



16 November Vol: 19 - 16

## ***To the Families and Friends of the St Paul's Community.....***

Last Friday night was the final ceremony for the leaving class of 2016. The Graduation Ball and final Awards Ceremony was held at Wests Leagues Club in Newcastle. It was attended by the graduating class, their families and almost 50 staff from St Paul's. It was a beautiful evening where our community was able to celebrate the achievements of our Year 12 students and wish them well for the next phase of their lives. Congratulations to Colin Mulhearn, Libby Lucas and all their team for the outstanding organisation of this beautiful event.

We also used this event to celebrate the contribution that Mr Greg Ptolemy has made, particularly to the student body of St Paul's over the past 10 years. As you are aware, Greg is leaving us at the end of the year to go to St Mary's at Gateshead as they prepare for Stage 6 beginning in 2018. Greg was presented with a small memento from the students, both past and present because of the amazing work he has done for them during his time at St Paul's. We thank Greg for his contribution to the wellbeing and the studies of over 2500 students in that time.

Over the last week, the Studies and Student teams have been planning for 2017. This vital work informs us about the directions that we will be taking in the studies and welfare areas for the next 12 months. We were fortunate that Miss Roisin McVeigh, our new Assistant Principal – Teaching and Learning was available to be with the studies team for their planning day and then was able to spend another day meeting the staff and some of the students. She is very excited about joining the St Paul's community. The welcome from our students was wonderful. I walked with Roisin around the school and visited a number of classes and it was lovely to see our kids welcome her so warmly.

Students have been busy with exams over the past week. The fruits of their labours will be evident in their responses to a variety of tasks that will be assessed over the next week and feedback will be provided on their return. There is sometimes a danger that students can fall into a trap of believing that now the exams have been completed, that work has finished for the year. That is certainly not the case. All areas of study will continue. Courses are not completed. The assessments that have been done are just part of the learning process, not the end point. (This is different to the HSC final exams.) I encourage all students to continue to work effectively in all areas of their studies. We work up to the final day of formal classes.

I will be on leave for the next 2 ½ weeks. In that time, Mr Greg Ptolemy will be Acting Principal and Mr Colin Mulhearn will be Acting Assistant Principal – Curriculum. I am ticking another "bucket list" item that was presented to me by my high school Modern History teacher, Fr Stan Barry cm. I have the opportunity to visit the Arizona Memorial at Pearl Harbour where over 1200 men were entombed when the battleship was sunk on the 7<sup>th</sup> of December 1941. I look forward to this possibility as I understand that it is a most moving and spiritual place.

I hope to be able to tell you a little more on my return.

**Go Gently.....**

**Mr Graeme Selmes  
Principal**

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**2017**

**School Return Dates**

Tuesday 31st January—Year 7 & 11

Wednesday 1 February—Year 8, 9, 10 & 12

***Vinnies Christmas Hampers***

Christmas is approaching quickly. Most of us celebrate this special time with family, friends, presents and food. For many in our community who are financially struggling for all sorts of reasons, a Christmas like this is not possible.

Our local St Vincent de Paul Conferences (Morisset, Toronto, Booragul, Boolaroo) assist these individuals and families throughout the year and at Christmas. This is where the generosity of our St Paul's students and families play a part.

Traditionally each student chooses an item from a list in their Tutor Group (food, serviettes, bon bons etc). They are then asked to bring this item in to school in the next few weeks. All items are made into hampers.

We will be presenting the hampers to the Vinnies Conferences at our Advent Liturgy on 7<sup>th</sup> December.

Thank you in advance for your generous contributions.

***Ms Fran Heard and Mrs Brigid de Winter***

***P & F News***

*Dear Parents and Friends*

*You are invited to the last P & F meeting for 2016*

*Wednesday 7th December  
St Paul's Damascus Centre 7.00pm*

*"Please bring a plate of food to share. Drinks are provided."*

*During the evening there will be a short P & F meeting*

*All Parents, Caregivers and Friends are most welcome to join us  
(regardless of how many meetings you have attended during the year).*



## From the Assistant Principal - Welfare

This year as part of our Remembrance Day ceremony the school took a few minutes from lessons and exams to consider the importance and significance of those who had fallen in the Great War and conflicts in our world.



