### FROM THE PRINCIPAL’S DESK

**Reconciliation Week**

Wednesday 27th May marked the start of Reconciliation Week. It was with pleasure that Rita Lindsay attended our Student Assembly as guest speaker. Rita performed two songs from her recently released CD. She spoke about the meaning behind her songs and what inspired the lyrics. We thank Rita for her contribution. A more comprehensive report has been included in this edition by Mal Jurgs, about the contribution of Indigenous Soldiers in wars fought by Australians.

**Attendance**

I have sent out individual letters to the parent/caregivers of students whose attendance is of concern. Attendance on a daily basis for all students is expected unless the student is ill or has been suspended. There seem to be quite a few students right across the school who are developing patterns of poor attendance or lateness. If you have a concern that your child has a reluctance to attend school on a particular day, it is important that you contact the teacher or the appropriate sub school manager so that we can work with you to develop strategies to assist your child to engage in the full curriculum.

If your child is in:

- Rec - Yr 5 the person to contact is Ms Katrina Hood,
- Yrs 6 - 9 the person to contact is Mr Mal Jurgs,
- Yr 10 –12 the person to contact is Ms Kathryn Hese.

**High Energy Drinks**

I wish to draw to your attention that we know of a number of students attending school after drinking, or having drunk at school, high caffeine energy drinks such as a Red Bull. Some students have even been found to have these in their water bottles.

The value of such high caffeine drinks is to stimulate the nervous system. Advocates proclaim their ability to prolong energetic activity. These are precisely the **opposite** effects that are required in a classroom setting. Drinking these before and during school leads to hyperactivity and sabotage of any hope the student has to stay on task and apply themselves with uninterrupted concentration to their studies. Hyperactivity and aggressiveness begins a negative cycle of behaviour that affects all students through class disruption and could possibly have serious consequences for an individual student.

These products have **NO** place at school. Should any student choose to consume these products at school or come to school affected by them, they will be withdrawn from class until the effects have worn off.

We ask parents for their support in indicating to students that part of their role as a student is to present themselves at school in the best possible way to have a successful day.

Monica Williams

### DIARY DATES:

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>1-3 June</td>
<td>Yr 7 Camp at Warradale</td>
</tr>
<tr>
<td>1 June</td>
<td>Yr 8,9,10 Open Knockout Netball</td>
</tr>
<tr>
<td>1 June</td>
<td>Resources meeting 7.30 pm</td>
</tr>
<tr>
<td>1 June</td>
<td>Governing Council meeting 8.00 pm</td>
</tr>
<tr>
<td>2 June</td>
<td>1st Kindy Transition visit 8.45 – 11.10 am</td>
</tr>
<tr>
<td>4 June</td>
<td>Salvation Army workshop for Yr 10’s</td>
</tr>
<tr>
<td>8 June</td>
<td>QUEEN’S BIRTHDAY PUBLIC HOLIDAY</td>
</tr>
<tr>
<td>9 June</td>
<td>2nd Kindy Transition visit 8.45 – 11.30 am</td>
</tr>
</tbody>
</table>
24 MAY UPDATE # 2 PRECAUTIONS TO BE TAKEN
IN RELATION TO THE
POSSIBILITY OF HUMAN SWINE INFLUENZA (H1N1)
Dear parents/carers
This is my third letter to you to keep you informed
about the 'swine flu' situation.
Over the weekend the National Pandemic Emergency
Committee advised a further
measure to help contain the possible spread of the
virus within Australia.
South Australian schools, preschools and childcare
centres are now asked to request
that children returning or arriving from overseas locations where
H1N1 is widespread
stay at home for seven days. This
applies whether or not the child has any illness or
symptoms. The same request will be made in other
states and territories.
The list of countries of concern can be found on the
Department of Health and Aging website from 24
May 2009 – www.healthemergency.gov.au. As of today,
the list of countries includes Mexico, USA, Canada,
Japan and Panama. This list is being reviewed
regularly.
Decisions about the need for any further closure of
education sites will be made on the advice of the
South Australian health authorities, and you will be
advised of this as soon as possible should it occur.
If parents need particular advice they should contact
their local child care director, preschool director or
principal or call the National Swine Influenza hotline
on 1802007.
I appreciate the assistance of parents and carers in
understanding the need to take these steps.

Chris Robinson
CHIEF EXECUTIVE
24 May 2009

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:
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).

Reconciliation Week
This week is Reconciliation Week and since the
year 8’s and 9’s are all studying World War 1 in
SOSE at the moment, and due to the school’s
continued involvement in the Connecting Spirits
program, we have decided to focus this year on
the involvement of indigenous soldiers in all
theatres of war that Australia has fought in.

