Last week I was privileged to be at **camp** with the Grade 3-4 children. We had a great time, enjoying the activities and the bracing temperatures of the beach in winter. Thank you to Vicki and Raewyn for their hard work in helping to make this camp so successful. The children proved what a great asset they are to our school.

* Don't forget the **spaghetti day** on Tuesday. Please have your order in by tomorrow.
* Please also return your **parent survey** by tomorrow. Your opinion is important to us and with maximum participation by families, it is much more valuable information.
* School Council approved **two curriculum days** for 9th and 17th September. This is to give you plenty of notice. If working parents have difficulty finding care for their children please let us know at least a week before. The second one is the day after the school concert so we hope this makes it easier for all families to recover! Teachers will travel to Melbourne on the first one to learn more about teaching Maths. On the second one they will follow this up with Maths and do some Kidsmatter training.
* And on the subject of **Kidsmatter**... This is a mental health promotion program, which we are currently commencing in our school. Last week, Ben, Vicki, Jacq Cue and I did the first lot of training. We have now formed the Action Team for this program and have invited Rochelle Paten also to be part of this. We are very excited about this and you will learn about it in the coming weeks and terms.

Please see page two for the rest of my column.

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**URGENT**

**School BBQ**  This Saturday
Outside Castlemaine Newsagent

**NEED HELPERS DESPERATELY FOR COOKING AND SERVING FROM 9AM TO 1.30PM**

We will require the cakes, slices etc packaged ready to sell and delivered to the school on Friday 2nd August or at the BBQ on Saturday morning. Please attach a label with the ingredients and date made.

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**Diary Dates**

**August**

2nd  Arts Performance– Opera Australia “Barber of Seville”
2nd  Lunch Orders -  
  Cake:  Banana muffin  
  Pasta: Chicken  
  Helpers: Andrea & Annie
2nd  Parent opinion survey due back
3rd  **Fundraising BBQ-Castlemaine Newsagent**
6th  Spaghetti Day
8th  Assembly Grade 2
8th  French lesson– see page 3
9th  Lunch Orders -  
  Cake:  Apple muffin  
  Pasta: Bolognaised  
  Helpers: Gen & Naomi
13th  Interschool Netball - Grade 5/6
15th  Assembly Grade 5
15th  Interschool Netball - Grade 3/4
16th  Lunch Orders -  
  Cake:  Chocolate chip muffin  
  Pasta:  Chicken  
  Helpers: Raelene & Elsa
22th  Assembly Grade 3
22th  Book Week
22nd  Grade Prep, 1 & 2 – Scooter
23rd  Education starts
23rd  Lunch Orders -  
  Cake:  Pear Gingerbread Muffin  
  Pasta: Bolognaised  
  Helpers: Lynda Q & Gussie
28th  School Council 7.30pm
29th  Grade Prep, 1 & 2 – Scooter
30th  education
30th  Lunch Orders -  
  Cake:  Custard Tarts  
  Pasta:  Chicken  
  Helpers: Andrea & Lorella
CONVEYANCE ALLOWANCE 2013 – (Transporting students to school)
Conveyance allowance is available to parents to help cover the cost of getting your child/ren to school provided that you live more than 4.8 kilometres from your nearest school. You also need to be 4.8 kilometres from the nearest school bus stop. Please call at the office for an application form or more information regarding conveyance.
You need to apply by Monday 19th August.

Spaghetti Day
Tuesday 6th August
BYO Bowl and Fork
$2 per child
Spaghetti Bolognaise & Garlic Bread
Forms have been sent home, please complete and returned with money by Friday 2nd August
If your child has an intolerance/allergy to dairy (Parmesan Cheese), please mark it on the order form.

The Rest of My Principal’s Column
* School Council also approved a Gastro Enteritis Exclusion policy last night. Any child who has an episode of vomiting and/or diarrhoea is excluded from school for 48 hours from the last event. This has been set in order to keep our school a clean healthy and safe place. The policy will be available on our website next week. There are no exceptions to the policy. Parents are asked to inform the school if that is the reason why their child is away.
* A working bee is proposed for Sunday 8th September to dismantle the amphitheatre. We plan to recycle the granite blocks for our garden edging at the front of the school and store the sleepers for other projects. We will also do some garden rearrangement and tidy up. We encourage as many families to come along as possible. It starts at 10am and morning tea will be supplied.
* A really big thank you to the wonderful parents who are working on the garden bed between the Grade 3-4 room and the staff car park. It looks so much better already. Thanks Jodi for organising it.
* Student lead conferences will start in the week of 12th August and you will have the opportunity to nominate the time very shortly. It is an expectation that all children will do one for their parents.
* We are at the time when planning is about to commence for next year, so if you know of anyone who is planning to enrol in our school next year, please encourage them to make contact with us as soon as possible. It is far easier to plan effectively if we know who will be here.
* We are still looking for a parent who might be willing to manage our uniform shop a couple of afternoons a week. If you can please talk to us at the office.
* We are also participating in the Achievement program for promoting good health in our school, so look for further information about this in the coming weeks

