



BALGAZETTE

The Newsletter of Balga Senior High School

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www.balgashs.wa.edu.au

June 2019

**Principal: Mr M Carton Associate Principal: Dr R Evans
Deputy Principals: Ms H McGill and Mr N Samuels**

PRINCIPAL'S REPORT

I would like to take this opportunity to commend the majority of students for a great semester's work and having read students' reports, I know many families will be pleased with the effort and progress students have made over the course of this semester. I would also like to commend staff for their outstanding efforts in supporting our students. Balga SHS is a school that strives to ensure that all aspects of student growth and development are focused on, as life beyond school requires not only academic achievement but also resilience, leadership and skills that enable a lifelong learning approach due to our rapidly changing world.

As part of students being part of the school community, Balga SHS has a school uniform that students are required to wear. School is not a place where the latest fashions are showcased, it is a place of learning and a place where, as a collective, we work together to strive for excellence. Our school uniform aims to reflect this united focus and it has been pleasing to see the majority of students complying with our uniform policy. We will continue to focus on ensuring all students attend school wearing our school uniform into the next semester.

During the course of this semester, I am sure you would have been made aware of some of the issues that affected the NAPLAN testing process this year. NAPLAN testing has been undertaken for many years now, but 2019 represented the first year where all schools in Western Australia were required to have students complete the test online. This required a significant amount of preparation and planning from a school perspective and I wish to commend Mr Norbert Samuels and Mr Joel Allen for the leadership they demonstrated in ensuring we met all compliance standards prior to the testing period. It was very disappointing that the system level preparation and capacity did not also meet the standards of preparedness that schools delivered. Students were affected by the national system not being able to cope, at times, with the volume of users accessing the tests and this was particularly the case with the Writing component. We have provided honest feedback to the relevant authorities regarding the negative impact this had on our students and our department has made it clear that the 2020 testing will not be undertaken online unless they are satisfied the system can deliver a reliable platform.

I need to comment on the importance of all students attending school every day because learning is a continuous process and absenteeism does restrict progress. Please ensure that you support students by ensuring they attend school every day. Every young person's future is affected either positively or negatively by the level of education they achieve. It is imperative that we all strive to support and encourage them at this critical point in their lives.

I wish to acknowledge the career of Mrs Cora Brown as she has decided to retire. Cora has been a long term teacher at Balga SHS and a valued member of our Learning Support team. We wish Cora a happy and enjoyable retirement; she most certainly has earned it. Thank you Cora for your commitment to our students over such an extended period, you will be greatly missed here at Balga SHS.

Finally, I wish to advise that Balga SHS will be celebrating its 50-year anniversary next year and we will begin preparing for a year of celebration during the course of next term. Our school has grown and adapted to the needs of our local community over this period of time and we are keen to reconnect those who have been a part of the life and energy of the school. More information will follow regarding this important milestone year. I hope all staff, students and families have a safe and enjoyable break over the holiday period and I look forward to seeing everyone back and ready for a successful Semester 2.

Mark Carton - Principal

Year 12 Career Expo

It is not long now until our Year 12 students leave Balga SHS for the next stage of their Career/life journey. To assist in the decision making process, they recently attended the annual Careers Expo at the Perth Convention and Exhibition Centre on Thursday 16 May. The Expo showcases a range of employment and further education opportunities that are designed to assist students in their decision making regarding post school options. This year's expo incorporated lots of fun activities to enable students to enjoy a simulated industry experience. All students thoroughly enjoyed the opportunity and left enthused and excited about the next phase of their lifelong career journey. Students now move on to individual pathway planning using the Career Fast Track program, that engages students in a process that looks at their personality, skills and abilities to help develop a career plan for the future in conjunction with a careers counsellor.

Ms Mandy Hampson - Careers Coordinator



IMPORTANT NOTICE
SCHOOL RETURNS
TUESDAY 23 JULY 2019

MATHEMATICS & ENGLISH

ONLINE LITERACY AND NUMERACY ASSESSMENT (OLNA) - ITS PURPOSE AND WHAT IT MEANS FOR YOUR CHILD.

