

OUR WORDS CAN HURT

What we say to others can really hurt their feelings. We need to be very careful with what we say to others. Have you ever been called names? How did that make you feel? Have you ever called anyone names? How do you think that would make them feel?

It makes God very sad when we say hurtful things to other people. He loves all people the same. Even if we don't like someone, God does. He loves that person just as much as He loves us. If we try to remember that, we may not want to say something mean to them. Remember that God loves you, and cares about how you feel.

M.S.Lowndes

Dimboola Lutheran Parish

Sunday 26th October

*10:30am Combined Service with a finger food luncheon to follow.

All welcome.

This week we pray for the Miller and Nuske families.

+++++

JENNY MACKAY

Miss Fraser has offered to supervise students at school on Monday 27th October to enable parents to attend the behaviour management session commencing at 7:30pm.

AFTER SCHOOL ACTIVITIES

All students participating in the activities need to wear a broad rimmed hat and bring along a water bottle.

CRAFT ELECTIVES

Commencing Monday 3rd November we will be having Craft Electives, which will run for 4 weeks. These will run from 2-3pm each Monday afternoon. We encourage parents and Congregation members to come along and join in. If anybody has any ideas for us we would be happy to hear them. Please contact a staff member if you are able to assist us in any way.

HAPPY BIRTHDAY

We want to wish a Happy Birthday to Daniel Kerber for Friday 24th, and to Emma and Grace Lutze for Thursday 30th October.

DATES FOR YOUR DIARY

OCTOBER

Monday 27th 'Questacon' at VRI Hall
Jenny Mackay 7:30pm for all parents
After School Activity-Cricket commences
Wed 29th After School Activity-Tennis

NOVEMBER

Monday 3rd Craft Electives 2-3pm
After School-Cricket
Wed 5th After School-Tennis
Thursday 6th Kids Conference Yr 4-6
Friday 7th Kinder @ St. Peter's 9:30-11:30am
School Council dinner @ 6pm
Sunday 9th School Church Service
Monday 10th Craft Electives 2-3pm
After School-Cricket
Tuesday 11th Remembrance Day
Yr 6 all day at DMSC
Wed 12th After School-Tennis
Thursday 13th Principal's meeting/ Police visit
Friday 14th P-2 Sleepover
Monday 17th Craft Electives 2-3pm
After School-Cricket
Tuesday 18th Yr 6 half day at DMSC 2-3.30pm
Wed 19th After School-Tennis
Friday 21st Report Writing Day-NO SCHOOL
Monday 24th Craft Electives 2-3pm
After School-Cricket
Wed 26th After School-Tennis

DECEMBER

Monday 1st After School-Cricket
Monday 8th After School-Cricket
Tuesday 9th State Orientation Day
(Yr 6 to DMSC, Kinder kids here)
Thursday 11th End of Term 4
Graduation 7:30pm

PICKUP AND DROP OFF

Parents are reminded that students are not to be at school before 8:30am as teachers are unable to supervise them. School finishes at 3:20pm, if students are not travelling home by bus and are to be picked up by a parent they need to be collected promptly as staff often have other commitments and work to prepare for the next school day and are unable to supervise the students.

A BIG THANK YOU

We wish to give Simon King a big thank you for keeping our website up to date. If you haven't had a look at it yet, then you should, it is

www.spls.vic.edu.au

ENROLMENTS

NOW ACCEPTING ENROLMENTS FOR 2009.

Enrol your child before 1st November 2008 and receive the generous 50% discount on the first year of tuition fees.

School Council members have decided to abolish the 50% fee reduction for new families after the 1st November 2008.

To receive this discount parents must enrol their child/children for 2009 prior to the 1st November 2008

For more information, please contact Mr. Kroehn.

STUCK ON YOU

Last week's newsletter stated a Stuck On You brochure would be attached – sorry! It wasn't. Find it attached today.

If you have any queries about 'Stuck On You' or Uniforms, please contact Suzi on 5389 1811.

HAPPY BIRTHDAY

We want to wish a Happy Birthday to Daniel Kerber for Friday 24th, and to Emma and Grace Lutze for Thursday 30th October.

KINDER VISITS

Kindergarten children will be visiting us on Friday 7th November from 9:30am-11:30am. The State Orientation Day is on Tuesday 2nd December.

MAINTENANCE ROSTER

This week it is **Simon King's** group, which includes the J. Barry, Scharnke, Kerber, and Coulthard families, who are rostered on for the weeks of the 25th October and the 1st November. Please contact Simon on 53975 232 for further details. Please sign off on the maintenance sheet supplied in the shed.

