



MURRAY BRIDGE SPECIAL SCHOOL

RESEARCH INTO ACTION

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AN ANXIOUS CHILD IS NOT A LEARNING CHILD

Murray Bridge Special School Newsletter



Reminder - Dates To Place In Your Diaries

School Closure and Pupil Free Days 2021

- Monday 06th September 2021 – School Closure
- Friday 17th September 2021 – Pupil Free day

The school will be closed to students on these days while staffs participate in professional learning.

Special Welcomes!

A warm and special welcome is extended to our new learners and their families. We are privileged to welcome into our community the very wonderful and precious **Nathaniel Morgan, and Tremayne Woods**. We also welcome back the return to our school of our darling **Liam Angel** who has re-enrolled. Please join us in welcoming them!

School COVID-19 Management Update

Just like the rest of the State, the COVID-19 situation remains our biggest concern here, and COVID-19 outbreaks across the country are a stark reminder we must all maintain strict hygiene and physical distancing protocols. If we can avoid it, we do not want to have restrictions tightened, however we must be ready in case we do.

It is critical as a community we think of not only ourselves and our family, but of all others, and show care and kindness toward them wherever and whenever possible. You can do this by staying at home if you feel unwell or have cold or flu like symptoms, maintaining good hygiene practices, and staying physically distanced. Above all, be patient, understanding and kind.

Protecting the health and wellbeing of our precious learners continues to be a priority. Many of our learners have fragile unpredictable health concerns or require frequent ongoing medical assessments or appointments.

It is important to note Health SA and the Department for Education require you to keep your child at home should they appear unwell, have a runny nose, or have cold or flu like symptoms. Do not send them to school as you will be contacted immediately to pick them up and take them home.

It is important our learners attend only in appropriate circumstances. For example if a learner is unwell or significantly stressed; is recovering from a recent illness; has had recent surgery or hospitalization, or requires a standard of health or psychological care outside of the duty of care abilities of teaching or school support staff, then it is not in the learners best interests to attend, and if they come to school you will be contacted to take them home where they can receive the care and attention that cannot occur in a school setting.

We continue to stop adults gathering in the foyer area of the school at drop off and pick up times due to the small size of the area - there simply isn't enough safe space.

Physical distancing continues to apply and probably will for some time.

Face to face meetings, including with your child's Learning Facilitator can go ahead for now, however don't forget to negotiate a time first as the Learning Facilitator will need to book an appropriately sized space. Good hygiene practices are essential, including wearing a mask, frequent effective hand washing and covering coughs and sneezes.

The additional cleaning internally of the school will probably continue into term 4. Kirsty our super school cleaner continues to do an extraordinary job and many thanks go to her for continuing to assist keep our precious learners safe.

Thank you to the many parents and carers who are respecting and helping us with the school entry rules and are also building their own children's independence and resilience. I do wish to thank everyone sincerely; including our incredible learners, their families and our wonderful staff for their patience and understanding as we negotiate our way through previously uncharted waters. We trust everything will be okay in time, we just need to keep supporting one another and demonstrating the overwhelming patience and kindness I am witness to every day. Care and Kindness in everything!

School Times

Please be reminded school does not start for our learners until 8:30am. We ask they do not arrive before this time as staff are engaged in other meetings and preparation.

Premiers Reading Challenge

Again this year as part of individual communication and literacy programs, your child participated in the Premiers Reading Challenge.

At our school 'successful participation' in the Premiers Reading Challenge does not mean a learner needs to be able to read independently to be successful.

For some of our learners participation may mean interpreting the meaning of picture books, reading single words, or simple text.

For some of our learners' successful participation in the Premiers Reading Challenge means demonstrating enjoyment of being close to, communicating and having a shared experience with the storyteller.

For some of our learners successful participation means the development and nurturing of relationships while interacting with the storyteller and/or the group.

Successful participation can mean developing an understanding of the purpose of communication and interaction with another person.

Successful participation can mean enjoying being included in a group activity with a communication/literacy theme, having the opportunity to model and learn from peers and adults.

Successful participation can mean acknowledging the purpose of a book, holding it and turning the pages.

It can mean looking at the pictures and/or print and tracking from left to right.

Successful participation for our learners can mean being positively and meaningfully included in any of the many pre-requisite skills required for reading.