*At 11am on the 11<sup>th</sup> November 1918, the guns of the Western Front fell silent after more than four years of continuous warfare. The allied armies had driven the German invaders back, having inflicted heavy defeats upon them over the preceding four months. In November the Germans called for a suspension of fighting - in order to secure a peace settlement. They accepted the allied terms of unconditional surrender.*

*The 11<sup>th</sup> hour of the 11<sup>th</sup> day of the 11<sup>th</sup> month attained a special significance in the post-war years. The moment when hostilities ceased on the Western Front became universally associated with the remembrance of those who had died in the war. This first modern world conflict had brought about the mobilisation of over 70 million people and left between 9 and 13 million dead, perhaps as many as one-third of them with no known grave. The allied nations chose this day and time for the commemoration of their war dead.*

*Four years later, in 1997, the then Governor-General Sir William Deane, issued a proclamation formally declaring the 11<sup>th</sup> of November to be Remembrance Day, urging all Australians to observe one minute's silence at 11am on the 11<sup>th</sup> of November each year to remember those who died or suffered for Australia's cause in all wars and armed conflicts.*

### Student Asthma Details Update

St Paul's requires each student who has Asthma to complete a 'Child Asthma Record' to instruct staff on how best to manage individual Asthma plan and appropriate first aid. At the end of this newsletter I have included an Asthma Plan form for students with Asthma to complete and return to School, where they can be collated and update our records. Could I ask for this form to be returned in readiness for the 2017 academic year.

### Bishops Award

Applications are now called for the 2016 Bishops Award. Please see the flyer for further information at the end of this newsletter. Applications are to be forwarded to the Catholic Schools Office and be received no later than 22 December 2016

### Study Skills weblink:

I would encourage all students to look at this website and see the study resources available to students regardless of which year level they are in. The details are as follows:

*Learn more this year about how to improve your results and be more efficient and effective with your schoolwork by working through the units on [www.studyskillshandbook.com.au](http://www.studyskillshandbook.com.au) . Our school's access details are:*

School's Username – **stpauls**

School's password – **52success**

*Mr James Furey  
Assistant Principal - Welfare*

## P & F Chocolate Drive Fundraiser 2016



**Money and/or unsold chocolates are now OVERDUE to be returned to the school**

***Thank you to everyone who supported this fundraiser***

Year 10 have been issued with a detailed outline of the events in which they will be involved in the coming weeks. They are currently in the middle of their final exams, which will be completed on Friday 18<sup>th</sup> November.

On Tuesday 15<sup>th</sup> November Year 10 will attend a RYDA Road Safety Education Day at Adamstown Driving range. This day will see the celebration of the 5,000<sup>th</sup> student, from across the Hunter, who has attended this education program over the years and St Paul's has been specifically chosen to take part in this. One of our students will be chosen to be the 5,000<sup>th</sup> student and NBN will be there to capture the moment.

Below is a table outlining the proposed schedule for the coming weeks for Year 10. Please note, the **ALL MY OWN WORK DAYS WILL RUN FROM 9.00-11.00AM ON EACH OF THE THREE SCHEDULED MORNINGS.**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
14/11 EXAMS	15/11 ROAD SAFETY ADAMSTOWN	16/11 CAREERS/UNI DAY	17/11 YEAR 10 MASS 9.30AM ST MICHAEL'S  EXAMS	18/11 EXAMS/SPORT
21/11 SENIOR TIMETABLE	22/11 SENIOR TIMETABLE	23/11 SENIOR TIMETABLE	24/11 SENIOR INTERVIEWS	25/11 SENIOR INTERVIEWS  No Sport
28/11 SENIOR INTERVIEWS	29/11 SENIOR INTERVIEWS	30/11 AMOW Surname A-F 9-11am	1/12 AMOW Surname G-M 9-11am	2/12 AMOW Surname N-Z 9-11am
5/12 Normal Lessons	6/12 Normal Lessons	7/12 Normal Lessons  SEMESTER AWARDS  Christmas Liturgy	8/12 EOYA	9/12 EOYA
12/12 EOYA	13/12 EOYA	14/12 EOYA	15/12 7-10 P/T Interviews	16/12

