Dear Parents and Community,
Welcome to week two!
We are looking forward to hosting the Small School Swimming Carnival tomorrow at the Monkton Aquatic Centre in Armidale. Just a reminder- All teachers will be attending the carnival. There will be no staff at school.

Thank you to Kurt and Marise for their input in organising the carnival and Lyndie Beynon for her clever spreadsheet to make scoring easier, we hope, it all goes according to plan.

If by chance the carnival is cancelled, due to bad weather, school will be on as usual.

Please listen to FM radio 100.3 / 2AD and the emergency pyramid phone call system will occur.

We would also like to welcome the Armstrong family to Kings-town School. Gemma (kinder) Ruby (Year One) and Zack (Year 3) will be commencing school next Monday. The family have moved up from Dungowan and we wish them the very best in their new community.

We are now up to 35 students!

Uralla Show
Kingstown students were highly successful in the Uralla Show on the weekend.
Lower Division won the overall Show medallion for their artwork depicting the story of “The Bunyip.” (Thank you to Collette Prestige.)
We received many awards and highly commended.

Thank you to Wilma and Joe Swales for organising the drop off to the stadiums.

You Can Do It!
Students are settling in well to their school routine and should be commended on their polite and cooperative behaviour. It is great to see points building up on the class “Showing Responsibility” charts.
A big thankyou to our senior students who have been a great help over the past week.

Over this term we will be focusing on the “You Can Do It!” key, “Getting Along”- Being tolerant of others, Thinking First, Playing by the Rules and Social Responsibility.

School Captains and Sport’s Captains
Our two senior Year 6 students, Maisy Dew and William Swales will be delivering their captain speeches, next Tuesday morning, first up at 9.30 am. Year 5 students who wish to nominate for Vice Sport’s Captains will also deliver their speeches. This will be a short school assembly. Parents are most welcome to attend.

Lower Division - Ms Ryan
Please ring me if you have any concerns or would just like to touch base on how your child is going. I have release on Tuesday and Wednesday afternoons, so I am available and happy to have a chat.

Homework folders will be sent home in a couple of weeks as younger students get very tired at the start of the term.

Tuesday Afternoon:
Science & Library- Mrs Skewes

Wednesday Afternoon:
HSIE & Sport-Mrs Skewes
Computer with Mr Lake will commence next Friday

Reminder P&C meeting next Thursday.
Please consider attending or taking on a position.
It is a great way to be involved and have a say in what you would like to see happening in your school.

School Canteen
School Canteen will be discussed at the first P&C.
We are looking for parents who might be interested taking on the Canteen Convenor role.

Library
Yesterday was our first library borrowing day for 2013. Students get to borrow two books each Tuesday and return them the following Tuesday.

Prizes and incentives are given for regular borrowing. We try to encourage reading and borrowing from our library. If students have library bags to use that is great, but plastic bags are good too.

Please contact Mrs Skewes if you have any queries.

Shop
Year 5 and 6 Students walk to the Kingstown Shop to collect mail and shop orders. If your child is in Year 5 or 6 could you please complete the attached permission form.

Anaphylaxis
If your child has an allergy, asthma or medical condition please keep the school informed and updated at all times.

Attached to this newsletter is the Anaphylaxis “Action Plan”. If your child has an allergy please provide the appropriate action plan from your Doctor.
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Community Noticeboard

Netball

Uralla Netball Club are holding their annual registration days for the 2013 competition.

Uralla Netball Club are part of the Armidale District Netball Association and have had many successful years in this competition.

Uralla Netball Club will be holding their annual registration for the 2013 competition during their Street Stall (Bridge Street Uralla) Monday 11th February - Saturday 16th February 2013.

Monday - Friday 3pm - 5pm
Saturday 8am - 12pm

We are again looking forward to having teams in all age groups from fun net through to ladies social division.

If you have any further enquires please contact
Peta 67783951
Kellie 0429783292
Michelle 0431421904

Thank you very much

______________________________

Shop Permission Note

Year 5 & 6

I............................................................................ give permission for my child / children..........................................

To leave the School grounds and walk to the Kingstown Shop to collect mail and orders.

Signed............................................................................ Date..........................................................................................
Gubi Gabun Children’s Mobile Service Inc.

