

Thurs 24 July 2014

## ENCOURAGING....EQUIPPING....EMPOWERING



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*Language Perfect Awards for secondary students; Mr Nicholas and Year 5 and 6 students*

### HAVING A HEART OF COMPASSION

We have been looking at the character trait of being Compassionate over these past two weeks, using as our key verse Ephesians 4:32 "And be kind to one another, tenderhearted, forgiving one another, as God in Christ forgave you".

Jesus was the ultimate example of compassion, always ready to show love and care for those around him, especially to those to whom life had dealt bitterly.

Jesus said on one occasion in Matthew 9:12-13 **"Those who are well have no need of a physician, but those who are sick. Go and learn what this means, 'I desire mercy, and not sacrifice.' For I came not to call the righteous, but sinners."**

Prime Minister Mr Tony Abbott has led from the front this week as he has led the charge against Russia for the crimes against humanity in the shooting down of MA17. He is to be praised for his compassion for all families who have suffered loss of loved ones and to see justice done to those responsible for this atrocity.

I have been reading "The Hiding Place" these past couple of days while I have been laid up, and while it is shocking to read of the terrors committed by Nazi Germany on Jewish people around the world during WWII, Corrie Ten Boom in Holland saw it as an opportunity to share God's love and compassion towards those fellow Jewish neighbours soon to be evicted from their homes. Her compassion in providing safety and shelter for them also resulted in extreme sacrifice to

her family, some of whom were later arrested and sent to concentration camps for the duration of the war for their compassion towards their fellow countrymen and women. (I know many of the older secondaries have read this book too as part of your studies).

Let us all not love just in words or with our tongues, but in our actions and in truth. Don't lose your compassionate edge!

### CONVENTION WORK

Keep up the consistent work on all events, particularly photography and Art and Craft work, as the time this term will very quickly slip away.

Don't forget the deadlines for Photography and Year 7/8 Studio Art (end of Week 5 - Fri Aug 15)

and other Art/Craft items and Year 9/10 Studio Art by end of Week 8 - Fri September 5)

**SECONDARY SPORT** tomorrow will be Table Tennis. Students are reminded to bring their correct sports uniform.

**PLEASE PRAY THIS WEEK** for the MacKINNON-ALLEN MITCHELL NATHAN and O'CONNELL Families.

### SEMESTER ONE REPORTS

School reports are almost ready to be sent home following a huge transfer to the new set-up of the school server and SchoolPro. When reports come home, if you have any questions please contact the College to arrange a time to discuss these with your child's teacher/teachers; particularly if the grade is lower than expected and/or the effort/behaviour/organization is poor.

# The Olivet News

### **YEAR 7/8 SCIENCE TRIP TO THE ZOO**

This trip has been postponed till next Wednesday, 30 July, Year 7 and 8 students will be travelling to the Melbourne Zoo by bus as part of their Science curriculum requirements. Students will be wearing their sports uniform all day.

A separate notice has been sent home with students together with a permission form to be signed and returned to school as soon as possible.

### **LANGUAGE PERFECT CHAMPIONSHIPS RESULTS**

2nd for Indonesian in the 1-50 students category (out of 77 schools)

2nd for Indonesian in Australia for the 1-50 students category (out of 45 schools)

2nd for French in VIC for the 1-50 students category (out of 10 schools)

3rd in VIC for the 1-50 students category (out of 21 schools)

20th in Australia for the 1-50 students category (out of 145 schools)

44th overall in the 1-50 students category (out of 269 schools)

53rd overall in Indonesian (out of 704 schools)

131st overall in VIC (out of 196 schools)

### **Credit Awards: (at least 500 points)**

Evanna House

Sean O'Connell

Angie-Lee Pengson

Cohen Donnan

### **Bronze Awards: (at least 1000 points)**

Maddison Amy

Claire Lacey

Mem Wood

Johnathan Lacey

Kyle Evers

### **Silver Awards: (at least 2000 points)**

Lois Brown

Callum MacKinnon-Allen

### **ELC News**

Next week the preps will finish their formal program in word building developing knowledge of letter names, sounds and formation. Focus now moves to expanding reading skills with the introduction of reading in Science and Social Studies, and work with sentence writing. Other topics this term are 'Learning from the past' and 'Moving things'. At this time of the year preps are heading towards level 4 with their home reading..

