College Calendar

Thursday 12 August
Yr 9 Music Night
Conflict Management 7-8pm Library

Friday 13 August
Yr 12 Assessment & Excursion Free Period
Yr 11 PD, Health, PE excursion Pd 2

Saturday 14 August
Rugby Semi-Finals Oakhill College
Sunday 15 August
Twelfth after Pentecost
HICES Music Festival Yr 7 -12

Monday 16 August
Yr 12 Study/Preparation Day
HICES Music Festival Yr 7 -12

Tuesday 17 August
Yr 12 Trial HSC Commences
HICES Music Festival Yr 7 -12

Wednesday 18 August
Yr 12 Trial HSC
JS WAS Athletics Carnival (TSS)
HICES Music Festival Yr 7 -12

Yr 11 PD/Health/PE excursion Pd 1 & 2

Thursday 19 August
Yr 12 Trial HSC
Yr 10 Canberra Excursion

Friday 20 August
Yr 12 Trial HSC
Yr 10 Canberra Excursion

Saturday 21 August
Rugby Finals Oakhill College

Sunday 22 August
Thirteenth after Pentecost

Monday 23 August
Yr 12 Trial HSC
JS P&F Meeting
JS HICES Athletics (Homebush)

Wednesday 25 August
Yr 12 Trial HSC

Thursday 26 August
WAS Athletics (KWS)

Assessment Tasks

- Yr 7 Science
- Yr 10 Maths
- Yr 11 Geography In Class
- Yr 11 Mathematics and General Maths
- Yr 11 Physics
- Yr 11 Extension English
- Yr 10 Elective History Due

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HEAD OF SENIOR SCHOOL
Mr Stewart Ross

SPRING FAIR
A big thank you to Mrs Bland and the organising committee who are starting to gear up towards the Fair on Sunday, 5th September. It will be a wonderful day and let\'s hope the weather will be inviting. Just a reminder that House groups and years are involved in organising activities and students are required to help "man" stalls.

TRIAL HSC EXAMINATION
The Year 12s commence their Trial Examinations on Tuesday 17th and these will continue until the 27th August. They have a preparation/study day on Monday where they can come and see teachers for last minute help. We wish them well at this last hurdle before they attempt the “big quiz” early next term.

RUGBY SEMI-FINALS
Congratulations to the U13s and 15s who will be playing semi-final games on Saturday at Oakhill College, 10 and 12 o\'clock respectively. Both teams play Redfield and we wish them well. The 1sts will play Chevalier at 3pm which will be a tough game. Good luck men.

CANBERRA EXCURSION
The Year 10s will be off to Canberra next Thursday and Friday for a Civics and Citizenship excursion. They will be visiting the National Museum, Parliament House, the War Memorial and High Court. This is just before the election on Saturday. I wonder how anxious the politicians will be to talk to them!

FAST FACT
The number of complaints recently about the BER (Building the Education Revolution) was relatively few - about 250, or 2.7 per cent of projects, and some of these were about the lack of adequate community consultation, not costs. Significantly, more than half the complaints were from NSW schools but that is where most schools are. The management fees vary from 7 per cent to 20 per cent, which may seem high but these costs are often factored into project costs and are for normal risk and management functions.

Thought: If the wind will not serve, take to the oars. “Destitutus ventis, remos adhibe”
Latin Proverb

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RUGBY DINNER
Friday, 3rd September 2010
6.30pm at
Bathurst Panthers
Don\'t miss out
Booking sheets are now available from Belinda or Scott in Reception.
Speeches, presentations and dancing will make this a night to remember
Friends of Rugby

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SPRING FAIR MEETING
Tonight at 6pm
in Year 3 Classroom
NyangaN continues to be an important heartland for our boarding community and it was wonderful for me to meet some of these strong supporters in person.

We have done some publicity this week on the presentation being given by CSU’s Associate Professor Leonora Ritter on Avoiding & Managing Conflict. You will see some print ads in the Advocate and, hopefully, some radio ads on 2BS promoting this event.

Professor Ritter has some very interesting things to say on understanding when conflict begins and promoting empathy in conflict situations, which has application for everyone. Parents, senior students and anyone in the community you may want to invite to attend. It will be a highly interactive presentation and I encourage you all to come along this Thursday, 12 August, at 7pm in the College Library. Please RSVP to Reception on 6331 3911.

Next on the agenda will be our Information Night in Young (20 August) and the Condo Show (27 and 28 August). Also we will conduct two tours at the Spring Fair (5 September) so please steer any interested visitors our way on the day.

FROM THE CHAPLAIN
Fr Paul Woodhart

As I write, today - August 12th, is the 128th year of the death of one of the Founders of our College. The Rev’d Thomas Smith was born in 1830 in Herefordshire England and after coming to Australia he was ordained by Bishop Barker in Sydney. He established the now famous church of St Barnabas in Broadway and then, in 1873, came to Bathurst where he was Dean of All Saints’ Cathedral for 8 years.

His energy was such that he also established St Barnabas South Bathurst (where I was parish Priest for 12 years) and our All Saints’ College in January 1874.

This was the theme of Chapel during the week: ‘Look to the rock from which you came and the quarry from which you were cut.’ Isaiah 51:1
PLEASE HELP! The Spring Fair is a wonderful school and community event and we need your support.

Next meeting: Thursday, 12th August at 6pm in Year 3 Classroom
The aim of good asthma management is to ensure your child can lead a normal healthy life, while taking only as much medication as is needed to stay well and avoid asthma attacks.

Children diagnosed with asthma are usually first prescribed a reliever medication. This should be used whenever symptoms occur and should be kept with them at all times. If your child is still having regular symptoms despite using the reliever, the doctor will then add a preventer medication.

Using a spacer with a puffer can help increase the amount of medication that gets into the lungs, which may mean fewer side effects, fewer doses, and less worry about coordinating breathing in with squeezing the puffer. Spacers are recommended for all children under about 10 who are taking inhaled medications (but they can only be used with a puffer device).

If your child is under 5 they should use a smaller spacer and under 3’s should also use a mask. Older children can usually take reliever medication through a puffer when they are relatively well (e.g. before exercise) but should still use a spacer for reliever medication during an asthma attack.

Children should have regular reviews with their doctor to check their medication, discuss symptom issues and update their action plan. If your child has been on the same preventer medication for a few months and seems stable, talk to your doctor about trying a lower dose. Never reduce the dose on your own without talking with your doctor first.

Finally, it is important that the people caring for your child are aware that they have asthma. You should keep them informed if there have been any recent changes to your child’s medication or condition, and make sure you give them a spare reliever medication just in case they need to help your child.

More questions? Please visit www.asthmafoundation.org.au or call our Infoline on 1800 645 130.