Our current focus is ensuring our students achieve their Category 3 in OLNA and graduate after completing Year 12. In 13 years of compulsory schooling we expect young people to have developed the literacy and numeracy skills required for the next phase of their lives. We believe this is very important, which is why it is a requirement for students to demonstrate a minimum standard of literacy and numeracy to be eligible to achieve the Western Australian Certificate of Education (WACE).

This standard reflects the skills that are described in Category 3 of the nationally accredited Australian Core Skills Framework. This standard can be demonstrated in two ways:

- Performance in the Year 9 National Assessment Program – Literacy and Numeracy (NAPLAN), or
- Performance in the OLNA.

If students achieve Band 8 or higher in their Year 9 NAPLAN reading, writing or numeracy tests they are not required to sit the corresponding components of the OLNA. While NAPLAN and WACE achievement are independent, research has shown that students who achieve Band 8 in Year 9 NAPLAN are working at or above the minimum standard required for the WACE. They are, therefore, not required to again demonstrate their skills in the corresponding component through the OLNA.

Students who needed to demonstrate the minimum standard in reading, writing and/or numeracy sat the required components of the OLNA for the first time in 2019 between Tuesday 5 March and Friday 29 March. Students beginning Year 10 have up to six opportunities before the end of Year 12 to demonstrate the required skills in each component. Once a student has demonstrated the required skills in a component they are not required to sit that component again.

As its name indicates, the OLNA is an online test. The reading and numeracy components each comprise 45 multiple-choice questions and students have 50 minutes to complete each component. The writing component is a typed response of up to 600 words. Students have 60 minutes to complete this component.

If your child did not achieve at least Band 8 in all three tests in Year 9 NAPLAN, I would encourage you to read the OLNA Information for parents/carers brochure, which is available online at <http://senior-secondary.scsa.wa.edu.au/assessment/olna>. While you are on the website, I would also encourage you to look at other available information.

The Mathematics and English department provides students with access to the OLNA Practice tests and/or the OLNA Example tests. Students can use the Practice tests to familiarise themselves with the assessment format and website functionality. The Example tests provide students, teachers and parents/carers with a complete test that is indicative of the difficulty and the diversity of skills assessed. There is an Example test for each of the numeracy, reading and writing components. It includes a set of 45 multiple-choice questions for reading; a set of 45 multiple-choice questions for numeracy and one writing prompt. Users have 50 minutes to complete the reading and numeracy components and 60 minutes to complete the writing component.

Answers to specific questions about the OLNA can be found on the SCSA website

<http://scsa.wa.edu.au>.

Ms Satwant Mioduszewski Learning Area Coordinator—Mathematics

ENGLISH

ATAR English Exams. Week Six was the start of exam week for our ATAR students. Students in Year 11 ATAR English completed their exam on Tuesday 4 June. Students completed extra study sessions on the public holiday on Monday, coming into the school for an extra two-hour revision session. It is clear that our students are dedicated to their learning and are striving to achieve to the best of their capacity. The exam covered complex course content, which challenged the students to think analytically, critically and creatively.

Congratulations to Damien Wojcikowski (Year 11) for achieving the top mark in the exam for the class and well done to all students.

Ms Lisa James - Learning Area Coordinator

UNI PREP SENIOR SCHOOL

Balga Senior High School enjoys a strong partnership with Edith Cowan University and we have embarked upon another successful year delivering the UniPrep Programme. This semester students have been working their way through the Learning Skills and Academic Writing units and have been working hard to complete a variety of tasks. It has been encouraging to see the students develop a range of skills that will enable them to apply for a degree course at the end of Term 3. We have had the opportunity to visit ECU's Joondalup Campus and a visit to the Mt Lawley campus is planned for next term. The students enrolled have all completed presentations on their planned course choices and these include education, aviation, psychology and computer science. With continued hard work we are hopeful that our students will achieve success in this course and therefore achieve their goals.



