FROM THE PRINCIPAL’S DESK

We were all very upset and saddened to learn of the recent and sudden death of Mrs Pam Denholm on Saturday 6th June. Pam has worked as an SSO at Meningie Area School since February 1991, assisting many teachers to support students with their learning. Over the years she formed strong attachments to the students with whom she worked on an individual or class basis. A colleague, advocate and strong supporter of the school, Pam always looked at the positive in everything and her cheerful attitude in the day to day dramas of school life, as well as her conversations with staff, were an inspiration to us all. When Pam went home from work at lunch time on Wednesday 27th May feeling unwell, we were not to know that she was so ill, and that it was to be her last day at work.

Many past staff members have called to offer their condolences this week. Everyone has described Pam as a lovely lady. She was indeed a lady and we shall miss her.

As advertised in The Advertiser Thursday, 11th June, the funeral for the late Mrs Pam Denholm will be held at the Meningie Lutheran Church on Wednesday, June 17th, 2009 at 10.30am. Many staff from the school will be attending. As discussed with the Area Director, Peter Chislett, a modified program will be run within the school during the morning and up until lunch time.

As with adults grief will diminish over time, but at this stage of loss children need to be cared for supported and listened to.

Monica Williams

DIARY DATES:

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tbody>
<tr>
<td>16 June</td>
<td>3rd Kindy Transition visit 8.45 – 1.00 pm</td>
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<tr>
<td>16 June</td>
<td>Junior School Assembly 10.30 am</td>
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<tr>
<td>22 June</td>
<td>Core Planning meeting 8.00 pm</td>
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<tr>
<td>23 June</td>
<td>4th Kindy Transition visit 8.45 – 1.45 pm</td>
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<tr>
<td>29 June</td>
<td>Life Education visit – Years R - 10</td>
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<tr>
<td>30 June</td>
<td>5th Kindy Transition visit 8.45 – 3.20 pm</td>
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<tr>
<td>3 July</td>
<td>Whole School Assembly 12.15 pm</td>
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<tr>
<td>3 July</td>
<td>End of Term 2 – School dismissed 2.20 pm</td>
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SCHOOL PARKING REQUIREMENTS

Parents of new students may not be aware that there is to be no parking on the Princes Highway side of the school from 8.30 – 9.30 am and in the afternoon from 3.30 – 4.30 pm.

As indicated by signage, the dropping off and picking up of children is to be done on North Terrace, being mindful of the student crossing.

Also, in the interest of child safety, we wish to remind all parents, carers and grandparents not to use the staff car park (including the library spaces) as a drop-off and pick-up zone at any time, unless in circumstances when they might be collecting a sick child from the front office.

Thanking you in anticipation of your understanding and support of this.

Helping your child deal with grief

Children’s reaction to loss and grief can show itself in different ways. Many children across the school worked with Pam Denholm. Over the week teachers have been monitoring children closely, particularly the young children. Grief is often expressed in behaviour rather than in words. They may move in and out of grief, having outbursts from time to time and at other times not appearing to be affected at all.

If you notice reactions such as the following, in your child please contact your child’s teacher.

- Withdrawal
- Nightmares and sleep disturbances
- Anger or aggression
- Fears and phobias
- Babyish behaviour
- Self blame.

We seek your support and understanding.
GET CONNECTED

The Aboriginal Focus Group (AFG) recently invited students from years 10 to 12 across the region to attend a career development day at Murray Bridge. The aims of this group are to support Aboriginal students to access training and employment options, to promote relevant VET courses and engage students in planning their future thus the name of the programme; Get Connected.

Three students from Meningie attended. They had the opportunity to work with Aboriginal people who have been successful with completing courses and gaining employment. They all confidently described their present career paths, explained some of the steps and set backs they faced along the way and shared some of their dreams and plans for the future. Students also had the opportunity to network with key personnel and local stakeholders.

A group session

The overwhelming message for the day was to
- make the most of the opportunities that are presented,
- use all your networks; school, family, friends and community as support to make positive choices.
- and above all to believe in yourself.

It was fantastic to share stories with ex Meningie Area School students; Luke Trevorrow, Steven Walker and Steven Sumner!

