Dates to Remember

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
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<tr>
<td>Friday 27 May</td>
<td>Interschool Cross Country</td>
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PRINCIPAL'S ADDRESS
FACTION CROSS COUNTRY
It was a wonderful day for our Faction Cross Country on Wednesday. We had many parents watching on and some even joined in with our sausage sizzle. Thank you to Mrs Teague-Robertson for organising the event.

Congratulations to Blue Faction for winning the Cross Country and to all the students who participated in the gruelling event.


Thank you to the Smeathers for donating the bus, to the Walpole Country Club for allowing us to use their beautiful facilities, to Outward Bound for the donation of fruit and to Walpole Quality Meats for donating the sausages. Thank you also to the many parents who volunteered to help on the day. The response was amazing! It meant we could share the load and everyone got to watch their child run.

NAPLAN
The year 3 and 5 students completed NAPLAN last week. This test provides information to parents of individual children and the school on how well the student is going. Results are normally available towards the end of term 3.

SCHOOL BOARD MEETING
The school Board discussed the school’s Healthy Food and Drinks Outline and will look at including Mental Health education. They reviewed and endorsed the Delivery and Performance Agreement which documents the roles of the department, the principal and the School Board in providing a quality education to the children in Walpole.

P&C MEETING
The P&C met this week and generously donated $620 to the Busselton Jetty excursion for camp and $2500 towards the gym bars and the kitchen. Thank you to the team for the time they have given in fundraising for the school. Activities so far include: bulb orders, Easter, firewood and Mothers’ Day raffles, succulent with Sam and donations received at various Walpole outlets. Thank you to parents and community members who have supported these fundraising activities.

TRIPLE P PARENTING WORKSHOP
Three parents attended the parenting workshop given by Jenny Allen, the Albany District’s Lead School Psychologist. They have asked for a follow-up session on sibling rivalry. It would be great to see more parents attend next time.

YEAR 4-6 UR WALPOLE & MUSIC CAMP
Final payments are due by 30 May, thank you.

EISTEDDFOD
Congratulations to all the students who competed at the Eisteddfod on Tuesday. Special congratulations to Sara and Amber N for getting First Place!
Be Food Allergy Aware

Food allergies in Australia are on the rise, so it is important to increase community awareness about this issue. Currently, there is no cure for food allergy. Avoidance of the food is the only way to prevent a reaction.

An allergic reaction occurs when a person’s immune system responds to a food protein that it mistakenly believes is harmful. Chemicals are released into the body which trigger symptoms that can be life threatening.

Symptoms of food allergy can include hives, swollen lips, face and eyes, tongue, abdominal pain, vomiting, difficulty breathing and a sudden drop in blood pressure. Severe allergic reactions, or anaphylaxis, can be fatal if not treated immediately.

Nine foods trigger 90% of food allergy reactions in Australia. These foods are as follows:

- cow’s milk
- egg
- peanut
- tree nut
- sesame
- soy
- wheat
- fish
- shellfish

Emergency First aid for Anaphylaxis

- Lay the person flat, do not stand or walk. If breathing is difficult, allow to sit.
- Give the adrenaline autoinjector without delay. (Make a note of the time it was given.)
- Ring an ambulance - 000 (mobile phones 112).
- Stay with and reassure the person. Do not allow the person to walk at any time.
- Give another adrenaline autoinjector if no improvement after 5 minutes
- If the person loses consciousness and there are no signs of breathing, begin CPR.
- Monitoring in a hospital is required for 4-6 hours, even if symptoms improve.

For further information contact your local dietitian or visit:

- Allergy and Anaphylaxis Australia http://www.foodallergyaware.com.au/ (contains school resources including craft, colouring activities, recipe ideas and important information).
- Australasian Society of Clinical Immunology and Allergy http://www.allergy.org.au/ (Contains information, action plans and guidelines for consumers)

Taken from Child Development School Newsletter