GRADES 3-6 INTERSCHOOL NETBALL – UMPIRES NEEDED!
Tuesday Aug 13 – Grade 5/6 and Thursday Aug 15 – Grade 3/4
Our Grades 3-6 students will all be participating in interschool netball day with other local schools, at the Wesley Hill netball courts – more information will follow. Any parents who are confident with umpiring would be greatly appreciated. Please leave your name at the school office.

KidsMatter
Australian Primary Schools Mental Health Initiative

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**STUDENTS OF THE WEEK:**  
Grade Prep: Murray: his excellent work in subtraction (take away sums)  
Riley S: his excellent work in subtraction (take away sums) and helping others in the classroom.  
Grade 1/2: Ebony: for her progress in reading her words.  
Grade 3/4: Steven: for frank discussion and asking good questions about his work.  
Grade 5/6: Toby: for an outstanding working week.

**READING NIGHTS:**  
**Congratulation to:**  
- Deanna: For reading 75 nights  
- Ella: For reading 150 nights  
- Ebony C, Steven, Aidan: For reading 100 nights  
- Tayla & Amelie: For reading 175 nights

**ART NEWS**  
Late last week a large box of wool yarn arrived at school for the children to use in their Art Classes. It was sent from the Bendigo Wool Show to congratulate the children on winning First Prize in the Schools Team Category in this years Craft Competition...a felt wall hanging using the Theme of "WORDS". The children were examining change and mini beasts at the time and we used this as our focus. The children worked so well and created a magnificent piece of art. Later this year we will be using the wool prize to create some more creatures to add to the felt- ing. Congratulations to Grades 1, 2, and our Grade 5/6 participants in the Harcourt Valley Felting team. Please come in and celebrate with us. Our 2004 Felting, which also won First Prize, and our 2013 entry are on display in the foyer.

Another display is being prepared for your viewing pleasure. To celebrate the Local Landscapes Art Exhibition in conjunction with the Castlemaine Art Gallery, the children's work and comments are coming back to school to be displayed for a few weeks. This will enable those family members and other children, who were not able to get to the Gallery Opening or exhibition, to see and appreciate the impressive work the Grade Five and Six children have completed. Well done everyone.....

**FRENCH NEWS**  
Parents and guardians are invited to participate in a French gesture and speaking lesson/workshop with teachers and students who wish to stay and take part.  
When: Thursday 8th August  
Time: 3.45pm - 4.45pm  
Tea/coffee provided

**ATTENDANCE OR IS IT ABSENCE?**  
**IT’S COOL TO BE AT SCHOOL! IT’S NOT OK TO BE AWAY**  
Absence data this week:  
- Grade Prep: 11.5 days  
- Grade 1-2: 6.5 days  
- Grade 3-4: 18.5 days  
- Grade 5-6: 7.5 days  
Cool to be at school winner is **Grade: 1/2**  
Early Bird winner is **Grade Prep**
Asthma tips for Parents and Carers this Winter

Winter can be a hard time for people with asthma as cold weather, coughs, colds and the flu can bring on more symptoms and attacks.

The common cold is caused by a virus and it is important to try not to cough and sneeze near other people, and to wash hands properly to prevent passing on the infection.

The flu is different to the common cold and can be a much more serious viral infection.

People with asthma are recommended to have an annual influenza vaccination (the flu shot). Preventing the flu protects people with asthma, as those with asthma are often unwell for longer and have a much harder time recovering from the flu.

Make sure your child’s asthma is well-controlled; this will help them to bounce back quicker from a cough or cold and will help prevent asthma attacks when they are unwell.

Some medications and herbal remedies that we use for colds and flu can make asthma worse. Speak to your doctor or pharmacist about any concerns you may have.

Antibiotics are not normally prescribed for the common cold, or influenza, as these medications will not help a cold get better. Effective medications may include paracetamol and decongestants; however seek advice from your doctor or pharmacist before purchasing them for your child.

Suggested remedies for the flu and the common cold are: rest, staying hydrated by drinking plenty of water, staying away from cigarette smoke, using steam inhalation, gargling with salty water for a sore throat and seeking medical advice if concerned at any time.

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 and the NPS website - www.nps.org.au.