Congratulations is extended to **Hannah Fletcher** and her family who received their Australian Citizenship in a ceremony at Town Hall on October 26<sup>th</sup>.

Congratulations also goes to **Thomas Curran** who was a Finalist in the Nike Most Wanted Football Challenge in Sydney a couple of weeks ago. Thomas was one of only 30 people from across Australia and New Zealand selected to attend this challenge. He was also one of the youngest to participate.

A number of parents have received a letter notifying them that their sons/daughters have accumulated 10 or more days absent, without a written explanation being provided to the school. Notification of unexplained/unjustified absences must be given as per the CSO Attendance Guidelines and Procedures. If "A parent has not provided an explanation of the student's absence within seven days of the occurrence of the absence" it is recorded as unexplained/unjustified. Once these type of absences reach 10 the school must provide parents with this notification.

Many students were recognised in the last newsletter for receiving Merit Awards, School Commendations and Award of Honours during last term. Further to these, **Lucy Lantz** has received 9 School Commendations which sees her on the verge of receiving the prestigious Principal's Medal.

A fabulous collection of photos capturing the wonderful memories of the Year 10 and 11 students who recently went to Vietnam was shown at the school assembly last week. The reflections given at assembly by **Isaac Milajew** (10), **Abby Ruyter-Kehoe** (10) and **Caitlin Pulbrook** (11) certainly gave an insight into this invaluable experience. The photos depicted the many activities and events that the students immersed themselves whilst in Vietnam.

**Mrs Anne-Maree Shipman**  
**Student Coordinator**








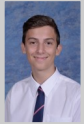



## Year 11 News

The Presentation of Awards for the completion of the Preliminary Year was held on Monday 1 November and was followed by Parent-Teacher Interviews. It was very pleasing and reflective of the Year group that a record 41 students received the Diligence Award where four or more teachers indicated that the student was working diligently in their subject.



### **The major award winners were:**

Christian Leadership	<b>Robin Turton</b>	
Shamley Award—Most Improved	<b>Samuel Hickey</b>	
Member for Hunter Joel Fitzgibbon Community Involvement Award	<b>Sophie Scanlon</b>	
Toronto Lions and Lioness Club Encouragement Award	<b>Layton Pellew &amp; Amy Fraser</b>	 
Citizenship Award	<b>Skye Burgess</b>	
Wayne Holland Memorial Maths Award	<b>Layton Pellew</b>	
Preliminary Year 2016 Dux	<b>Dean Blundell &amp; Lara Duggan</b>	  <i>This year was an unusual occurrence in that the outstanding performance of two students prevented staff being able to distinguish between the two</i>

The Year 12 Jersey design has been finalised and orders were being taken. Students need to establish their size, an appropriate name (nickname) for the back of the jersey and will need to make a payment of \$80 before 25 November 2016. There will be no extension to this deadline nor second order.

It was made clear to students that if they have a study period on Friday afternoon, permission to leave will not be granted until January 2017, as per the procedure of previous years. A form will be issued early next year and parent permission will be required.

The Student Leaders for 2017 – **Lara Duggan, Sophie Scanlon, Ethan Roach** and **Hugh Woollett** undertook a 3 day Leadership Training with fellow students leaders from around the Diocese at Riverwood Downs from 7 – 9 November. This was a great 'networking' experience for them and allowed them to develop leadership skills.