SAPSASA & SSSSA CROSS COUNTRY

On Friday 29th May six primary and secondary students from Meningie Area School travelled down to Adelaide to compete in the School Sport Cross Country Championships, which were held at Oakbank Race Course in fine, but very cold conditions.

Participating students were: Chris Biddle, Tessa Bagshaw, Maddison O’Connell, Gracie Ayres, Brianna Wilson and Jessie Bland

The best performing of the Meningie students was Chris who finished mid field in the 16 Year boys Div 1 race against some highly trained athletes. Most of the other students finished somewhere just inside or just outside the top 100 competing in Division 2. Some of the fields, particularly for the younger age groups, had over 250 competitors in them so to achieve a top 100 finish was a great effort.

YEAR 8/9, YEAR 10 & OPEN GIRLS NETBALL

The first round of all the Girls Knockout Netball competitions were played on Tuesday the 2nd June in fine conditions at Tailem Bend. Due to lack of numbers both the Year 8, 9 & 10 students from Meningie had to combine with students from other schools to make up a combined Upper South East team. Meningie, however, were able to fill their own open team. The Year 8/9 USE team battled it out against Keith, the Year 10 USE played Karoonda and Unity, while the Open girls team played a Combined USE team and Unity. Those who participated for Meningie were:

**Year 8/9 USE Team:** Amber Gibbs, Samara Gemmell & Marni Hood.
**Year 10 USE Team:** Hannah Pittendreigh, Hayley Shaw & Caitlin Gemmell.
**Open Meningie Team:** Megan Smart, April Gibbs, Britney Ashenden, Alex Lightfoot, Bethany Marsson, Sophie Vivian, Melanie Vandenbrink, Jackie Gibbs & Madi Wenske.

The 8/9 combined USE team were the best performed winning their match 41 goals to 18 against Keith. They will now progress to the next round to be played later on in the term. The Open girls Meningie team also played well in their first match against the combined USE team winning by 8 goals. However, they were unable to keep up with the strong team from Unity and lost their next game. The Year 10 combined USE team had some tough competition and although they lost all of their games, put in a solid performance.

Thankyou to Wendy Vandenbrink for coaching the Open girls Meningie team, Raeline Secomb for umpiring and Katrina Hood for coaching the Year 8/9 USE girls team, umpiring and driving the bus to the venue.

Lisa Davis (PE Teacher)
A good time was had by the Junior Primary classes and our preschoolers at Storytime when we celebrated National Simultaneous Storytime on Wednesday 27th May.

We have been recognised by the Australian Public Libraries:

**LIBRARY NEWS**

**Margaret Clarke**

( LIBRARIAN )

**RESEARCH: PARENT’S INTEREST IN PARENTING PROGRAMS**

The Parenting and Family Support Centre (PFSC) at the University of Queensland are currently conducting research into parents’ thoughts and interest in participating in parenting programs. We are looking for parents with a child aged 2-10 to complete a survey based study and watch a short video about Triple P. The study is available online at: [https://exp.psy.uq.edu.au/engagement](https://exp.psy.uq.edu.au/engagement).

Alternatively if you reside in the Brisbane metropolitan area, you can complete the study at PFSC by contacting Faye Nitschke (Email: faye.nitschke@uqconnect.edu.au or Ph: 3365 7307).

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**Frequently Asked Questions on managing Asthma in Schools**

1. **Why should students use a spacer?**

   Using a Spacer with a Puffer:
   - Requires less coordination
   - Increases the amount of medication inhaled into the lungs
   - Reduces medication side effects

   It is highly recommended that spacers are used by all age groups, regardless of ability.

   Did you know using a puffer and spacer is equally as effective as a nebulizer. Most people do not require a nebulizer to manage their asthma.

2. **How often should a student be using their blue/grey reliever puffer at school?**

   If a person’s asthma is well managed, a reliever puffer should not need to be used more than three times per week (excluding before exercise). Reliever medication, the blue/grey puffers, should be used to treat asthma symptoms, before and during exercise and for asthma first aid.

   If a person is using their reliever puffer more than three times per week just to breathe, they should make an appointment with their GP to have their asthma re-assessed as it is likely the person may need a preventer medication to assist with healing the inflamed lining of the airways.

3. **Are there side effects from reliever medication?**

   Yes, side effects vary in people, but the most common ones are the ‘shakas’, a rapid heartbeat and sometimes hyperactivity.