We are extremely proud of the effort our learners make on a daily basis to participate, engage, learn and enjoy success. Next term each of our learners will receive formal acknowledgement from the Education Department of their participation in the Challenge. This may be a certificate or a medal dependant on the number of years of participation. We hope you will be as proud of your child's achievement and success in the Premiers Reading Challenge as we are!

WHAT SUPPORTS SERVICES ARE AVAILABLE FOR DOMESTIC VIOLENCE?

In Australia there are all sorts of help services available for domestic violence.

White Ribbon 1800 737 732 (1800RESPECT)

Life Line Australia – 13 11 14 www.lifeline.org.au



Domestic Violence
Crisis Line-
1800 800 098



Relationships Australia-
1800 182325 www.rasa.org.au



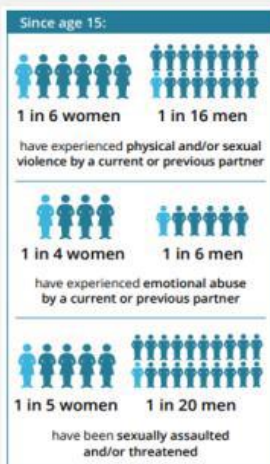
LOCAL SUPPORT

Centacare Murray Bridge- 0882156320
Murray Lands Domestic Violence Service- 85 31 8888
Murray Mallee Community Health Service. Ph 82025190
Women's Safety Services SA- 0881529200

A trusted teacher and the wellbeing team here at school are always available if anything is concerning you.

WHO IS AFFECTED BY DOMESTIC VIOLENCE?

Everyone!



Emergency Procedures and Contacts

It is a families' responsibility to provide the school with up to date mobile telephone and/or landline contact numbers, nominated emergency contacts, consent forms, medical information and court orders. Please contact the school if your details change at any time.

It is critical that we are able to contact you in an emergency.

A Reminder - School Fees

If you are eligible for School Card, please **complete an application on line** as soon as possible. The online application is available at **[www.sa.gov.au/ education/schoolcard](http://www.sa.gov.au/education/schoolcard)**

If you need any assistance applying online, just contact Donna at school and she is very happy to help you complete the application. Donna has done this with other families and it only takes approximately 10 minutes.

APPLYING FOR A SCHOOL CARD



All types of School Card applications **are now online.**

You can access the online forms from any device that gets internet, including mobile devices, such as tablets and smart phones, as well as laptops and computers.

Applying online is easy! Simply follow the steps below.

- STEP 1** Visit **sa.gov.au/education/schoolcard**
- STEP 2** Select the type of School Card you would like to apply for (for example 'Type A') and follow the prompts.
- STEP 3** Complete all mandatory fields.
Please note: you cannot submit your application unless all mandatory fields are complete.
- STEP 4** Once you have completed a page click on the 'NEXT' button.
- STEP 5** Once you have filled out all pages click the 'SUBMIT' button.
Please note: if you exit the form without clicking 'SUBMIT' your details will be lost.

You can save the form, and return to complete it at another time, by clicking on the 'SAVE' button.



sa.gov.au/education/schoolcard



Government
of South Australia
Department for Education



Before School, After School, Student Free Day or Vacation Care Programs

We offer quality care with fun activities, friendships, games, arts, crafts, great food and special events all in a comfortable home like environment at competitive prices.

Self-Care: Be Prepared For Spring! - Focus on Asthma Awareness
(Information Courtesy of Asthma Australia - www.asthmaaustralia.org.au)

Using your blue puffer more than 2 days in 7? Don't rely on a quick fix!

People often treat their asthma as a short-term condition that comes and goes when they have asthma symptoms.

But, asthma is a chronic (long-term) condition that's always there, even when you don't have symptoms. Managing your asthma and having good asthma control is more than relying on your blue/grey reliever medication. In fact, using your reliever medication more than 2 days per week, may actually be a sign of poor asthma control.

How often are you using your reliever?

An Australian study surveyed almost 2700 people with asthma and found nearly 40% only used a blue reliever puffer, treating their symptoms but not the cause and 1 in 4 of these people needed urgent treatment for their condition in the previous year.

Using your reliever on more than 2 days per week (not including before exercise) means you are only addressing your immediate asthma symptoms, and not dealing with what is causing them (the underlying inflammation). This means your airways are more likely to react to triggers and increases the risk of a serious asthma flare-up.