**Mr Ross Wilson**  
**Year 11 (Year 12 2017)**  
**Student Coordinator**



Year 12  
GRADUATION BALL



*Congratulations!*



The Australian Teachers of Media (ATOM) have offered St Paul's the opportunity to be a part of the SAE ATOM Awards National Screening. The awards celebrate the best of Australian and New Zealand film makers and we will get to see the best entries from high school and tertiary aged students. It is a wonderful opportunity for our Year 8 students and it will bring their own film making experiences to a stunning conclusion. We can't wait to check them out in the hall on November 22.

**Miss Kerrie-Lee Guest**

**English Teacher**

## Duke of Edinburgh

### Duke of Edinburgh Bronze Journey

On Friday 28<sup>th</sup> October and Saturday 29<sup>th</sup> October, 10 participants undertook a journey as part of their Bronze Award for the Duke of Edinburgh program. This entailed walking 6 hours each day over unfamiliar terrain, navigating using map and compass, carrying all the food and water required for the two days, together with tents and all other camping equipment required for an overnight hike. There was only one way in and one way out.

The hike took place from Bucketty, near Mangrove Mountain on the Central Coast, to Upper Mangrove. The days would be long but the terrain was easy going.

The track followed the Old Great North Road. This was built by convicts in the early 1830's to join the settlements of Windsor and Wisemans Ferry to Singleton. The road was not popular as it had no constant supply of water and so was underutilised as more favoured routes were developed. Along the hike there were remnants of old stone bridge buttresses, quarried stone retaining walls and discarded piles of unused sandstone. It was not hard to imagine horses pulling carts or bullocks pulling drays along the road.

Overall, the group achieved very well. Navigation was sound, teamwork was evident and all had personal challenges to overcome – whether these were carrying a pack, the distance to be walked or dealing with blisters.

The biggest challenge for all was the final 3km. We were to finish in a valley, next to a bridge crossing a babbling stream. Unfortunately, a gate that was unlocked when planning the hike was locked on the day. This meant a 3km walk up a hill out of the valley to meet the cars. The group was not mentally or physically ready for this, but everyone made the distance and felt that sense of satisfaction when a task is finished and finished well.

Congratulations to the 5 practising and 5 qualifying hikers together with Mrs Grant who also undertook the journey. Thank you also to the parents for transport to and from the hike and for their patience when we were unavoidably delayed by the gate - we would have been on time otherwise!

**Mr Steven Thomas**

**Duke of Edinburgh Organiser**







Sunday 20 November 2016

Gather from 3pm for 3:45pm presentation in the Cathedral and a 4pm liturgy

All are invited to the Year of Mercy open house and closing liturgy to walk through the doors of mercy for the last time

Diocesan offices, Sacred Heart Cathedral and grounds



Photo: Teresa Skewton (top right) PO: BY 40 by [http://creativecommons.org/licenses/by/4.0/deed.en] via Wikimedia Commons. All rights reserved.

You might like to:

- Bring something to add to the table for afternoon tea (Davis Courtyard)
- Bring a gift for the poor which will go to the St. Vincent de Paul for their Christmas appeal
- Enjoy conversation with others about your experience of the Year of Mercy
- Avail yourself of the opportunity for the Sacrament of Penance in the grounds
- Enjoy some live entertainment



www.mn.catholic.org.au





## Career Thought of the Week:

*Build your own dreams, or someone else will hire you to build theirs”*



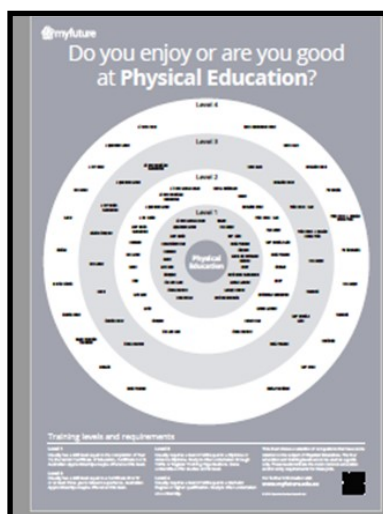
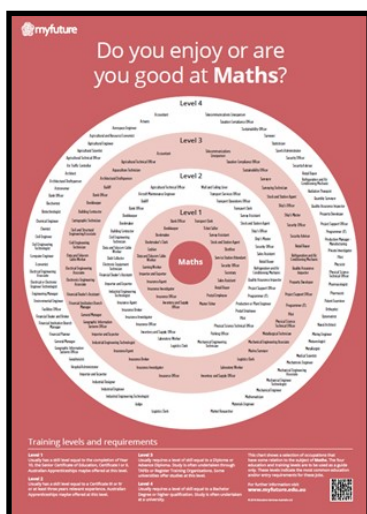
**Farrah Gray**