Ms Sarah Bath - Team leader Senior School

SCIENCE

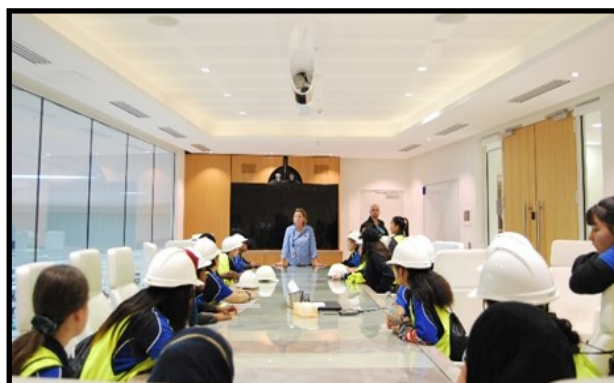
Physics has been the focus in Science this term. Students have studied a wide range of topics, from energy, force and motion to electricity, light and sound waves. Several students participated in the Australian Science Innovations Big Science quiz achieving scores above the State and National averages. Congratulations to Chloe Robbins and Roger Bolgia on this achievement.

Senior school students completed their Semester 1 exams with some tremendous results also being attained.

STEM classes have been working on various projects this semester such as balloon powered cars, water purification systems, building design and town planning where scale models are constructed from recycled materials. Year 8 students attended an excursion to the Roy Hill Remote Operations Centre where they learned about mining in the 21st century and participated in a range of activities involving coding, robotics, VR, mining equipment simulators and managing the economics of a mining company.



Year 8GEN students with their scale model town



Year 8AC students at Roy Hill Remote Operations centre

Mr Wade Ramponi - Teacher of Science

DRAMA NEWS

YIRRA YAAKIN THEATRE COMPANY, JUNIOR SONNETEERS PROGRAM :

In March this year, nine of our talented drama pupils; Hassan Almagutar, Baden Garlett, Makayla White, Kobie Dunstan, Reza Sadeghi, Sadaf Darab Nahafabadi, Clarice Layton, Arta Rad and Shayann Yarran were successful in their audition for a place in Yirra Yaakin's Junior Sonneteers Program. These successful pupils have been partaking in a series of intensive workshops and rehearsals that will lead to a number of curated public performance opportunities.

As a Junior Sonneteer, students receive intensive development in Theatre making, performance and language skills at a professional level. Our Drama pupils through this process will gain an awareness and appreciation of Noongar language and culture and they will also develop their performance skills. We wish them every success for their first public performance in July.

JASPER JONES :

The cast and crew of Jasper Jones are currently very busy rehearsing for our upcoming production later in the year. The play, written by Kate Mulvany is an adaptation of Craig Silvey's novel. The play is set in Corrigan in 1965 during the Vietnam war. It is about a 14 year old boy, Charlie Bucktin, who is struggling to process and live with the fact that he helped Jasper Jones, the towns outcast, cover up the death of Laura Wishart.

Edith Cowan University, (ECU) has sponsored us for this project and we hope to tour with the play in late November of this year.

YOUTH ON HEALTH DRAMA FESTIVAL (YOH) :

Our Junior and Senior Drama pupils are currently very busy scripting, devising and choreographing for the upcoming heats of the Youth On Health Drama Festival. We are entering two teams into YOH again this year. Our Junior team will perform their production on Tuesday 3 September at the Mandurah Performing Arts Centre. The piece is titled "Imaginary Friend" and is a comical, presentational piece of theatre that examines what happens to an individual when they lose their sense of belonging. There are 61 pupils involved in this show and it is sure to entertain!

The Senior team will be heading to Mandurah on Thursday 5 September to perform their YOH entry titled, "Lost Child". The Drama is a fast paced Epic style production full of song, dance and verse. The tale exposes Peter Pan and Captain Hook for who they really are. Tickets to the heats can be purchased through Mandurah Performing Arts Centre, Mandurah.

Ms Kate Maughan— Teacher Drama

SENIOR SCHOOL

Dr Craig Challen SC OAM visits Balga SHS

On Wednesday 12 June the Year 11 and 12 students were privileged to hear Dr Craig Challen recount the story and explain his role in the rescue of the Wild Boars Soccer Team in northern Thailand in July 2018. Dr Challen is a world renowned cave diver and kept the Balga students riveted with the story of the international rescue mission to save the boys. Dr Challen visited Balga as part of his role as an Ambassador for The Smith Family.