Frequent use of your reliever (more than 2 days per week) is a sign of poorly controlled asthma and using 3 or more blue/grey reliever puffers in 12 months is associated with an increased risk of flare-ups.

How do relievers help to treat asthma?

Blue/grey reliever medication is a key part of asthma management. Their ability to provide quick relief of asthma symptoms means you should always carry it with you. The medication works by quickly relaxing tightened airway muscles, opening the airways up so you can breathe more easily.

Everyone with asthma should have a reliever so they can use it whenever they have asthma symptoms, it is your vital Asthma First Aid medication. If you find you need to use your reliever more than two days per week (not including before exercise) your asthma may not be well controlled.

You can download the Asthma First Aid App from the iTunes store or Google Play.

Why might you need a preventer medication?

Some people with asthma may only need a reliever, however most people should also have a preventer medication to manage their asthma. This is because relievers only provide short-term relief of asthma symptoms, they do nothing to treat the underlying problem of airway inflammation (redness and swelling) and excess mucus production that occurs in your airways when you have asthma.

Preventers work to reduce the inflammation in the airways. Regular use of your preventer makes the airways less sensitive, which reduces the frequency and severity of asthma symptoms (reducing the need for your reliever medication) and the risk of future flare-ups. If you are using your blue/grey reliever more than 2 days per week it may mean your asthma is not as well managed as it could be. See your doctor to discuss whether you would benefit from preventer treatment.

Preventer medication is usually prescribed for most adults with asthma if you:

- have had asthma symptoms twice or more during the past month, or
- woken at night due to asthma symptoms once or more during the past month
- had a flare-up requiring an urgent visit to a GP or emergency department in the past 12 months

If and when you are prescribed a preventer, it should be taken every day, even if you feel well.

What does poor asthma control look like?

Are you at risk of an asthma flare up? Answer these quick questions to find out:

- Are your symptoms making you use your blue reliever puffer more than two days per week?
- Have you had difficulty sleeping because of your asthma symptoms (including cough)?
- Have you had your usual asthma symptoms during the day (cough, wheeze, chest tightness or breathlessness)?
- Has your asthma interfered with your usual activities (e.g. housework, work/ school, etc.)?

If so, these are all signs that your asthma may not be under control.

How controlled is your asthma?

Poor asthma control (frequent symptoms and/or flare-ups) is a common problem in both adults and children. Research has found that for almost half of people with asthma, there is a gap between the potential control of their asthma symptoms and the level of control they currently experience.

What is good asthma control?

Most people with asthma can achieve good asthma control. This means that you:

- Have asthma symptoms on no more than two days a week
- Need your blue/grey reliever no more than two days a week, or even not at all
- Experience no limitations on your activities due to asthma and
- Don't get any asthma symptoms at night or when you wake up

Having good asthma control is more than relying on reliever medication.

Even if you think you are in control of your asthma, ask yourself, "Am I needing my reliever on more than 2 days a week? If the answer is yes, your asthma might be controlling you."

Do you have questions about your asthma?

Do you need help managing your asthma and improving your asthma control?

Call **1800 ASTHMA** Helpline (1800 278 462) our free asthma information and education service.

This puts you in direct contact with one of our helpline staff who can help with your asthma management and help you set goals to improve your asthma control.

Call 1800 ASTHMA Helpline (1800 278 462)

□ Email helpline@asthmafoundation.org.au

Book a call online

Connect with us. We're here to help. Contact us or call 1800 ASTHMA (1800 278 462)

Keep Your Kids Smiling.....



SA Dental Service

Dental care is FREE for ALL babies, preschool and most children under 18 years at School Dental Service clinics. Our specially trained staff provide comprehensive dental care to help prevent pain and tooth decay. We will always talk to you about what your child needs before we provide any treatment. We have been a trusted government dental service for children since 1969 and bulk bill under the Child Dental Benefits Schedule.

Call us now for an appointment!

Your local clinic is: Murray Bridge Community Dental Clinic

Phone: 8531 9300 or use the link on our website to ask us to contact you.

www.sahealth.sa.gov.au/dentalappointment

“When little people are overwhelmed by BIG emotions it’s our job to share our calm, NOT to join their chaos” L.R Knosk Child Development Researcher U.S.A

Enjoy Every Precious Moment Together!

A handwritten signature in black ink that reads "Vicki Smith".

Warmest Regards Always,
Vicki Smith
Principal
August 2021



Government of South Australia
Department for Education