Grade 1&2 students are studying topics in Physical Science, and in history the topic is Learning from the past. The children will learn basic skills needed in project work and the English focus is targeting

the writing of stories. Homework consists of reading each night and mastering words in their spelling list.

### **SECONDARY LITERATURE**

Secondary students are reminded to read their literature books each night. Year 7 and 8 students need to write a journal entry as well.

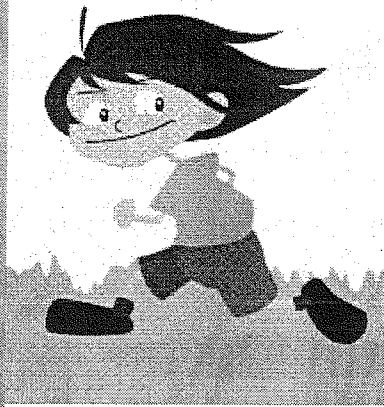
Year 10 students are required to complete a study guide as well. Thank you, Mrs Donaldson

### **UNIFORMS**

This is just a reminder for parents to check that your child is wearing their jumper to school. It has been very cold this week and may be next week also.



## Kids with Asthma

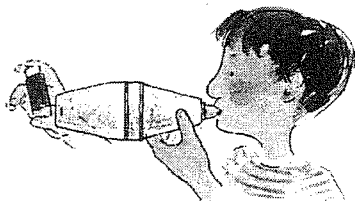


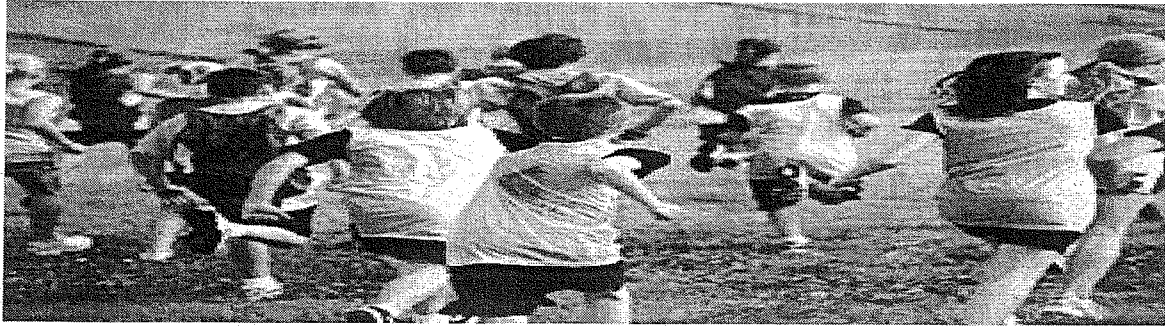
### What does it feel like?

- I can't catch my breath. It's hard to breathe.
- My breathing may sound funny, it may be a bit noisy (wheezing) or it may sound like a whistle.
- Sometimes it may feel like someone is squeezing my chest really tightly.
- I may cough a lot. Sometimes more at night or after sport.
- My throat may feel itchy.

### what makes my asthma better?

- My Blue puffer. This is also called a reliever. The medicine in my reliever quickly makes it easier for me to breathe.
- I use my puffer with a Spacer. It helps to get more medicine into my lungs.





## Tips for staying active this winter!

Exercise Induced Asthma (EIA) is a common trigger for asthma. However, it does not need to be a barrier to Students participating in sports and physical activities.

### Here are some tips to help prevent EIA in students:

**Before Exercise** take reliever medication 5-20 minutes **before** warming up.

**Warm Up** before exercise as normal.

**During Exercise** watch for asthma symptoms and administer reliever medication if they should occur. Only return to exercise if symptoms are relieved. If symptoms appear again, administer medication again, until they are relieved. It is not recommended that the Student should return to the sporting activity after a second occurrence of asthma symptoms.

**After Exercise** cool down as usual. Note that asthma symptoms can present up to a half an hour after exercise has stopped. Ensure reliever medication is still easily accessible should it be required.

### Other things to remember:

- ✓ Ensure all students have current Asthma Action/Care Plans
- ✓ If possible make activities that are scheduled for the night indoors as the drop in air temperature makes air colder to inhale and acts as a greater trigger.
- ✓ Encourage students with asthma to participate fully!



**Asthma**  
Foundation  
Victoria