Pictured: Ved Ghumundee, Mujtaba Al-Hasooni, Dr Craig Challen, Paw S'Kar Jackson & Ruth Dagnachew

Ms Hayley McGill—Deputy Principal

LEARNING SUPPORT

Landforms and natural Disasters

In Science this term, the Learning Support Students in LS1 have been working hard on Landforms and Natural Disasters. They have engaged their engineering minds during an Earthquake simulation; they were required to build structures that would resist the violent movement of this natural disaster. We finished the term off with a bang as students honed their chemistry skills to create a to-scale, erupting model of a volcano, researching several infamous eruptions along the way.



Mr Joshua Harris - Teacher Learning Support

Space Virtual Reality Incursion

At the beginning of this term presenter Silvia took the Learning Support students on a journey through Space with virtual reality. Using headsets the students viewed films on The Solar System, the Earth and the Planets in order from Mercury to Saturn. They were able to move around the planets and find interesting facts on each. Students enjoyed using the headsets and engaged in the virtual reality tour of Space.



Mrs Biljana Jankulovski - Teacher Learning Support

Bunnings Sausage Sizzle

On 8 June the Learning Support staff held a fantastic Sausage Sizzle at Bunnings Balcatta. All monies raised will go towards the Learning Support camp in September this year. A huge thankyou to everyone who came down and supported us on the day.



Ms Jenny Johnson - Learning Support

WORK PLACE LEARNING

This term has seen more students engage in their work placements. We would like to acknowledge the students who consistently attend the work-place and are receiving positive feedback from their supervisors. This contributes to building strong relationships between the school and wider community. Year 11 and 12 students with a placement, should now be working towards the completion of their Skills Journals.

We look forward to our students having another successful term.



World Skills Australia Regional Competition

The World Skills Australia Vocational Education and Training in Schools (VETiS) program is a series of work-simulated projects based on industry standard frameworks which are designed and administered by practicing teachers and industry professionals. The World Skills Australia Regional Competition is a challenge that aims for students to test their skills against those of their peers. Competing will show students how their skill levels rank against others in their industry.

We would like to congratulate Year 11 students La Kin Wah and Paramed (Pond) Kitthana who have been invited to participate in the VETiS World Skills Competition for Bricklaying. These students have engaged in the NNEI (New North Education Initiative) program and demonstrated great practical skills whilst completing a Certificate II in Construction Pathways at the Girrawheen Trade Training Centre.

We wish them the best of luck as they represent our school at the competition.



Workplace Learning/VET Team

IEC

This term 3.4T worked with the mentors from University of Western Australia. They came every Tuesday in period 2 on a voluntary basis. The students were involved in activities that were aimed at developing their communication and leadership skills, confidence and encouraging teamwork. The students had a ball! Well done 3.4T for your engagement and taking on board this new program.



Ms Lorraine Marie - Teacher IEC

IEC STUDENTS TAKE PART IN NEXT GENERATION ACADEMY PROGRAM

As a part of our partnership with the Western Australian Football Commission and in conjunction with the West Coast Eagles AFL team our boys from the IEC got to take part in the Nic Naitanui Next Generation Academy Program for 5 weeks during their Physical Education lessons this term. During the program the boys learnt the basics of how to play Australian Rules Football and played a few games where they could put these new skills into action. From this program there has been a couple of boys join community teams and start playing on the weekends.



Mr Neil Arnold - Team Leader Year 7-8



GIRLS ACADEMY

In May students attended the play Bindjareb Pinjarra at the State Theatre.

The play was about WA's Pinjarra Massacre. Created and performed by Nyoongar and Wadjella (whitefella) actors.

This theatrical history lesson was about the mass killing of Nyoongar people at Pinjarra on October 28, 1834 – an event recorded as the Battle of Pinjarra. Students enjoyed the play with lots of emotion from laughter to sadness.



