New Students
Welcome to Taylar (5/6F), Courteney (3/4D) and Teagan (3/4B) who have just moved to Paynesville and have started with us on Thursday. I’m sure the girls and their family will enjoy living here and coming to Paynesville Primary School.

Grade 5/6 Camp
Our 5/6s are heading to Canberra next Tuesday and will be away visiting the sights of our Capital for four days. Some of the activities (amongst a very busy schedule) include visiting Telstra Tower, the Australian Institute of Sport and a very special night of Red Faces. I’m sure all the students will have a great time. Just a reminder to those who live on the Island that the bus will call to pick you up from the 7.00am ferry. Please check the notes that have been sent home to make sure of pick up times and all other bits and pieces so that you are well and truly ready on Tuesday morning.

Lunch orders need to be in the box by 9.30am.

Quiz Night
On Friday 13 November we will be holding our Bright Sparks Quiz Night and we are inviting all families to get a table together to challenge your friends. We have already had some extremely generous donations from our local businesses and families so there will be many great prizes to be won on the night. Tickets are $10 per person. Tables are of 6-8 people but if you have only one or two people give us a call and we can seat you in a team. This promises to be a really relaxed and fun night with many of the businesses joining us to help raise funds to purchase new leveled classroom books and funds to support the Stephanie Alexander program. BYO nibbles and drinks. Bookings essential and need to be made by Friday 6 November.

Thank you to the following families and businesses who have already provided prizes and financial support:
King & Heath (Paynesville), The Fickle Fig, The Ferry Drivers, The Fisherman’s Wharf Café, Paynesville Seafood, The Rose family, Bret Ward Real Estate.

Forms to be Returned
Just a reminder to those who would like to make a comment or suggestions that the responses in regard to the uniform review and planning for 2010 are due back today (Friday), however, due to the newsletter being a day late, they can be returned on Monday. Your comments and suggestion will be discussed at School Council on Wednesday 28 October.

Paynesville Primary School Show
In the week starting November 6 we will be having a Paynesville Primary School Show. Each next week students will receive a programme outlining the various sections they may enter, along with the prizes that will be awarded. Some of the categories already finalized include photography, art, craft and cooking. The show week will finish with a market and busker day on the Friday 13 with special treats available for purchase. You might like to encourage your child to start thinking about what might be entered.

Please keep in mind that we have three students who have a severe allergy to nuts and nut products.
Spacers- Why use them?

It is recommended that anyone, of any age using an asthma puffer should use it in conjunction with a spacer, particularly, children of all ages and during an acute asthma attack. Spacers deliver more medication to the lungs and minimise the side effects of asthma medications.

Using a spacer with your asthma puffer-

- Is significantly more effective than a puffer on its own
- Acts as a chamber, holding the medication so it can be breathed into the lungs, rather than being fired into the back of the throat from the aerosol canister
- Less medication is deposited in the mouth and throat
- Requires less coordination - you don’t have to worry about pressing the puffer and breathing in at exactly the same time
- Is approximately 3 times more effective at delivering medication into the small airways of the lungs, where the medication is required, than using a puffer alone
- Reduces irritation and side effects (such as thrush and hoarseness of voice) associated with preventer medications

If you would like more information or would like to speak to an Asthma Advisor, please call 1800 645 130 or visit www.asthma.org.au or www.asthmafriendlyschools.org.au