

# NARACORTE SOUTH PRIMARY SCHOOL



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14th June, 2018

Newsletter No. 9

Principal : Kirsty Lush  
Chairperson : Troy Henschke

## Responsibility Resilience Pride Opportunity



Government of South Australia  
Department for Education

### From the Principal .... Sharing the good news!

One of our priorities at NSPS this year is improving reading and reading comprehension for all our students. To do this we have introduced or improved upon a range of proven strategies and teaching pedagogies and are working on embedding these across the school.

All students now participate regularly in guided reading sessions, where they are grouped with students with common learning needs in reading and have an intensive session with the teacher, practising strategies with appropriately levelled texts. All children have a reading goal that has been developed with the teacher, based on the information gained from Running Records, reading conferences and through these guided reading sessions. Children talk regularly about their current reading goals and develop strategies to learn and practice this goal. If your child hasn't mentioned their current reading goal, perhaps you would like to talk to them about it and help them practise when they read at home with you. Students



will also be reflecting on their reading goal in the mid-semester report later this term.

### Open Day

It was lovely to see so many new and familiar faces at our Open Day last week. While new parents and visiting educators enjoyed a tour of our classrooms and grounds, special people who were invited by the children had a great time experiencing a range of lessons, including literacy, Investigations, maths rotations and Indonesian. If you were unable to make the Open Day and would like a tour of the school, please feel free to call and make an appointment at your convenience.

### Movie Night

Thank you to everyone who supported us on our movie night fundraiser, Life of the Party! We had a great turn out and people very generously bought many raffle tickets and entered our VIP draw. As always, the night would not have

### Diary Dates

**Friday 15th June**

PJ/Casual clothes day

**Monday 18th June**

Book Club orders due

**Wednesday 20th June**

Taco Special Lunch Day

**Thursday 21st June**

**10.30am** Bounce & Bop

**Friday 22nd June**

10.00am JP Assembly

**Thursday 28th June**

**10.30am** Bounce & Bop

**11.30am** Policing in the community

Next Newsletter

**Friday 29th June**

Primary Assembly

**Wednesday 4th July**

Web site photo shoot

**Thursday 5th July**

Awards Assembly

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been possible without our fabulous sponsors, who are listed later in this newsletter. Thanks you Belinda and your amazing fundraising team, we really are so lucky to have you!

### Advance Notice-Photo shoot

Our previously planned photo shoot for our new website was unfortunately unable to go ahead earlier this term, but we have a new date set for Wednesday the 4<sup>th</sup> of July. Thank you to the parents who filled out the talent release form for your child/ren to be photographed- we will be sending home forms to those who didn't return a form last time. A reminder to ensure all children are in school uniform on this day. We are very much looking forward to having our new website up and running!

### X-Country

Congratulations to Indiana Stuchbery and Matthew Maney who competed in the Cross Country Championships in Oatbank a couple of weeks ago. By all accounts both students were great competitors!



### Native Plant Cuttings

We are looking for native plant cuttings to grow in our Propagation centre. If you have any native plants that you are willing to donate some cuttings please drop them off at the office by Monday 25th June.



Thanks  
EAGs



### Roster

Tuesday 19th June	N Mathie
Wednesday 20th June	
<b>TACO SPECIAL LUNCH</b>	R Marett
Thursday 21st June	*
Friday 22nd June	S Patrick
Tuesday 26th June	N Mathie
Wednesday 27th June	S Patrick
Thursday 28th June	*
Friday 29th June	S Patrick

Glenda Herron  
Canteen Manager

### Room 15

Kirsty

In Room 15 every second week of term the students have been preparing and cooking lunch for themselves and staff.

On Tuesday 29th May Room 15 students, from their menu plan, cooked crumbed chicken wraps and chocolate fairy cakes.

The students went down to Foodland and shopped for their ingredients and then returned to start preparing their lunch.

The students crumbed their own chicken tenderloin and then cooked them in the electric frying pan.

Whilst the chicken was cooking they also cut up some cucumber, tomato and lettuce to go on the wrap.

The students made chocolate fairy cakes and made them from scratch, by measuring and mixing up the ingredients, they then iced the cakes and put sprinkles on them.