### Digital Career Bullseye resources

If students are having difficulty trying to relate their learning areas to occupations, the new, digital Career Bullseyes will help them by providing a visually engaging tool to explore curriculum areas.

My future has recently updated the poster versions of the Bullseyes with QR codes linked to the occupations via the digital version.

Download the 33 Career Bullseyes via this link. [Career Bullseyes PDF A2 \(Zip, 4.03 MB\)](#)



### Pre Apprenticeship Program-NOVASKILL

Please find see details on the upcoming information day for nova skill's pre-apprenticeship program. Students wishing to apply they will need to provide their name, email address and phone number.

Please feel free to contact **Eisell Gifford** if you have any questions.

Direct: 02 4906 6700 | Branch: 02 4906 6700  
reception@novaskill.com.au | novaskill.com.au

## Introduction to trades

### Pre-apprenticeship program

### A real chance at an apprenticeship

This course provides an opportunity for job seekers to gain pre-vocational training in the trade industry. Participants will receive a statement of attainment for five trade related units including a White Card.

Hands on skills are developed and assessed to an industry standard, with the aim of helping you gain employment in the industry.

This is a great opportunity for aspiring tradespeople to gain valuable skills and undertake industry work placement. Receive post-program support from Novaskill Field Officers.

**To register for the Information Day please call 4906 6700 or email [reception@novaskill.com.au](mailto:reception@novaskill.com.au)**

Information day:	Friday 18 November 2016
Time:	3.30pm
Venue:	148 Lambton Road, Broadmeadow
Course commences:	Monday 5 December 2016
Course fee:	No cost to eligible students*

**Newcastle 4906 6700**

[novaskill.com.au](http://novaskill.com.au)



## **Summer holidays - Get a part time job?**

Lots of people are looking for employment at this time of year – either a part time job for the summer school holidays, or full time employment as a school leaver or gap year student, or even as a graduate!

Depending on where you live might influence the availability of positions, but the retail and hospitality industries tend to be busy over the Christmas and summer period especially! So to find a job:

- Update your resume – see your school careers website where you will find a template to do this under the 'student secure area'
- Cold canvas potential employers – introduce yourself to prospective employers who might need extra help over the busy holiday period – be sure to leave your resume and contact details!
- Respond to advertisements in the local paper or websites
- Apply on line to the 'chains' – some ideas and links below:

[www.mcdonalds.com.au/learn/careers](http://www.mcdonalds.com.au/learn/careers)

[www.bunningscareers.com.au/opportunities](http://www.bunningscareers.com.au/opportunities)

[www.wowcareers.com.au](http://www.wowcareers.com.au)

[www.colescareers.com.au](http://www.colescareers.com.au)

[www.kfcjobs.com.au/team/apply.aspx](http://www.kfcjobs.com.au/team/apply.aspx)

<http://careers.superretailgroup.com.au/rands/supercheap-auto>

[www.kmart.com.au/jobs](http://www.kmart.com.au/jobs)

[www.myer.com.au/p/about-myer/careers](http://www.myer.com.au/p/about-myer/careers)

## **ADFA**

Students keen a finding out more about ADFA are encouraged to view [Discover ADFA](#)