Reconciliation Week- 27 May – 3 June 2019

During Reconciliation Week students from the Girls Academy had the opportunity to attend the Reconciliation Breakfast at Crown Towers.

While the breakfast was amazing the highlight of the morning was Ken Wyatt addressing the audience as the nation's first Aboriginal Minister for Indigenous Affairs.



Patsy Chubby said, "It was a lovely breakfast and good to meet Ken Wyatt".

Yirra Yaakin- Djinda Kaatijin (means-understand the stars)

We attended West Morley Primary School to see "Djinda Kaatijin" a play performed by the Yirra Yaakin Theatre.

Through a mix of traditional Noongar dreaming stories and modern day Indigenous storytelling, Djinda Kaatijin explores the importance of the stars and how they are culturally important to us all.

The main characters were Dwert the Dingo, War-dong the Crow and Wetj the Emu. We went on a journey to learn about the Seven Sisters in the Milky Way, at times our journey included stories from India, Spain, Scotland and back to Noongar Boodja.

Cilla Blurton said, "I learnt about the seven sisters and to get things done we must work together".

Ms Penne Pickett

READING SUPPORT PROGRAM

Our partnership with Balga Primary School and support of their Reading Program has continued again this Term. Each Friday morning before school a group of students from Year 7 – 10 have been travelling to Balga Primary School to listen to the Primary School Students as a part of the Reading Program. Balga Primary School are extremely appreciative of the assistance that we are able to provide and the Primary School students are showing some great improvements in their reading skills and really get a kick out of reading to the “big kids”.



YEAR 6 STUDENT ENGAGEMENT DAY TERM 2

It was great to see 45 primary school students from local feeder Primary Schools come and join us for the Year 6 Engagement session for Term 2. This term there was a Science focus for the session and the students had a great time doing different activities (Onion cell slide for microscopes, Hydrogen & Dry Ice, Rockets) in the science labs. There will be two sessions held next term, the first will be a STEAM based session and the second visit later in the term will see the primary school students come to watch the YOH Fest .

If you have any enquiries about enrolments for Year 7 students for the 2020 school year, please do not hesitate to contact the school and ask to speak to Neil Arnold. School tours can be arranged for prospective students and families upon request.

Mr Neil Arnold - Team Leader Year 7-8



Nationally Consistent Collection Of Disability Data

Our school is part of a national project about students with disability and/or learning difficulties. Some of these conditions could include, but are not limited to, such things as Physical Disabilities, Hearing Impairment, Diabetes, Autism, Anaphylaxis and Cerebral Palsy.

We have been asked to provide data about the number and learning needs of children at our school. The name of the school and the name of the student will not be reported.

Information about the different types of needs and the programs and resources the school uses to overcome barriers and support children with special educational needs will be collected.

We believe it is important to contribute to this because it will help the Government and the Department of Education develop better policies acknowledging the level of resources needed in schools to meet the needs of all students in Western Australia.

If you do not want your child/ren to be included please advise the school in writing as soon as possible and, once received, the information will not be included in the information provided to the Commonwealth.

To learn more about the Nationally Consistent Collection of Data for School Students with Disability, you can visit the website: <https://www.education.gov.au/what-nationally-consistent-collection-data-school-students-disability>

Ros Playforth—Student Services

Youth Connections Program

2019 MMRC YOUTH CAMP

The Youth Connections Program supported 12 Balga Senior High School students in attending the 2019 MMRC Youth Camp in the April School Holidays facilitated by the Youth Connections Program and the Youth SETS program. On 15 April we set out with eight other amazing young people and four volunteer team leaders to the Ern Halliday Recreation Camp for an amazing adventure. For three nights and four days the participants had the opportunity to make new friends through creating a sense of belonging and to equip themselves with transferrable skills whilst exploring their personal attributes that can be utilised post-secondary school. The participants also had the opportunity to explore their own personal goals and the post-school options available to them, whether that be further education, training or employment. Some exciting activities the participants were involved in were; working as a team to create their own team goals (below), crawling through a man-made caving system, participating in a Careers Goal Workshop facilitated by Curtin AHEAD, water-based activities and attending a Pop-Up Expo on the camp grounds where they had the opportunity to meet and talk with representatives from ECU, Murdoch, Curtin, Notre Dame, North Metro TAFE and the Jobs and Skills Centre. One highlight of the camp was the presentation of the four teams, team goals and team handshake. The teams that they created were; BST (Blood Sweat and Tears), Rainbow, Infinity and Troopers.