The students also set the table for lunch and helped to clean up the kitchen, by packing away the groceries and washing and drying the dishes.

This is a highlight for the students and they look forward to their cooking experience every second week of term.

This week was extra special, because they prepared lunch for Mrs Lush and Mrs Legoe.





### Deputy News

#### Intention Assemblies

In weeks 5/6 our intention has been "Handling Worry"

We talked about the fact that

- Worrying is normal
- Worrying helps us to make sense of our world
- You should not freak out when you are worried
- We do our best when we can understand our worry patterns

The children were introduced to the worry scale. Rating your worry helps you to understand what you can do about it.

The Worry Scale looks like this:

1. is a glitch where you can handle it on your own
2. is an upset talk to a friend about it to try help
3. is a trouble talk to an adult to help fix problem
4. is a crisis talk to an adult to get them to deal with situation
5. a tragedy talk to an adult to figure out a plan fast

We also spoke about the fact that every child is different and that different children might rate their worries in different ways. It may help you at home to talk to your children about this 😊

#### KIC

Tomorrow we will hold a fundraiser for Arthritis Australia. We choose this foundation to support because we have a student at our school that suffers from juvenile arthritis. Children have the choice to wear casual clothes or pyjamas for the day. They need to bring along a gold coin donation to participate. We were fortunate enough to have two ladies from Arthritis Australia present us with some information about children living with arthritis. They told us about a special camp they hold each year for children with arthritis and their families. We decided the money we raised could go towards subsidising a child to attend this camp. So please dig deep and send along what you can (we will accept money even if your child does not want to dress in casual clothes!!)



#### EAGS

I have heard glowing reports about our EAGS leaders who attended the YELP camp last week. Please see their report for information about what they did! I was lucky enough to pop out to the caves for a little visit and saw 4 very excited and enthusiastic environmental leaders (and an equally enthusiastic although slightly more tired John!) The EAGS leaders will now come back to school and share the knowledge they got from camp with the rest of the school.

Kym

### Hockey Carnival

On the 9th and 10th of June Amelie, Jen and Natasha went to the South Australia state hockey carnival. Playing at West Beach hockey grounds the three of us, with the team played five games over two days.

Our coach Derrick James pushed us to do our very best. Unfortunately we lost all games as well as not scoring any goals due to only having three weeks to train sessions together.

Our team includes: Eve, Zoe, Maddi, Tillie, Bella, Taya, Sarah, Charlie, Grace, Hunter and Sophie. For our five games we had as our captains, Eve, Zoe, Maddi, Taya and Sarah.

We had an amazing weekend together.



On the long weekend, Will and I went to Adelaide to play hockey for Upper South East U13 boys. We won three games, drew two games and lost one. We had lots of fun and I hope I can go again next year.

Lochie Dolphin



### Indonesian

I think one of the highlights for me this term was open day where I had so many positive comments about our lesson. It makes it all worthwhile to have positive feedback when you put so much effort into making lessons fun and exciting.

Thank you so much.

We have been working on shopping [shop is toko] and revising transport, fruit and vegetables, colours, money, numbers and made our own shop. The stories were often ridiculously funny.

We also discussed culture and traditions which was of great interest to the kids as we compared them to ours.

As often happens, I had a better idea for a lesson after the royal wedding and we held our own. That was sensational. Dressing up and having the royals, guests, attendants and a priest made for a brilliant lesson.

We were also extremely lucky to have my friend Cathy Elliott who is the Indonesian teacher at Pt Elliott PS come to work with us for 2 days and Ash Davis the Indonesian teacher at Keith Area School for 1. It was brilliant and helped me so much with my learning journey. The kids loved it.



### HASS

The year 6/7 students have been learning about ancient China. Having visited China in the last holidays I thought it was perfect timing to begin this part of the HASS learning. Students have learned about the Terracotta Warriors and made models of them. The Great Wall of China was amazing to teach the kids about and it was great to be able to share my photos and the books that I bought while I was there. The year 3-4-5's have been learning about the Snowy River hydroelectric scheme. They also had a free reign with the plasticine and have made the most amazing models of the scheme. They are in the library if you are interested in seeing them. To think that it took 25 years, 100000 people, who came from 30 different countries, and cost over 8 million dollars way back in the mid 40's-50's is incredible.