## **UAC Key Date Reminders**

ATARs released **16 December 2016 (9am)**

Early Round Preferences must be in place by **Mon 5 December 2016 (Midnight)**

Early Round Offers released **Fri 9 December 2016 (7.30am)**

Main Round Preferences must be in place by **Fri 6 January 2017 (Midnight)**

Early Round Offers released **Wed 18 January 2017 (6pm)**

Check the UAC website for late round offer details: [www.uac.edu.au](http://www.uac.edu.au)

## **Important Dates for Term 4**

UAC Dates for Yr. 12 refer to UAC BOOK

13<sup>TH</sup> October-HSC Examinations begin

31<sup>st</sup> October-HSC ends

16<sup>th</sup> November YR 10 Uni visit

15<sup>th</sup> December HSC results out

16<sup>th</sup> December ATARS released

## **Casual Positions/Employment Links**

These are ready to view on the school site MN Live. Go to News and Events and click on Student News. These are also emailed to students in Years 10-12 through their school email accounts.

**Mr Craig McLoughlin**  
**Careers & Vocational Education Coordinator**

**Opening Hours for Payments to the Finance Office**

Parents: come to Reception from 8.30am to 2.30pm  
 Students: mornings from 8.30am until tutor group bell  
 all of recess time and all of lunch time

**School Fee Payments**

1. Qkr
2. BPay through your own home banking via the Internet
3. Eftpos **Minimum payment \$10**
4. Cheque
5. Cash

**Excursion Payments**

1. Qkr
2. Eftpos **Minimum payment \$10**
3. Cheque
4. Cash

**Commencing Term 4**

**All receipts will be emailed unless school is otherwise advised**

**QKR is a great way to pay fees and excursions**



For more information about QKR visit our website

[www.booragul.catholic.edu.au](http://www.booragul.catholic.edu.au)

For your convenience, when paying for excursions the new Qkr! app is now live for families of our students. Qkr! by MasterCard can be downloaded for free from Apple's app store for iPhones, iPad users can also download the iPhone app or from Google Play for Android phones. Simply:

**Step 1 Download Qkr!**

on your Android phone or iPhone. iPad users can download iPhone app



**Step 2 Register**

Select your Country of Residence as 'Australia' and follow the steps to register

**Step 3 Find our school**

Scan the QR code or search for our school name. Our school will also appear in "Locations Nearby" if you are within 4kms of the school

**Step 4 Register your children**

When first accessing your school menu, you will be prompted to register your child. This allows you to make school orders on their behalf.

**Excursions Coming Up .....**

Please **pay for all excursions by the due date written on the excursion notes** which are sent home with your child. This date is important as excursion costing is calculated on the number of students who should be attending that particular event. Venues and buses have to be paid when the booking is first made. Your understanding of this would be very much appreciated.

Year	Subject	Date	Venue	Cost	Money Due
8	PDHPE	22 November 2016	Rathmines Park	\$10	17 November 2016
7-9		1-2 December 2016	Nobbys Beach	\$45	

**END OF YEAR ACTIVITIES**

**Years 7-10**

**Thursday 8 December to Wednesday 14 December**

**Booklets have been issued to students**

**and selections have now begun**



Mrs Betty Harris - Finance Officer



# Canteen Roster



## Monday 21 - Friday 25 November

Mon	Melissa Dobosz, Kristy Baker, Sharyn Kiely, Melanie Parker
Tues	Emma Boslem, Paula Tripney, Sharne Johnson
Wed	Linda Gesell, Nannette Preston, Kim Harding
Thurs	Paula Douglas
Fri	Megan McInnes, Jennifer Davis, Carole Crabbe

## Monday 28 - Friday 2 December

Mon	Narelle Baird
Tues	Mark Simpson, Susen White, Sharne Johnson
Wed	Candance Way, Sara Ashmore
Thurs	
Fri	Tania Egan, Mary Norris, Kylie Powell, Caroline Hickey

**Canteen Supervisor:** Carolyn Phone - 4946 3115

**Canteen Hours:** 9.00am to 2.30pm

If you are unable to come on your day, please try to arrange a swap or contact Carolyn.

