What is anaphylaxis?
Anaphylaxis is a severe and sometimes sudden allergic reaction. It can occur when a susceptible person is exposed to an allergen, such as a food or insect sting. Although death is rare, an anaphylactic reaction always requires an emergency response. Prompt treatment with adrenaline is required to halt progression and can be lifesaving. Fortunately anaphylactic reactions are usually preventable by implementing strategies for avoiding allergens.

Balgownie Public School has a number of students who have severe allergic reactions to some substances.

Common allergens that can trigger anaphylaxis are:
- foods (e.g. peanuts and other nuts, shellfish and fish; milk and egg, wheat, sesame and soy)
- insect stings (e.g. bee, wasp, jack jumper ants)
- medications (e.g. antibiotics, aspirin)
- latex (e.g. rubber gloves, balloons, swimming caps).

Balgownie minimises the risk of exposure to a high risk allergen, peanuts, by asking that all students, staff and visitors “Be safe, Be a mate, leave peanut products at home.”

Students will be offered breakfast on the morning which will be served by the Wave FM Promotional Team. Breakfast will consist of cereal, milk, fresh fruit and bread. Please bring a bowl and spoon and come for breakfast from 7am onwards... Parents are invited too!

The Rock School Breakfast will feature the Centro CBD & Lightsounds Popstar Competition. Ten students chosen from Year 3 to Year 6 at each school will sing a selected song from a supplied song list. The students who sing will not be broadcast on air.

As Wave Fm visits 19 schools each year there will be 19 Popstar winners. Of the 19 winners, 10 will be chosen to perform in the Grand Final, live on stage at Stockland Shellharbour (Time and date TBC).

Stockland will donate a $200 shopping voucher for each school Wave FM visits in 2013.

Come and join the fun!
• know what your friends are allergic to
• if a friend/student becomes sick or unwell, get help from an adult immediately
• don’t pressure your friends to eat food that they are allergic to.

80% of people with a peanut allergy will have it all their life. Be safe – check that nuts are not on the list of ingredients in food sent to school.

Social networking and safety of our students.

Our school is strongly committed to the safety and well being of our students. The advent of social networking sites such as MSN, YouTube and Facebook add a dimension to our lives that was not around when we were children. There are many advantages to such sites but there are also some potential dangers that need to be considered.

Our school has many students who use social networking sites. Many sites have age restrictions. As parents you may not be aware that your child has signed up to these sites. Technically no child of primary age is 13 and thus should not have access to age restricted sites.

It is not the school’s role to interfere in decisions being made by families around their children’s use of the internet. As a school we are however concerned that some children may be putting themselves at risk, by not understanding the dangers associated with the improper use of social networking sites. Some key points for your consideration have been outlined below. Please take the time to discuss the topic, as appropriate, with your child.

Is your child legally old enough to sign up and do you know what he or she is doing on the internet? Facebook and Bebo set a minimum age limit of 13 for users to register online and Myspace sets the limit at 14. You Tube also has a minimum age of 13 to post videos.

Keep the Log On Details Private The use of your profile depends on who knows the password. Things written on a site remain archived and while the writer may delete the details there is a record of those conversations. There is a saying – Once on the internet, forever on the internet.

Beware of Child Predators Child predators have taken over chat rooms and social networking sites. These adults will search sites for unsuspecting youngsters, and pose as children/teenagers themselves.

Keep Private Information Private Some people trust websites too much and forget that millions of people can look at the private information they post.

Strangers are Still Strangers When you meet someone for the first time offline, you may have a difficult time knowing if the person really is who he or she claims to be. The online world is no different. Monitor your children and teenager’s use of the internet.

Downloading Computer Viruses from Facebook A high percentage of people who use social networking sites download files from other people’s profiles. Some of them contain viruses that either corrupt your computer, or attempt to collect personal information that can be used against you.

Increases Internet Addiction Social networking sites are fun and addictive. Meeting new people, catching up with old friends, and visiting interesting profiles can take up hours each day. Talk to your children about their internet usage and monitor what they are doing on the internet for their safety!

Congratulations to the following students who have demonstrated our values of Respect, Responsibility and Real Learning and earned themselves a wrist band!

Well done!

Sarah Koschny - Real Learning
Jack Balkwill - Real Learning
Sam Whalan - Real Learning
Ajay Kandilas - Real Learning
Adem Dilber - Responsibility
Ella Morton - Real Learning
Helen Halios-Lewis - Responsibility
Caden Proudfoot - Responsibility
Fergus Moss - Real Learning
For Your Information- some tip sheets to help your student at home!

Good number sense
Maths is a numbers game but for some students - and parents - the figures don't add up. Here are some strategies to help kids to work out sums in their heads in a way that makes sense to them.