### Happy birthday to ...

Mason Brighton who was 10 & Farishta Akbari who was 14 on 1st June

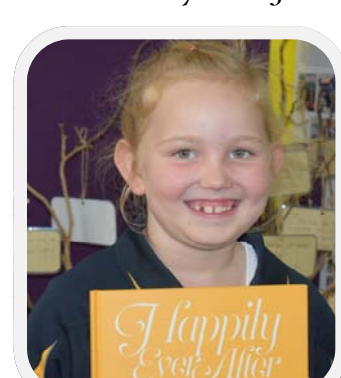
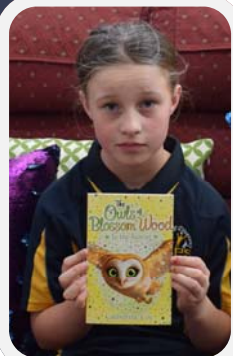
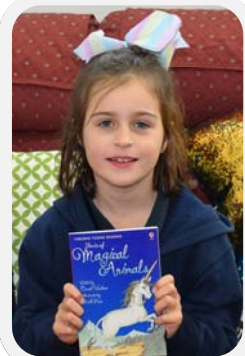
Stephanie Martens who was 7 on 2nd June

Eliza Crossling who was 7 on 6th June

Kade Henschke who was 9 on 19th June

Kelcey Dolphin who was 8 & Emma Newson who was 9 on 11th June

Azmat Ali who is 6 today 14th June



### Lion's Mad Minute

On Tuesday Rooms 9 and 10 participated in Mad Minute public speaking. The Naracoorte Lions Club came to listen to our presentations. We had to talk for one minute in front of the class with a challenge or a super challenge topic. I had to speak about 'If I had \$1 million dollars' We worked on expression and body language and tone of speech.

Josh came first, I came second and Josiah came third.

Zara East

Room 10 winners were:

1st: Marjan Hussaini

2nd: Melody Wilby

3rd: Maisy Hoskin

Best Opening: Kyndra deBeen

Best Close: Archie Ebert

Most expressive: Mason Brighton

Best Gestures: Melody Wilby

Most Humorous: Maisy Hoskin & Lincoln McSorley



### Counsellor Chat

Last week I was fortunate enough to visit Mt Gambier North Primary school to spend some time with their School Counsellor Simone Badenoch. She was a great tour guide and gave me lots of suggestions and resources, especially around growth mindset, mindfulness and interoception (understanding and feeling what is happening inside your body).

I am excited to start a new lunchtime activity called Hall Hang Out where I can put some of these ideas in place with the same group of students every Friday for a few weeks at a time. We started last Friday and had lots of fun together practising some mindfulness and doing some art therapy. As we know from various trainings our staff have attended around social and emotional skills, students being connected to school and establishing positive relationships with their peers helps enormously for them to become engaged in their learning and improve their overall wellbeing. It is hoped that the students who come to Hall hang Out will be encouraged to become more confident in themselves, increasing their engagement and connection with their peers, the teachers and the school as a whole.

Growth Mindset is something that you can work on at home too! I have included a hand out 'Parent's Guide to a Growth Mindset' for your information.

***"Children with a growth mindset believe that intelligence can be developed. These students see school as a place to develop their abilities and think of challenges as opportunities to grow..." Professor Carol Dweck***

Samantha Power ☺

## PARENT'S GUIDE TO A GROWTH MINDSET

### Big Life Journal

www.biglifejournal.com

**PRAISE**

FOR:

- EFFORT
- STRATEGIES
- PROGRESS
- HARD WORK
- PERSISTENCE
- RIISING TO A CHALLENGE
- LEARNING FROM A MISTAKE

**NOT FOR:**

- BEING SMART
- BORN GIFTED
- TALENT
- FIXED ABILITIES
- NOT MAKING MISTAKES

SAY:

- "YOU TRIED VERY HARD AND YOU USED THE RIGHT STRATEGY!"
- "WHAT A CREATIVE WAY TO SOLVE THAT PROBLEM."