Please be aware that the events and dates listed on this school calendar are subject to change. Please check regularly.

## Term 4 2016

<b>Week 6</b>	Wed 16 Nov Wed 17 Nov	Yr 10 Career Pathways Uni Day Yr 10 Mass 9.30am
<b>Week 7</b>	Mon 21-23 Nov Tues 22 Nov Thur 24-29 Nov	Yr 10 Senior Alternate Program Yr 8 PDHPE Orienteering <b>Yr 10 Senior Interviews</b>
<b>Week 8</b>	Mon 28-29 Nov Tues 29 Nov Wed 30 Nov - 2 Dec Wed 30 Nov Thurs 1-2 Dec	Yr 10 Senior Interviews continue Yr 6 Orientation Day Yr 10 All My Own Work Yr 9 Leadership Day Surf Survival
<b>Week 9</b>	Mon 5 Dec  Wed 7 Dec  Thur 8-14 Dec	Yr 10 RST Guest Speaker Yr 7 & 8 Indoor Soccer Charlestown Yr 7- 10 Semester Awards P & F Meeting Advent Liturgy (TBC) Yr 7- 10 EOYA Yr 11 Assessment
<b>Week 10</b>	Mon 12-14 Wed 14 Dec Thur 15 Dec Fri 16 Dec	EOYA, Yr 11 Assessment, <b>Last Day for Yr 7-11</b> P/T Interviews Yr 12 BBQ
<b>Week 11</b>	Mon 19 Dec Tues 20 Dec	Staff Development Day Last Day for Staff

### Panadol

Panadol is **not available** from the Office. If you think your child may need any - students may bring their own and keep in their bag.



## Clothing Pool

**Clothing Pool Hours:** Tuesdays & Thursdays 8.30am - 9.30am

**Location:** E Block (near the basketball courts) – students & adults welcome

- ◆ We can sell your near new items on Consignment (must be \$20 and over).
- ◆ Please put a label/tag on **each** item with the **price, name, address and phone number** of the person who is to receive payment.
- ◆ When the item is **sold**, a P&F cheque will be issued.
- ◆ 10% commission applies for items less than 3 years old.
- ◆ Items that are not sold within 3 years are then considered a donation to the school.
- ◆ *Any items under \$20 are donations to the P&F Clothing Pool.*

### Catering Uniforms

Available at reduced prices !

### Uniforms

All NEW uniform items are available at Lowes Glendale and Verdun Hiles, Toronto.

### Blazers

There are a few **BRAND NEW BLAZERS** still available from Clothing Pool .

Normally selling for \$150.00 - **Now only \$100.00.** Please pay at the Finance Office.

### Special

**LARGE RANGE OF JUMPERS AND SPORTS UNIFORMS IN STOCK NOW**

For further information please contact Kathleen Dyett at: [kathleend@extrabuild.com.au](mailto:kathleend@extrabuild.com.au)

School  
Uniform  
Information

### Senior Uniforms

Large range of boys and girls sizes.

Great condition!

Shirts, shorts, skirts, ties, blazers.

*Cash or cheques only*





# St Paul's High School

## Child Asthma Record

This form is to be completed by parents/cares, ideally in consultation with the child's doctor (general practitioner or specialist). Parents/carers should inform the school immediately if there are any changes to the child's asthma management. A new Asthma Record must be provided at the beginning of each year.