Kingstown Playgroup Information 2013
(2nd & 4th Wednesday of the month)

Playgroup Leader: Josephine Tonkin
6778 9065 or 0429720014

Vice Playgroup Leader: Jody Tickle
6778 9044

Playgroup Dates:

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<tr>
<th>February – 13th, 27th</th>
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<th>December – 11th</th>
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<td>March – 13th, 27th</td>
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<td>May – 8th, 22nd</td>
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<td>June – 12th, 26th</td>
<td>November – 13th, 27th</td>
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Please note that dates are subject to change. Ensure that your contact details are up to date so that we can contact you should there be any changes or additional playgroups.

Dates to remember (Applicable to Gubi):

Term 1: 1st Feb – 12th Apr
Term 2: 1st May – 28th June
Term 3: 15th July – 20th Sept
Term 4: 8th Oct – 13th Dec
16th Dec – 20th Dec Stocktake & Cleaning

Public Holidays – 1st Apr
10th June
7th Oct

If you should be away from playgroup could you please notify Gubi or the playgroup leader.

Use the space below to write phone numbers from contacts that you meet at playgroup that you might like to keep.
Prospective Students & their Parents
are cordially invited to attend our
OPEN DAY

Wednesday 20 February 2013

09.30am  Registration and Morning Tea
10.00am  Tours commence of the classrooms, boarding facilities & farm
11.40am  Brunch
11.55am  Tours resume
01.00pm  Address by the Principal followed by informal discussion with students & staff

Principal – Mr Gordon Cooper
Deputy Principal Day – Mr James Levy
Deputy Principal Residential – Mr Clint Gallagher

Please RSVP: Enrolments Officer 6764 8607
Email: kerry.hussey@det.nsw.edu.au

☛ Dress casual and please wear a hat ☛

Year 7 – 2014 Selective Schools Exam will be held on 14th March

www.farrer.nsw.edu.au
Do you own a horse or pony?

Want to have fun with other kids on their horses and ponies?

Want to learn more about riding and horses in a fun, relaxed atmosphere?

Then come and join Bendemeer Pony Club!

Rally Days held on the first Sunday of

For more information phone Lincoln Woods (president) on 0428 692 228 or email Deb Lambert (secretary) -clintonlambert@bigpond.com
ACTION PLAN FOR Anaphylaxis

For use with EpiPen® adrenaline autoInjectors

MILD TO MODERATE ALLERGIC REACTION

- Swelling of lips, face, eyes
- Hives or welts
- Tingling mouth
- Abdominal pain, vomiting (these are signs of a severe allergic reaction to insects)

ACTION

- For insect allergy, flick out sting if visible. Do not remove ticks.
- Stay with person and call for help
- Locate EpiPen® or EpiPen® Jr
- Give other medications (if prescribed) ...........................................
  Dose: ..........................................................................................
- Phone family/emergency contact

Mild to moderate allergic reactions may or may not precede anaphylaxis

Watch for any one of the following signs of Anaphylaxis

ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

- Difficult/noisy breathing
- Swelling of tongue
- Swelling/tightness in throat
- Difficulty talking and/or hoarse voice
- Wheeze or persistent cough
- Persistent dizziness or collapse
- Pale and floppy (young children)

ACTION

1. Lay person flat. Do not allow them to stand or walk. If breathing is difficult allow them to sit.
2. Give EpiPen® or EpiPen® Jr
3. Phone ambulance*: 000 (AU), 111 (NZ), 112 (mobile)
4. Phone family/emergency contact
5. Further adrenaline doses may be given if no response after 5 minutes (if another adrenaline autoinjector is available)
   If In doubt, give adrenaline autoinjector

After giving adrenaline:
- Commence CPR if there are no signs of life
- Give asthma medication if unsure whether it is asthma or anaphylaxis
EpiPen® is generally prescribed for adults and children over 5 years.
EpiPen® Jr is generally prescribed for children aged 1-5 years.
*Medical observation in hospital for at least 4 hours is recommended after anaphylaxis.

Additional information

Note: This is a medical document that can only be completed and signed by the patient’s treating medical doctor and cannot be altered without their permission.