**THE POWER OF "NOT YET"**

SAY:

- "YOU CAN'T DO IT YET".
- "YOU DON'T KNOW IT YET."
- "BUT IF YOU LEARN AND PRACTICE, YOU WILL!"

**GROWTH MINDSET**

**YOU CAN GROW YOUR INTELLIGENCE**

**VS**

**FIXED MINDSET**

**YOU CAN'T IMPROVE NATURAL ABILITIES YOU WERE BORN WITH**

**BRAIN CAN GROW**

SAY:

- "YOUR BRAIN IS LIKE A MUSCLE. WHEN YOU LEARN, YOUR BRAIN GROWS. THE FEELING OF THIS BEING HARD IS THE FEELING OF YOUR BRAIN GROWING!"

**FAILURES AND MISTAKES = LEARNING**

SAY:

- "YOU CAN LEARN FROM YOUR MISTAKES."
- "MISTAKES HELP YOU IMPROVE."
- "LET'S SEE WHAT OTHER STRATEGIES YOU CAN TRY."

**ASK**

- "WHAT DID YOU DO TODAY THAT MADE YOU THINK HARD?"
- "WHAT NEW STRATEGIES DID YOU TRY?"
- "WHAT MISTAKE DID YOU MAKE THAT TAUGHT YOU SOMETHING?"
- "WHAT DID YOU TRY HARD AT TODAY?"

**RECOGNIZE YOUR OWN MINDSET**

BE MINDFUL OF YOUR OWN THINKING AND OF THE MESSAGES YOU SEND WITH YOUR WORDS AND ACTIONS.

BASED ON CAROL DWECK'S BOOK "MINDSET: THE NEW PSYCHOLOGY OF SUCCESS"

IT'S  
okay  
to  
not know,  
BUT IT'S  
not okay  
to  
not try.



*PCW Corner***Take another look at Failure**

One of my favour stories is the story of a battle between Scotland and England, the battle was not going well for Scotland. Robert Bruce the leader of the Scot's went into a cave, while in the cave he watched a spider trying to climb up a wall. The spider would climb so far and over and over again it would fall down, it did not give up and eventually it made it to the top. Robert Bruce took courage from what he had seen the spider do, and went back into the battle, the outcome of the battle was one of the few victories for Scotland.

At times do you feel that everything you try seems to fail? Have you had failure in relationships which end as a heart breaker? Does every new opportunity evaporate into thin air?

**You are not alone!**

Welcome to the club. You are not alone. In fact, you are in very good company. Almost without exception, those that have achieved the most, and are considered to be very successful, have also failed miserably. Consider these historical examples

**Examples:**

- The Wright brothers crashed numerous flight tests before they got one to fly only about 30 feet.
- Winston Churchill failed the sixth grade and was defeated in every public office role he ran for.
- Thomas Edison's teachers told him he was "too stupid to learn anything."
- Harland David Sanders, the famous KFC "Colonel," couldn't sell his chicken and more than 1,000 restaurants rejected him.
- Steven Spielberg was rejected from his dream school, the University of Southern California, three times.
- Walt Disney was fired by a newspaper editor because he "lacked imagination and had no good ideas."
- Albert Einstein didn't speak until age four and didn't read until age seven. His teachers labelled him "slow" and "mentally handicapped."
- Vincent Van Gogh only sold one painting in his entire life, to a friend.

Part of building resilience in children is helping them understand that failure is part of life and that **"There is no failure except in no longer trying."** Help them to view Failure as a stepping stone to Success.

*John Stayte*  
PCW

*Assembly Dates*

**Fridays**  
**Junior Primary F-2 @10.00am**

**Wk 8 - 22/6/18**  
**Room 2 are hosting**

**Primary 3-7 @ 12.15pm**

**Wk 9 - 29/6/18**  
**Room 19 are hosting & rooms**  
**12 & 14 sharing work**

*School Fees 2018*

Your second instalment of \$100.00 is **OVERDUE.**

Payments can be made by cheque, cash, credit card or online.

BSB: 105 043 A.C Number 185337240

Please put your surname in details and forward an email to

Cheryl.kramm9@schools.sa.edu.au to confirm payment.

If you are having difficulties making these payment, please contact me so we are able to make alternative arrangements.