Ms Terese Micallef

Metro Migrant Resource centre

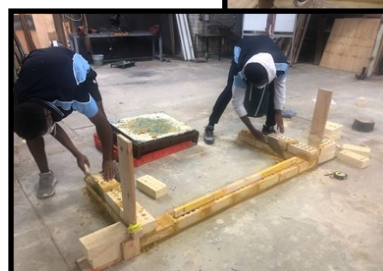


DESIGN & TECHNOLOGY

The Building and Construction students have been very busy this term with their brick laying project. The students had to build a four tier brick wall using mortar as part of their practical assessment in three weeks. In week one the student's were taught:

- How to use string line so the brick wall would be in line.
- How to use a builder's square to check if the wall is square.
- The safe use of a cement mixer
- How to mix the mortar to a right consistency.
- The trade and industry standard and practices of brick laying.

From week two the students took ownership in mixing the mortar and cleaning up after their completion of the wall. Our principal Mr Carton who was our guest judge was impressed and proud of the accomplishment the Year 11 and Year 12 Building and construction students had created in three weeks.



Ms Neha Singh - Design & Technology Teacher

ART & HOME ECONOMICS

There was a fantastic collaboration between the Art and the Home Economics departments with students from IEC 1.1 combining their skills to complete original and colourful cushions.

The designs and silk screen printing were completed in the Art department. Then the students completed their cushions by sewing and filling in Mrs Connop's textiles class.



Mr Trenton Harris - Teacher of Art

BREAKFAST CLUB

Breakfast Club operates each day from 8.10am - 8.30am from the school canteen. Milo, Toast, Spaghetti, Baked Beans, Fried Eggs, Fresh Fruit as well as a variety of spreads are all part of the rotating menu. Many thanks to the volunteers from St. Nicholas Church Duncraig, Salvation Army Balga and Victory Life Centre Osborne Park for their ongoing support. The teams of dedicated volunteers ensure the students have the opportunity for a warm breakfast which is always appreciated but especially on the cold mornings we are experiencing.



Ms Ros Playforth - Student Services Manager

BALGA SPORTING NEWS

BASKETBALL - Boys

The Senior School Basketball squad represented the School over the course of the semester in the Northern Suburbs Champion Schools Basketball Competition.

The team finished the season in fourth position on the ladder which included five great wins, three narrow defeats and a draw. The team has progressed through to finals and enjoyed a great win against Ellenbrook SC. The team play Kingsway CC next in the knockout rounds, with the winner progressing to the next round.

Standout performers for the season include Kelvin Simpson and Clynton Culbong who have both scored plenty of points and have set the standard for all matches. Jayke Barber is to be congratulated on his selection in to the Senior Boys Northern Suburbs League All-Star 5.



Mr Brad Stevenson - Teacher Health & PE

BASKETBALL - Girls

This season the girls played a six game round robin against other secondary schools. The girls played with heart and determination and made it through to the finals. Unfortunately they lost their final vs Clontarf but it was the best game of Basketball they played throughout the season. The girls can be proud of their development in Basketball and the way they represented themselves and BSHS.

Jiceira Riley was named in the All Star 5. Well Done Jiceira!

A HUGE thank you to Steph Jones for coaching the girls and helping them get to the finals.

BALGA SPORTING NEWS

Looking forward to next year!



Ms Brydie Donald - Teacher Health & PE

SOCCER

The Senior and Junior Girls Football (Soccer) teams are currently undefeated in the play off rounds of the Champion Schools Football Competition and are focused on refining their set plays and skills. They are determined to continue their success into the knock out rounds next semester.