HATS

As we are a Sun Smart School, students are required to wear their approved hats in Term 4. If you require a new hat please contact Suzi Wouters 53891811 (uniform co-ordinator).

LOST PROPERTY

Our lost property box is once again overflowing with an assortment of items. Please come in and have a look to see if your children have any items that belong to them in there.

Please make sure that all items have names inside, as this makes the job of returning items a lot easier.

CHURCH SERVICE RSVP

On Sunday 9th November at 9am, the students will be involved in Church Services at St Peter's Dimboola. Please complete the attached form and return to school by Thursday 31st November.

WHAT TO INCLUDE IN LUNCH BOXES

- Fruit – preferably fresh or tinned.
- Protein food – such as slices of lean meat, tinned tuna or hard boiled egg.
 - Vegetables – a small container with any mixed vegetables such as cherry tomatoes, carrot sticks, peas and cucumber.
 - A dairy food – such as a cheese stick or slice, grated cheese, milk, yoghurt or soy milk.
 - Starchy food – bread, roll, flat bread or crackers.
 - A frozen drink such as water or 100 per cent fruit juice in an icepack or freezer pack.

ALWAYS INCLUDE

- At least two to four serves of carbonated-rich/starchy foods.
- Some serves of vegetables.
- At least two pieces of fruit (fresh or tinned)
- At least one serve of dairy food.

WHAT TO LEAVE OUT

- Donuts and cakes.
- Lollies, honey and jams.
- Fruit bars and fruit straps.
- Muesli and chocolate bars.
- Potato crisps and oven-baked savoury biscuits.
- Fatty meats such as salami and Strasburg.

REMEMBER TO KEEP FOOD SAFE!

- Choose an insulated lunch box or one with a freezer pack.
- Perishable foods such as dairy products, sliced meats, etc. should be kept cool and eaten within four hours of preparation.
- To keep food fresh, wrap sandwiches or store in a small container.

QUESTACON

On Monday 27th October, the students will be walking to the VRI Hall to view the Questacon Science Show. The Prep-2 session will be from 10am until 11am. Year's 3-6 session is scheduled from 11:20am until 12:20pm. Fees for this are covered by the school. Students attending the performance will be given a pass to attend the show in Horsham if they so wish, parents wishing to take their child/children to the display at Horsham will need to pay the entrance fee. More details on the notice board at school.

PUBLIC NOTICES

GIRLS CRICKET TEAM

Girls 16 or under have the opportunity to play competitive cricket for an all girls team in the Horsham U/14 competition.

The competition is played on Friday afternoon from 4.30pm – 7.00pm during the cricket season. Girls will receive ongoing coaching and support to help with their cricket development. They also become part of a development pathway that has many exciting opportunities which may extend from playing cricket in Horsham to playing cricket for Australia

This is an exciting opportunity to participate with friends in a well organised and structured competition.

This is for girls of all ages. -Interested girls are asked to contact Gary Davidson for more information.

Gary Davidson

Email: Davidson.gary.l@edumail.vic.gov.au

Phone: 0439031007

THE ASTHMA FOUNDATION

Horsham branch 2208 Wimmera Asthma Camp For 6-12 year olds, from 31st October – 2 November 2008. This camp is run by Doctors, Nurses and support staff. It aims to be educational, lots of fun including craft, bushwalking, swimming and more.

Contact Sue: 53820663 AH 0419-947048 or David: 0427-500934

GARAGE SALE

To be held on Saturday 25th October from 8am at 17 Burnside Avenue.

HALLOWEEN DISCO

To be held at the Guide Hall on 31st October
Prep-Yr 3 @ 7pm-8:30pm, Yr 4-Yr6 @8:30-10pm
Theme: Halloween

\$4 per child includes chips/drinks
3 glow sticks for \$1



1st DIMBOOLA CUB SCOUTS

Cub Scouts are part of the biggest youth organization in the world. When the child joins they will have fun doing lots of interesting things. There will be games to play, skills to learn, places to see and new friends to meet. Every year 1st Dimboola Cub Pack are involved in a variety of activities such as the Get'n Wet Carnival, Billy Cart Derby, Adventure Day Trips, District Camps and many more.