*Cheryl Kramm*  
*Business Manger*



DrLaura.com

# HALL OF FAME

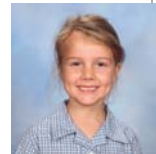
Bree Ellis for demonstrating your creativity and attention to detail in investigations. You are always happy to share your wonderful ideas with others



Jorja Walker for being brave and having a go at writing independently. Keep up the great work.



Sinead Legoe for being a curious and motivated learner. I love how you are always willing to challenge yourself and try new things.



Austin Crick for an amazing effort to finish his writing tasks to a great standard and working hard to make his handwriting neat and clear.



Tamalia Reddy for having a great start to NSPS and having a positive attitude towards her learning and making new friends.



Justice McKenzie for having a wonderful start to NSPS and being kind, friendly and respectful to his peers.



Linken Pohlner for writing fantastic recounts about his week-end using time and descriptive language and making sure he does his best handwriting.



Nate Harris for a huge improvement in reading. You are working hard to sound out words which is allowing you to read whole books all by yourself.



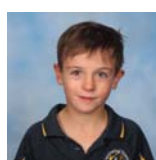
Amber Lovegrove for always having a go at writing and creating interesting stories.



Liya Ratthanachan for teaching the children in the class some words in Thai.



Eddie Dolphin for trying his best in every subject and always using his manners.



Mitchell Elsworth for making a huge effort to practise lots of writing.



Courtney Brunt for making choices independently and letting us clearly know what she wants.



Casey Cadavedo for always trying her best in all tasks and willing to put in extra effort to improve.



Murtaza Jafari for working independently and with persistence in maths problem solving tasks.



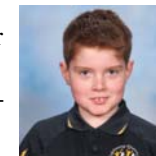
Molly Crouch for working on improving her reading by practising her reading goal during reading.



Shahida Mohebi for consistently being organised, helpful and kind to others.



Bayleigh Mulcahy-Morris for making progress in his reading and always being enthusiastic in Guided Reading



Willow Renshaw for having an improved classroom attitude, asking questions, 'having a go' and participating with increased enthusiasm during group tasks.



Thomas Maney for having a positive attitude towards learning and actively contributing more to group work and class discussions.



Kaleb Williams for applying himself in all subjects and showing improvement in reading and maths.



Jack Barker for being patient and persistent during maths problem solving tasks independently and with others.



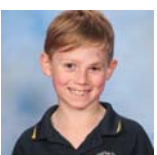
Kirra Bradbrook for always displaying a positive attitude towards school work and other tasks she is asked of.



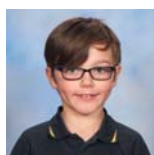
Zara East for being a friendly and helpful classmate, applying herself in all subjects and consistently completing her homework.



Austin Martyn for supporting others with their maths, taking on new challenges and working conscientiously during group work.



William Harris for showing a growing motivation and enthusiasm to do well in his writing.



Ayla Bain for showing the skills of working independently as well as being a part of a group or team.





Heidi Shepherd for having a growth mindset in maths and working well independently.



Fariad Rezaie for working well in maths groups to develop his skills in multiplication.



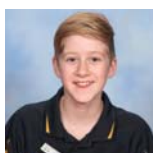
Fareeba Akbari for consistently having a cheerful and positive attitude. She always tries her best!



Jen Ellis for always willing to ask question and query the current events in the world, showing she had the skills to be a life long learner.



Will Patrick for consistently planning and preparing detail, informative and interesting weekly speaking topics.



### *YELP Camp*

Last Wednesday the four of us were lucky enough to participate in the 2018 YELP (Young Environmental Leaders Program) camp. It was held at the Naracoorte Caves. While we were there we learnt a lot and had a wonderful experience.

We learnt about how to be munchline monitors. You can do this by taking some time to observe nature around you to look for some signs that an animal has been munching. For example a leaf with some bite marks. One of the other things we learnt about was specks and the different types of specks. The different types of specks are water specks, air specks and soil specks. We were lucky enough to go on some speck trails as well. We also learnt heaps more. One of our favourite parts was doing Magic Spots. Magic Spots is when you spend 10-20 minutes sitting or lying down in a spot with lots of nature around you and you stay quiet and think about the things you see, hear and smell. We had lots of fun and can't wait to see the friends we made again.

