30 am – 2.30 pm

**Wednesday:**
- Early Stage 1 / Stage 1 Rehearsals 9.30 am – 2.30 pm

**Friday:**
- Matinee Performers 9.30 am – 3.00 pm
- Matinee Audience 10.00 am – 2.00 pm

School Hours
Our school start time is 9:25am. Staff are on duty from 8:55am as required by the department however there are no staff on duty before this time. We ask that students arrive between 8:55am and 9:25am to ensure that they are supervised and safe.

Office Hours
A very quick reminder that the front office is unattended before 8:45am and after 3:45pm. If you wish to contact the school please do so between these times. Thank you.

*Luke Norman*
Principal
How do I avoid reacting to pollen?
To minimise the impact of pollen on seasonal asthma and allergy it is important to continue to take your preventer medication to reduce the likelihood of hayfever and asthma flare-ups. You should also carry your reliever medication with you at all times, even when you are feeling well. Make sure your written Asthma Action Plan is up to date, so you know what to do if your asthma starts to get worse.

Tips
See your doctor to make sure your asthma is well controlled, and you are taking the right medications. This will reduce the chance that you will react to pollen.

If you still have problems, the following tips may help:
• Stay indoors whenever possible during the peak pollen season or on windy days and during thunderstorms
• Avoid activities that you know will increase your exposure to pollens that you are allergic to, such as mowing the grass
• Shower after outdoor activities when there are high levels of pollen
• Use recirculated air in the car when pollen levels are high
• Check the plants in your own garden – there might be something there that is aggravating your asthma or hayfever. See our gardens section for more information

BUSHFIRES
Summer time in Australia can be particularly problematic for people with asthma. Wood smoke from hazard reduction burns and bush fires contain harmful gases. These include carbon monoxide, nitrogen oxide, carbon dioxide and a range of organic compounds, any of which could irritate sensitive airways and trigger asthma.

Children, the elderly, and people with asthma and other breathing problems are usually the first to feel the effects of smoke and particle pollution so they need to take extra care during summer.

Tips for staying safe and well
During bushfire season you should:
Visit your doctor to update your Asthma Action Plan prior to the burn-off/bushfire season.
• When there is smoke from fires in the area, unless you are advised to evacuate you should stay indoors, close all windows and doors and block all air vents and use a filtered air conditioner to circulate air.
• Avoid doing physical activity outdoors when there is smoke around.
• Continue using your preventer medication as prescribed on your written Asthma Action Plan and ensure you have plenty of reliever medication with you at all times.

Keep an extra reliever puffer with your most precious papers or photographs or evacuation kit to ensure it goes with you if you need to leave suddenly. Do not keep an inhaler in your car as extreme heat may make your medication ineffective. Some medication canisters can also explode under intense heat conditions in cars.

www.asthmaaustralia.org.au

Please remember to keep your kids Asthma plans up to date and ensure that the school has your correct contact details.
**ASSEMBLY AWARD WINNERS**

### Merit Awards

**Infants**
- **KP**: Alicia Woods, Caitlin Grobler
- **KD**: Bianca Thompson, Jake Shepherd
- **K/1M**: Tayla Beattie, Brae Cocking
- **1E**: Joe Sharp, Kealy Gregory
- **1R**: Beau Hancock, Jesse Sylvester
- **1/2T**: Jesse Monk, Laila Browning
- **2P**: Ella Davidson, Bailey Kane

### Book Work Ribbon
- **Tashari Coffey**
- **Andalasia Geale**
- **Malcolm Golledge**
- **Maddison Higgisson**
- **Sarah Turner**
- **Brady Hopwood-Young**

### Primary

**SD**
- **2/3B**: Bridey O’Neil, Liam McKillop
- **3L**: John Renton, Charlee Marshall
- **4N**: Dani Penfold, Mathew Peel
- **4/5E**: Cooper Newton, Tayla Childs
- **5S**: Brittany Powell, Charlie Davenport
- **5/6M**: Breanna Russell, Kaylah Higgisson
- **6S**: Bailey Brown, Caitlin Marshall

QuickSmart award this week goes to Amanda Rose Hall  
Multi-Lit Award this week goes to Janarie Burns  
Win Bin winners for Week 1 - Kyan Gregory, Week 2 - Ashley Howarth, Week 3 - Kierra Thompson

**This week’s assembly 1st November is a split assembly starting at 12:00pm for infants and 1pm for primary.**

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### Tickets

**CAPERS 2013 are now On-Sale!**

CAPERS 2013 will be held at the Tamworth Regional Entertainment and Conference Centre (TRECC) on Friday 1st and Saturday 2nd November 2013. Both performances commence at 7.00pm.

Tickets are available for purchase in person at the Tamworth Visitor Information Centre, the Capitol Theatre Box Office located in the Forum 6 Cinema Complex at Centre Point, by telephone on 6767 5300 or on-line at [www.entertainmentvenues.com.au](http://www.entertainmentvenues.com.au).

**Ticket Prices**
- Adult $35.00
- Child 2-17 $30.00
- Child under 2 Free
- Aged Pensioner $30.00
- Family Ticket $100.00  
  (2 adults, 2 children)

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### BULLIMBAL SPECIAL SCHOOL

**CAR BOOTSALE/MARKET DAY**

2ND NOVEMBER 9AM TO 1PM

Turn your trash into cash and book a stall for just $10.

**Phone 6762 8003**

Appearing at our November Bootsale/Market Day will be.....

- Tamworth Musical Society’s Sound of Music cast
- Performing songs from the musical and Christmas songs.

Prepare for Christmas
Get your Turkey from Quasts stall.
Maybe even do some Christmas shopping.

**HOPE TO SEE YOU THERE**
TAKE HOME A BIG BROTHER OR BIG SISTER

Give your children the wonderful opportunity to have an international big brother or big sister by hosting one of our exceptional international students arriving in Australia in February 2014 for their 3, 5 or 10 month programs. Our international students from Germany, Italy, Finland, Colombia and Mexico will live as a local, attend a local secondary school, arrive with their own spending money and comprehensive insurance cover – all arranged by Southern Cross Cultural Exchange. Visit us at www.scce.com.au, email scceaust@scce.com.au or call us toll free on 1800 500 501, request our international student profiles, and capture the spirit of family and friendship!

Thanks and Kind Regards
Genevieve Eyre
Program Coordinator
Southern Cross Cultural Exchange
Tel: (03) 9775 4711

COMING EVENTS FOR TERM 4

October
30th Year Book Orders Due
31st & 1st Kinder Ready program

November
1st & 2nd CAPERS Performance
7th & 8th Kinder Ready program
11th Remembrance Day
11th - 15th Swimming School
15th Kindergarten Orientation Day
18th - 22nd Swimming School
22nd Kindergarten Presentation
28th Deadly Day
29th Year 1 Presentation
29th & 30th School Spectacular (Sydney)

Toll-free: 1-800-500-501