Students in Early Intervention enjoy using their new equipment.

MOTHERS DAY STALL
The P&C have organised another successful Mothers Day Stall this year. The stall offered an assortment of lovely gifts for sale.

Students enjoyed shopping for present for their Mums, Grandmothers or Carers. Thank you parents and students who helped run the stall.

We would like to wish all Mum’s a Happy Mothers Day this Sunday.

Students in Early Intervention enjoy using their new equipment.

UP AND COMING
8/5 Netball V RHPS
15/5 Debating V Tenterfield PS
20/5 4th Installment Lake Ainsworth due
21/5 P&C Meeting 6.30pm in the staffroom
12/6 Regional Cross Country – Coolah
**TIPS TO STAYING FREE FROM Colds AND THE FLU THIS WINTER**

With winter fast approaching the spread of infections such as the common cold and influenza increases. These infections can be transmitted by respiratory droplets both airborne and on surfaces. These can be reduced by practising good respiratory hygiene:

- Turning away from others when coughing or sneezing
- Covering the nose and mouth with a tissue when coughing or sneezing
- If a tissue is not available coughing or sneezing into the arm not hands
- After coughing or sneezing wash hands with soap and water or an alcohol based hand rub.

**HEALTHY TIPS**

The cooler weather is upon us, with the chilly frosty mornings. Rug up and watch out for those winter colds! Colds are the leading cause of absences from school. Keep up your vitamin C intake by eating foods like oranges, strawberries, red capsicums an you don’t mind the sour taste—grapefruit!

**Asthma** is a condition of the airways. People with asthma have sensitive airways in their lungs which react to triggers that set off their asthma. This makes it harder for them to breathe. Three main factors cause the airways to narrow:

- The inside lining of the airways becomes red and swollen (inflammation)
- Extra mucus (sticky fluid) may be produced, which can block up airways. Muscles around the airways squeeze tight. This is called ‘bronchoconstriction’

One in ten people in Australia has asthma - that’s over two million people!

Asthma affects people of all ages. Some people get asthma when they are young; others when they are older. If your child has severe asthma make sure you have your Asthma Action Plan up to date and a copy for the school.

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**5G**

5G have been exploring *Antarctica*. They completed their unit with these outstanding projects and mural.