Between 500 and 800 Aboriginal men from
across Australia enlisted during the First World
War of which about 70 were killed. This was
despite the fact that these men were not
considered to be Australian citizens and originally
were not allowed to enlist. It was only after
numbers were getting short that they could enlist
and then they needed to prove that they had at
least one non-indigenous ancestor and still needed
permission from the protector of Aborigines.

From the local area 21 men from Raukkan, which
was then known as the Point McLeay Mission
station, enlisted and 4 of these were killed in
action. Another, Miller Mack, was wounded and
returned to Adelaide where he died and was
buried in the West Terrace cemetery.

It appears that while serving in the army these
men were treated like all other soldiers, including
being asked to take all of the same risks and
dangers. A number of Aboriginal men received
the Military Medal, which is second only to the
Victoria Cross for bravery in battle.

However those lucky enough to return home were
not treated the same as their white brothers in
arms. They were not allowed to join the RSL or
march on Anzac Day. They weren’t allowed to
vote and it was another 50 years before they or
their families were considered citizens of
Australia. Some indigenous soldiers were offered
“honorary citizenship” but if they accepted this
they were no longer allowed to live in places such
as Raukkan and had to ask permission to visit
their parents or families.

Despite this Aboriginal men and women
continued to fight and die for Australia in the
Second World War, in Korea and in Vietnam, and
continue to serve in our armed forces today. In
fact the son of one of the men killed in the First
World War enlisted during the Second World
War. He was Anzac Walker and his father fought
at Gallipoli and was killed in battle at Pozieres. Anzac was born on the 25th April 1915, the first Anzac Day, hence his name.

It is only in the past 2 or 3 years that the sacrifices made by indigenous soldiers have been recognised nationally and this school should be proud of the small part that we have played in helping to make this happen.

As you look at the surnames of the soldiers from Raukkan who enlisted you will recognise many of them that are still part of our school. Many of you will be related to these men and you should be proud of their story, because it is part of your story.

Could your child be suffering from an undetected vision problem?

Did you know that, along with allergies and asthma, eye disorders are the most common long-term health problems experienced by children?1

Good vision is important for your child’s educational, physical and social development. With 1 in 10 Australian children suffering from a long-term eye disorder, it is important that you are aware of the signs of a vision problem to give your child the best chance of reaching their full learning potential.

Optometrists Association Australia recommends that children have a full eye examination with an optometrist before starting school and regularly as they progress through primary and secondary school.

A thorough eye examination with an optometrist takes approximately 30 minutes and attracts a Medicare rebate.

Signs that could indicate a possible vision problem

- One eye turns in or out while the other points straight ahead
- Frequent blinking
- Red or watery eyes
- Difficulty concentrating
- Covering or closing one eye
- Holding a book very close to read
- Squinting or sitting very close when watching television
- Complaints of headaches
- Complaints of blurred or double vision


SAPSASA FOOTBALL AND NETBALL

Last week five students from Meningie Area School participated in the SAPSASA Football and Netball carnival in Adelaide. They were selected to play in the Murray Mallee teams after successfully trying out earlier in the term. Again this year the competition was tough with city and country teams playing each other in the one carnival.

All the Murray Mallee teams performed well. In the netball Abbey Hood and Kaitlin McKenzie-Campbell’s team fought well and won several games. Dylan Richards, Scott Biddle and Sam Sanders were the representatives from Meningie Area School in the football, with Scott chosen to captain the team. They worked well together and managed to win five of their nine matches. Scott received best player for two games and Sam for one. Sam was also the Murray Mallee team’s leading goal kicker for the week.

All in all it was a successful carnival for all the Murray Mallee teams and all the students had a great experience.

Lisa Davis (PE Teacher)
Interesting Asthma Facts:

- Over 2 million Australians have asthma
- 1 in 9 children have asthma
- 1 in 10 adults have asthma
- 8 Australians die from asthma each week
- Australia, New Zealand and the UK have the highest asthma prevalence rates in the world

Signs and Symptoms of Asthma:

The symptoms of asthma will vary between individual to individual but the most common symptoms are:

- Shortness of breath
- Wheezing
- Tight chest
- Persistent cough

Other symptoms may include:

- Behaviour changes
- Rapid breathing
- Difficulty talking
- Distress / panic / anxiety
- Blue lips
- Pale and sweaty
- ‘sore tummy’ in young children
- Sucking in of skin over chest/throat

New website:

A new interactive kid friendly website has been launched by the National Asthma Council Australia to give kids with asthma and their parents information on all things asthma-related, including basic facts, diagnosis, asthma medications, management and FAQs. Why not visit the site today! www.kidswithasthma.com.au

STILL NEEDED

We have received a great response for our requests for donated goods for the Tech Studies workshop. A huge thankyou to those who have responded. We would, however, still appreciate donations of the following:

- rags
- empty 4 litre icecream containers
- empty 2 litre icecream containers

These can be left at the front office or left at the workshop door in the car park.

Vic Woolston (Tech Studies teacher)