Calendar of Events
Monday 12th December-School Excursion, Museum and IMAX
Tuesday 13th December-Christmas Concert
Wednesday 14th December-Lions Excellence Speeches-2.30pm
Thursday 15th December-Swimming Fun Day
Friday 16th December-Celebration Day and Graduation Assembly
Monday 19 December-Nyora’s Got Talent, and 5c Day
Last Day for students
Tuesday 20 December-Curriculum Day
Tuesday 31 January 2017-
All students start school year

BIRTHDAYS
December
Robbie
Jordan
Dakoda

Thought for the Week
An investment in knowledge pays the best interest.
Benjamin Franklin

Students are supervised between the hours of 8.50 am and 3.45 pm

Adidas School Fun Run
Our Adidas School Fun Run prizes have been dispatched and are on their way. It is estimated that they will be with us in 3 to 5 days.

Step into Prep
Our Step into Prep sessions have been a great success with the final session taking place on Tuesday 6th December. It was delightful to see our new 2017 students so full of enthusiasm and school ready.

Christmas Raffle
Tickets for our Christmas Raffle have been sent home. Tickets are in books of 20 and sell for $1.00 each. The raffle will be drawn at our Christmas Concert on Tuesday 13th December. We are also seeking donations of prizes and items for Christmas hampers. These can be left at the office.

Thunderstorm Asthma
The recent cases of Thunderstorm Asthma that occurred across Melbourne pointed out the need for us all to be alert. Whilst these cases are rare and the result of a combination of factors they are a reminder that it is important to have a current asthma plan and have ready access to medication. Advice from the Department of Education is on Page 2 for your assistance.

Sporting Schools
Our Sporting School program finishes this week. Our students have thoroughly enjoyed the program this year and I would like to congratulate all who participated. I would also like to thank all who assisted in coaching and supervising the program, in particular Shona Lynch and Lyn Coles.

Melbourne Excursion
On Monday 12th December we will be having a whole school excursion. Students will visit IMAX and the Melbourne Museum. The bus will leave Nyora at 8.00am sharp, and will return by 4.30pm.

Students will need to be at school by 7.45am. As all teaching staff will be attending the excursion children are unable to remain at school on this day so all children are expected to attend this excursion.

Corals on the Village Green
All are welcome to come and join the Nyora community on Sunday 18th December 6.30pm for Corals on the Village Green. There will be a sausage sizzle (Gold Coin Donation) followed by carols and Santa.

Mick Hussey
Principal
Thunderstorms have been linked to epidemics of asthma, especially at the end of Spring, when grasses are flowering.

An asthma attack can be life threatening. Anyone experiencing wheezing, chest tightness and difficulty breathing should call 000.

Anyone with a known history of asthma is at risk of experiencing an exacerbation of their usual symptoms at this time.

In addition, people who do not usually experience symptoms of asthma but have a history of allergies may be at increased risk.

The common signs of asthma are difficulty in breathing (gasping for air), chest tightness and wheezing.

If a child's condition is deteriorating, parents or guardians should seek urgent care. Signs of rapid deterioration include little or no relief from a reliever inhaler, inability to speak comfortably, or lips turning blue.

People with asthma should continue to use their usual medications. Where possible, stay inside when the weather is windy with high pollen counts or dust.

**Actions required**

If a child is experiencing symptoms, the school will attempt to notify their parents immediately (if you require advice, call Nurse on Call in the first instance, 1300 606 024).

If the child’s symptoms include wheezing, chest tightness and difficulty breathing, call 000.

For any child having an asthma attack, follow the instructions in their Asthma Care Plan (required for any child who has asthma, under the Department's asthma policy). If an Asthma Care Plan is not available, follow the four-step asthma first aid, which is:

- Sit the person upright and give reassurance – do not leave them alone.
- Without delay, give the person four separate puffs of their blue/grey reliever medication (such as Airomir, Asmol, Bricanyl or Ventolin). If using a puffer (like Ventolin or Asmol), this should be taken one puff at a time through a spacer. Ask the person to take four breaths from the spacer after each puff of medication.
- Wait four minutes. If there is little or no improvement, repeat steps 2 and 3.
- If there is still no improvement, call 000 for an ambulance immediately. Repeat steps 2 and 3 continuously while waiting for the ambulance to arrive.

**Additional information**

For more information and resources in supporting asthma sufferers, see:

Nyora Primary School
Thanking Our Community Partners

<table>
<thead>
<tr>
<th>Community Partner</th>
<th>Support Provided</th>
</tr>
</thead>
<tbody>
<tr>
<td>IGA Lang Lang</td>
<td>Supports the school throughout the year, by supplying breakfasts for different activities and fruit for our Fresh Fruit Wednesday Fruit Platter Program.</td>
</tr>
<tr>
<td>Lang Lang Community Bank</td>
<td>Providing funding for multiple projects through the annual Community Grants Program</td>
</tr>
</tbody>
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Images of various school activities and events.

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Website: www.nyoraps.vic.edu.au
During the year, all students have been looking at the art work of a variety of different picture book illustrators. They have worked on individual and collaborative pieces of art which have been used to make a collection of beautiful picture books. A limited number of books will be on sale at the Nyora Book Market, held on December 13th, Concert Night, in the Art room from 6-7 pm. Most books will cost $5 with the proceeds going to purchase new picture books for the school. A special edition book entitled ‘The Journey’, depicting the historic journey of our area and school from yesteryear to the present day will be on sale for $8 with proceeds going to the Indigenous Literacy Foundation. The Indigenous Literacy Foundation provides quality picture books to children living in remote and very remote areas of Australia. Please come along and view all the beautiful artwork by our talented students.
If you haven’t got the Tiqbiz app on your smartphone yet, it is available at the App store or Playstore.

Wobbly Boots - $15
The Hair Ball - $15
The Hair Ball (soft cover) - $15
The Hair Ball (hard cover) - $17
Young Readers Pack - $30

Name: _______________________

Wobbly Boots: $15
The Hair Ball (soft cover): $15
The Hair Ball (hard cover): $17
Young Readers Pack: $30

Amount enclosed: ____________

For personally signed books, please include details above.

Nyora Cricket Club
SEEKING JUNIOR PLAYERS
SEASON 2016/17
ALL AGES  ALL ABILITIES  GIRLS & BOYS
Enquiries: Siona Lynch  0409 941 250
nyora@club.cricketvictoria.com.au
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Local Bulk-billed counselling services in Poowong
Nikole Charlton provides ongoing counselling to people needing support at the Maternal and Child Health Centre in Poowong. Services can be accessed by anyone living in the local and surrounding communities, children, adolescents and adults.

Issues we can help with include: Depression, Anxiety, Bereavement, Family Conflicts, Relationship problems, Phobias, Panic Disorders, Life crisis, Psychosis, Sleep Problems, Post-traumatic stress, Adjustment issues.

Sessions are fully bulk billed with no out of pocket costs to you.
To access this support simply visit your local GP and ask for a Mental Health Care Plan. Once this is written contact Nikole on 0419 699 965 to make an appointment.

You can help change a young life
for the better.
And you don’t have to be a superhero or a
social worker to do it. You just need to be
someone who is willing to care for – and care
about – children.
If this sounds like it may be you and you
would like more information on becoming a
foster carer.
Please contact Lindsay Jarvis 5120 2000
lindsay.jarvis@quantum.org.au

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