*Amelie, Rachel, Jen and Belle  
EAGs Leaders*

### *Fundraising*

What a wonderful night we had at the movies raising \$2591.30. The Gold Class was certainly the spot to be.

Thank you to all our wonderful business who are always willing to support our school community.

**Walker & Harvie family, Woolworths Naracoorte, Naracoorte Raceing Club, DiGiorgio Wines, Koonara Coonawara, Hollicks, Annie B, Tanya McCulloch, Kylie Barker, Kalv & Co, Dotty & Bloom, Nails by Emma, Laundry Hub, Kendy Thornhill, Trends, Kincairg Hotel, Heidi Yelland—Tribe & Wild Sage, Hair by Kate Alice, BWS Naracoorte & Jamberry from La Khotsimeuang**

Thank you  
Belinda Neal and the fundraising committee

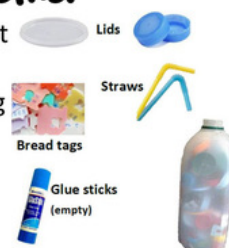


### **Wipe out Waste**

[www.wow.sa.gov.au](http://www.wow.sa.gov.au)

**Fill a plastic bottle with small plastic items.**

Clean plastic items that are too small to be picked off the recycling conveyor line can be contained in a plastic bottle then placed in the recycling bin.



**Community News**

**Basketball**

**HOLIDAY B/BALL CAMP  
FUN & SKILLS**

Tuesday & Wednesday July 17<sup>th</sup> & 18<sup>th</sup> 2018  
At Naracoorte STADIUM

2005 to 2009 Ages, Boys & Girls. All Welcome. 2 Days.  
Starts 9:00am to 3pm.

**LIMITED NUMBERS!**

**Canteen Open full Lunch Menu 11.30am – 12.30pm**  
**Please bring basketball if you have one (named)**  
**Drink bottle (water Supplied) & Training gear.**

Families 3 or more please see Matho  
*Please register by Monday the 16th of July*

**Matho Oncourt P/L**  
**Box 246 Naracoorte**

**Ph. 0417-855-247 fax 8762-3221**

**E/Mail: [mathooncourt@bigpond.com](mailto:mathooncourt@bigpond.com)**

**Acc No. 4306702 BSB 805050**



**Foster Care**

You are invited to chat with Cindy and Linda about becoming a foster carer with ac.care.

Date: Thursday 14th June - 6.00-7.00pm

Venue: Naracoorte Library

*Country kids need local foster carers*

@100daysofmechallenge

**Stop comparing  
yourself to  
everyone else.  
You were never  
meant to be them.  
You were meant to  
be you.**

Rebelliousparadigm.com

**If your child turns 4 before the 1st of May, please contact your  
Kindergarten of choice to register for enrolment in 2019.**

**For more information: [www.education.sa.gov.au](http://www.education.sa.gov.au)**



**Michelle DeGaris Memorial Kindergarten**

10 Price Avenue, Naracoorte SA 5271

Phone: 87621086

Email: [dl.6526.leaders@schools.sa.edu.au](mailto:dl.6526.leaders@schools.sa.edu.au)

Director: Mrs Geraldine Mathieson



**Naracoorte North Kindergarten**

39 Park Terrace, Naracoorte SA 5271

Phone: 87621581

Email: [dl.6537.leaders@schools.sa.edu.au](mailto:dl.6537.leaders@schools.sa.edu.au)

Director: Miss Kara Lang



**Government of South Australia**  
Department for Education



# Too sick for school?



Think Pharmacy First.  
Ask Your Pharmacist.

*While this information has been checked by a pharmacist, it is a guide only.*

## Ask yourself:

- Is my child well enough to comfortably take part in the day's activities?
- Will my child pass on their illness to other children or staff?
- Will my child's teacher be able to care for my child without it impacting on their ability to care for other children?
- If I felt like this, would I go to work?

If you are unsure, speak to your pharmacist or doctor for advice.