Essay planning
Kids often rush headlong into essay writing tasks without thinking through what is required. Effective essay planning can involve brainstorming, mind-mapping, and organising notes depending on the question and type of response required. These factsheets explain everything.

Have a great week,
Aloma Stewart

Joke of the Week
A guy was at home when he heard a knock at the door. He opened the door and saw a snail on the porch. He picks it up and throws it as far as he can.
Three years later there is another knock on the door. He opens it and sees the same snail. The snail says ‘What the heck was that all about?’

Thought of the Week
Make one person happy each day and in 40 years you will have made 14 000 human beings happy for a time at least. C Wiley.

SCHOOL STATEMENTS
A reminder to please pay any outstanding school statements, as soon as possible.
Please note that if your statement showed an additional school contribution amount, this amount relates to your 2012 or 2011 unpaid school contributions.

HARMONY DAY
Balgownie Public School will be celebrating Harmony Day on Thursday 21st March. The celebrations will be occurring during the morning session, beginning with a whole school photo with the children wearing an allocated colour of the rainbow. The theme for Harmony Day in 2013 is “Many Stories – One Australia”. Students will be doing some activities in their classrooms to raise awareness of this special celebration and we would encourage you to talk to your child about this special day.

Class colours for Harmony Day:
KK, KD – purple
K/1M, 1D, 1S – blue
2J, 2L – green
3HR, 3/4L – yellow
4M, 5T – orange
5/6B, 6L – red

MINIMAN TRIATHLON
On Saturday, 9th March Wollongong held a Miniman Triathlon. Each junior participant had to swim 100m, cycle 3kms and then run 500m. Balgownie Public School had several competitors in this triathlon.
The following students participated:
Well done to all the participants – a great day was had by all.

FUTSAL CHAMPIONSHIPS 2013
We would like to say congratulations to the under 10 Futsal team, Joshua Nikolovski, Noah Baytieh, Dylan Carter, Aiden Nakamara-Bell, Lachlan Cohen and James Kipps. They competed in the Illawarra Schools regional Futsal championship on Monday for the first time. The boys did an outstanding job in representing Balgownie Public School. They showed great sportsmanship and gave 100% at all times. Well done boys, we are very proud of you.

Congratulations to our year 6 boys Futsal team, Toby Drain, Hunter Turnbull, Riley Caires, Travis Effting, Jared McLean, Xavier Wiaczek, and Jordan Kipps. They did an outstanding job playing in the under 12 division at the Schools Regional Futsal Tournament. The boys made it to the Finals undefeated. They are now off to represent our school at the State play offs in Sydney in August.
Well done boys for your fantastic win, your great sportsmanship and your pride in representing Balgownie Public School.
A special thank you to Nelson Caires for coaching and encouraging the boys, and to all the parents for their great participation and support.
UNIFORM SHOP
The Uniform Shop is open on TUESDAY mornings from 8.30am each week.

P&C NEWS
HOT CROSS BUNS ORDER FORM

Don't forget to offer this to family or friends as the school will raise $2.70 for every packet sold (this money will be put towards purchasing new school play equipment). The buns will be baked and delivered to school on Tuesday 26th March. You can even taste test the mouth-watering flavours at the P&C meeting this Wednesday night. Please place your order in an envelope into the P&C slot at the canteen (spare order forms are available at the office).

If you would like to support our school's fundraising efforts but do not wish to purchase any hot cross buns then you are most welcome to make a donation - please label the envelope "hot cross buns donation" and place in the canteen slot. The final tally will be announced before Easter. Thank you for your support in helping our school to provide such great resources for our kids!

CAEENTE NEWS
NEW ROSTER - BIG THANK YOU for the ones who joined the roster this year!
New roster for 2013 was sent to volunteers 2 weeks ago by email. If you did not receive one, please contact Yuki at 0410 024 619.

FOOD PREP / FRESH FOOD SHOPPER WANTED
One or two persons to do some food prep and fresh food shopping urgently needed (Monday mornings). Please pop in the canteen to express your interest or contact Yuki @ 0410 024 619.

COMMUNITY NEWS
SCOUTS - AUSTRALIA
Need to get the kids out from in front of the computer screen and TV?
Come and Try Scouts for 4 weeks FREE.
Vacancies in Joey section for 6 year old Boys and Girls.
Barker St, Balgownie
Joeys Thur 5.30pm to 6.30pm
Get information on joining and have a go at some scouting activities. Want to know more? Contact Sue Atkinson 0400 163 706.

You have one more week to put in your Bakers Delight Hot Cross Buns order.

CAEENTE ROSTER
2013 Week 8, Term 1

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<td>Alison Neal</td>
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