There is no cost for the first three nights of Cubs; this is to see whether the child likes it or not. The only thing required is to register the child. We have room for more Cubs – both boys and girls aged 7 and half to 10 years old. Cub Scouts meet once a week on a Tuesday night at 6.30pm to 8.00pm. If you would like to know more about Cub Scouts, please do not hesitate to contact: John O'Dwyer 5389 1294.

SCHOOL SUNGLASSES

Please find attached an order form for school sunglasses. We encourage all our students to wear sunglasses when outdoors to protect their eyes from harmful UV rays. This can be just as important as wearing a hat! There are samples at the school office for your child to try if you are unsure of sizing. They are not exclusive to St Peter's students, so feel free to order for your friends or other children in your family. Forms need to be back to Suzi or school by Thursday 30th October. Any queries contact Suzi on 5389 1811.

FAMILY CHURCH SERVICE

On Sunday 9th November at 9am, we are involved in a School Church Service at St. Peter's Church, Dimboola. We would appreciate if you could return the tear off slip with your intentions to your teacher ASAP so that we can start preparations.

(Student name / s) will / will not be participating in the Church Service on Sunday 9th November at 9am.

PROFILE PROJECT - VOLUNTEERS

Our next series of profiles for the newsletter will be volunteers. Our school has many wonderful people who contribute to our school community on an un-paid basis, in many ways. You will read about some of them over the coming weeks.

Voluntary contribution can be small or large, and you do not necessarily have to be at school regularly to be able to contribute. If you would like to be a volunteer at St Peter's, please contact a staff member. We are always looking for people who are willing to share their talents to benefit our students.

Name: Rhea Pietsch



What Voluntary Work do you do at St Peter's?

I listen to the Prep to Year 3 children read and explain the meanings of some words to them.

How long have you been assisting us?

Many years – I can't remember exactly.

Why St Peter's? Do you have any special connection with us?

My late husband was chairman of the School Board at its inception and for several more years. Our three children all went to St. Peter's before going off to Concordia or Luther Colleges.

What do you love most about your work for St Peter's? What do you find most rewarding?

The children's interest and the interaction with them – and their sense of humour.

What would you say to anyone who is thinking about volunteering at St Peter's?

DO IT. It is great.

Eczema and asthma

Recent research has highlighted the link between eczema and asthma. Children with eczema have twice the risk of having asthma later on in life.

In the largest study of its kind, researchers tracked 8500 Tasmanians from childhood to get the first concise picture of how allergic conditions develop. The findings, published in the *Journal of Allergy and Clinical Immunology*, support the theory that eczema is often the first step in an allergic chain that leads to other related conditions such as hay fever and asthma. 'People who had childhood eczema were more likely to develop childhood asthma or new-onset asthma later in life, or to have asthma that persisted from childhood into middle age', said lead author John Burgess, a population health specialist at Melbourne University.

One in six children have asthma, that can not only affect their health but also their learning, as it is the leading cause of school absenteeism.

If you would like more information please call **The Asthma Foundation of Victoria** on **1800 645 130** or visit www.asthma.org.au

What Triggers Asthma?

Although we don't know what causes asthma, we do know that under certain circumstances the airways react and asthma symptoms develop. We refer to the stimuli that can lead to asthma as "triggers". Triggers are everywhere. Triggers cause inflammation or swelling in your airways and make your asthma worse. Reducing your exposure to things that trigger your asthma is a large part of taking control of your asthma.

Different people react to different asthma triggers and many people with asthma react to a variety of triggers. Asthma may develop from exposure to one trigger or from a number of triggers simultaneously (e.g. a student with a cold goes into a change room where deodorant has been sprayed). For some people it is difficult to determine what triggers their asthma.

Avoiding or reducing exposure to known asthma triggers for an individual is one form of control, but is not always possible. Certain asthma medications can provide some protection that reduces the likelihood of asthma developing.

Common asthma triggers:

Colds and Flu: The most common trigger, particularly for children. When a student with asthma has a cold or the flu it is highly probable that they will develop asthma symptoms.

Exercise: A trigger for many people with asthma. This trigger should not be avoided, but exercise induced asthma can be managed by taking your blue reliever puffer 5-10 minutes before activity and warming up and warming down after exercise.

Smoke: Children of mothers who smoke when pregnant and those who experience passive smoking in early childhood have a higher risk of developing asthma. As well as active and passive cigarette smoke, woodsmoke from open fires, burn-offs or bushfires can trigger asthma.

If you would like more information please call **The Asthma Foundation of Victoria** on **1800 645 130** or visit www.asthma.org.au