### Personal Details

Child's Name \_\_\_\_\_

Gender  Male  Female Date of Birth \_\_\_\_ / \_\_\_\_ / \_\_\_\_

Emergency Contacts (e.g. Parent or Carer) 1. Name \_\_\_\_\_ Relationship \_\_\_\_\_  
Daytime Contact Ph \_\_\_\_\_ Ph \_\_\_\_\_

2. Name \_\_\_\_\_ Relationship \_\_\_\_\_

Daytime Contact Ph \_\_\_\_\_ Ph \_\_\_\_\_

Doctor's Contact Details Name \_\_\_\_\_ Telephone \_\_\_\_\_

**Asthma Management Plan** Does the child tell the carer when he/she needs medication?  Yes  No

Child's Symptoms (e.g. Cough) \_\_\_\_\_

Triggers (e.g. Exercise, pollens) \_\_\_\_\_

Medication Requirements: (Parents need to supply asthma medication e.g. puffer and spacer)

Name of Medication	Method of delivery (e.g. puffer & spacer)	When & How Much

In an **EMERGENCY**, follow the plan that has been ticked:

<input type="checkbox"/> <b>Standard Asthma First Aid Plan</b> <b>Step 1:</b> Sit the child upright and remain calm, provide reassurance. Do not leave the child alone. <b>Step 2:</b> Give 4 puffs of a blue reliever ( <i>Airomir, Asmol, Epaq or Ventolin</i> ), one Puff at a time, through a spacer device*. Ask child to take 4 breaths from the spacer after each puff. <b>Step 3:</b> Wait 4 minutes. <b>Step 5:</b> If there is little or no improvement, repeat steps 2 & 3. If there is still Little or no improvement, call an ambulance immediately (Dial 000). Continue to repeat steps 2 & 3 while waiting for the ambulance. <small>*Use a blue reliever (<i>Airomir, Asmol, Epaq or Ventolin</i>) on its own if no spacer is available.</small>	<input type="checkbox"/> <b>My Child's Asthma First Aid Plan</b>  As written in consultation with my child's doctor. (Full details must be attached or staff will use the Standard Asthma First Aid Plan)
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Additional Comments: \_\_\_\_\_

I authorise the staff at St Paul's High School to follow the preferred Asthma First Aid Plan and assist my child with taking asthma medication should he/she require help. I will notify you in writing if there are any changes to these instructions.

Please contact me if my child requires emergency treatment or if my child regularly has asthma symptoms whilst attending St Paul's High School.

Signature of Parent/Carer \_\_\_\_\_ Date \_\_\_\_\_

Signature of Child's Doctor (recommended) \_\_\_\_\_ Date \_\_\_\_\_



# THE BISHOP'S AWARD 2016



## DO YOU CONTRIBUTE TO YOUR LOCAL COMMUNITY?

**3**  
AWARD  
Categories

**The Bishop's Award seeks to publicly recognise the efforts of students and young people within our Diocese who have contributed to the community through their Parish, Church group or Church agency.**

This may include involvement in groups or agencies such as Caritas, Youth Ministries, St Vincent de Paul Society, Mini Vinnies or similar church groups. This also includes contributions made within parishes eg liturgy and youth ministries.

It is hoped that this recognition will serve as a means of acknowledging and encouraging the continued efforts of these and other young people.

Students currently enrolled in Catholic secondary schools within our diocese in Years 7-11, students in Years 7-11 and belonging to a parish within the diocese, and young Catholics from Year 12 up to age 25 belonging to a parish within the diocese are invited to collect a Bishop's Award Information and Application pack from their schools administration office, parish office or download

the form online at [www.catholic.org.au/bishopsaward](http://www.catholic.org.au/bishopsaward) and discuss their application with their priest, deacon, minister, church leader as well as their school principal (where applicable).

The Bishop's Award comprises three categories:

- Catholic Schools Students Bishop's Award
- Catholic Students Bishop's Award
- Catholic Young People Bishop's Award

In each category there will be an award of \$1000 which may contribute towards the student's or young person's education or faith formation e.g. World Youth Day, diocesan youth retreat, music ministry. Each young person will also receive a Certificate of Recognition. **Applications close 22 December 2016.**

**For further information or to request an application form, please contact your parish office, Catholic secondary school (where applicable) or visit [www.catholic.org.au/bishopsaward](http://www.catholic.org.au/bishopsaward)**





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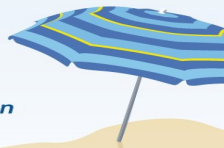
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