**Go to school**



**Could be catchy.** Some restrictions for school



**Don't go to school**

Symptom	What to consider	Go to school?	Treatment
<b>Fever</b>	Children and older infants with a temperature of 38.5° or more		Give plenty of fluids and stay home until temperature is normal. Your pharmacist can provide advice on the most appropriate analgesic and formulation for your child. If your child seems worse or there's no improvement in 48 hours, see a doctor or visit the hospital.
<b>Diarrhoea</b>	If your child has 2 or more consecutive bowel motions that are loose or watery. They may also have stomach cramps.		Diarrhoea is a fairly common problem that usually lasts only a day or two. Diarrhoea must be monitored as it can cause dehydration which is potentially very dangerous in children. Your pharmacist can provide advice on the most appropriate treatment for an upset tummy, including advising on oral rehydration salt formulations. They can refer you to a doctor if more treatment is needed or the hospital for severe diarrhoea.
<b>Vomiting</b>	If your child has vomited more than twice in 24 hours.		Watch for signs of dehydration and encourage small amounts of fluid frequently. Your pharmacist can provide advice on oral rehydration salt formulations and can refer you to a doctor if more treatment is needed or the hospital for severe vomiting.
<b>Cough</b>	This will depend on the severity of the cough. Trouble breathing, wheezing or a harsh cough can be the sign of something more serious such as bronchitis, pneumonia or whooping cough.		If your child has a severe cough, take them to see a doctor. If the cough is not severe your pharmacist can help you to identify whether your child has a 'productive' or 'dry' cough and a suitable treatment for them.
<b>Rash</b>	A skin rash could indicate a contagious infection such as chicken pox or impetigo.		A doctor should evaluate your child before sending them to school.

Visit [www.findapharmacy.com.au](http://www.findapharmacy.com.au) to find your nearest community pharmacy










Go to school






Could be catchy. Some restrictions for school



Don't go to school

<b>Red eyes</b>	Is the eye red and watery? The eyelids may also stick together on waking. This could be conjunctivitis which is highly contagious.		Unless your doctor has diagnosed a non-infectious cause, keep your child home from school while there is discharge from the eye and speak to your pharmacist about a suitable product.
<b>Stomach ache</b>	This can often be hard for you to judge as it could be caused by a number of things including constipation and even anxiety. If there are no other symptoms such as vomiting or diarrhoea, you might consider sending the child to school.		You might ask your child if there is anything making him or her sad or worried.
<b>Sore throat</b>	A sore throat and runny nose, but no other symptoms.		You can also speak to your pharmacist about products suited to your child's age to help relieve a stuffy nose and soothe their sore throat.
<b>Earache</b>	Evaluate along with other symptoms, such as a fever. Common conditions of the ear include infection, inflammation and wax build up and some of these can be quite painful and uncomfortable.		Your pharmacist can provide advice on treatment options and refer you to a doctor where necessary.
<b>Runny nose</b>	A runny nose, but otherwise fine.		Speak to your community pharmacist about whether there is a suitable product, such as a chestrub and nasal relief product to help ease your child's stuffy nose.
<b>Itchy scalp</b>	Head lice can cause intense itching. They live and breed on the scalp and are easily passed from student to student.		Your local pharmacy will stock special combs as well as shampoos, cream and other products which contain a special insecticide.
<b>Hay Fever</b>	Some of the symptoms can include sneezing; a runny or stuffy nose; itchy ears, nose and throat; red, itchy or watery eyes and headaches.		Your pharmacist can help you choose the best medicine for your child's symptoms. This may be a nasal spray, eye drop or oral antihistamines. Some of these medications should not be taken with other medications.

### Medical Action Plans

<b>Asthma</b>	Your child has been diagnosed with asthma.		Provide the school with your child's Asthma Action Plan and follow the school's policies with regards to medicine storage. Your pharmacist can also help ensure your child's asthma inhaler technique is correct.
<b>Anaphylaxis</b>	Your child has been diagnosed with anaphylaxis.		Provide the school with your child's Anaphylaxis Action Plan and follow the school's policies with regards to medicine storage.
<b>Diabetes</b>	Your child has been diagnosed with diabetes.		Most students with diabetes can participate fully in school activities. Make sure the school has your child's updated management plan. Speak to your pharmacist to make sure you (and your child if they are old enough) understand how to test their blood sugar; how to manage insulin levels and how to treat high and low blood sugar levels.

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