Ms Sarah Bagshaw - Head Girl Coach

Girls AFL

The girls played three games of Footy (due to defaults and poor weather) this season and represented our school with pride.

They lost to Carine and only went down by one point to St Stephens, but managed a good win vs St Marks which was a fantastic way to finish the term.

The Balga girls can be proud of themselves for how they played and the skills they developed on the oval.

Well done everyone for your awesome efforts and can't wait for next year to get some more games and hopefully more wins vs the other schools.

Ms Brydie Donald - Teacher Health & PE



Boys Junior School AFL

Term 2 saw the Balga Junior Australia Rules Football team compete in the Eagles Schoolboys Cup. The group of boys represented the school well, competing hard against bigger opposition as the majority of our team was made up of year 7s.

Although we didn't win a game this year the improvement shown from our first game to last was immense. If this group of boys stick together over the next two years and continue to work hard and improve, victories will come their way.

Best and Fairest:

1st Josh Slater - 18 votes

2nd Cameron Hill - 14 votes

2nd Rhys Butler - 14 votes

Mr Jason Bristow - Teacher Health & PE

BALGA SPORTING NEWS



Boys Senior School AFL

The Senior School Balga SHS Football Team competed in the Glendinning North Football competition. All matches played were tight contests and played in great spirit. The team looks forward to further games throughout Term 3, and with increased numbers in the program, the school will be aiming to compete in a more competitive competition in the future. Senior School students Jack Saligari, Rory Ashby and Colin Greene are to be congratulated for their performances umpiring the girls games, along with Kobie Dunstan and Clynton Culbong for offering to help umpire at the recent Warriapendi Primary School Football Carnival.



Mr Brad Stevenson - Teacher Health & PE

LIGHTNING CARNIVAL

Thursday 6 June was the Year 7, 8 & 9 Soccer Lightning Carnival. It was a fantastic day of fun, friendship and sport.

The girls from the Netball Program came across and played Soccer. Eden Murphy (Year 11) did some fantastic coaching. Bolton Yangi and Paw S'Kar Jackson officiated and made sure all the points were counted up correctly. The Year 12s from the Senior Girls Soccer Program / Certificate II Sports Coaching Course mentored the Year 7s and made sure everyone felt happy and included. It was a fantastic day for all.



BALGA SPORTING NEWS



Yr 8 Lightning Carnival Boys Soccer Team Division 2. Enjoying the day playing soccer for five wins, two draws and two losses.



Yr 9 Lightning Carnival Boys Soccer Team division 2. Beautiful conditions for a full day of playing soccer. Overall the team had four wins, three draws and only one loss.



BALGA SPORTING NEWS



Mr Rob Milevski, Mr Brad Stevenson &

Ms Sarah Bagshaw

Teachers of Health & PE



Colds

Upper respiratory tract infections or colds are everywhere, especially in winter, so it is almost impossible to stop children from catching them. Here are some points which may help:

- Teach your child to cover his/her nose and mouth when coughing or sneezing, and to wash hands straight afterwards. (Sneeze into elbow if unable to wash hands without help).
- Hands should be washed after blowing noses and before eating.
- Use tissues once and then throw them in the bin. (Avoid using handkerchiefs.)
- Keep your child home from school if he/she has a cold/cough/fever/pain.
- Make sure that your children eat a balanced diet of plenty of healthy foods.
- Keep children away from smoke – it irritates their eyes and nasal passages, making it more likely that they will catch a cold.

What to do if your child gets a cold

No treatment will cure a cold or make it go away more quickly, but you can help your child feel more comfortable:

- Rest: This need not be in bed.
- Provide extra drinks: If your child doesn't want to drink much, try giving lots of small sips of water, milk or juice, or ice blocks to suck for older children.

Germs are spread easily to classroom staff and other students. Keep your child home if your child cannot;

- Cover his/her nose and mouth when coughing and sneezing
- Wipe his/ her nose independently
- Wash hands without help

Asthma first aid

Children with asthma can quickly become seriously ill. Asthma needs to be taken seriously. A child with a serious asthma attack may not sound wheezy, but may be pale, quiet and/or breathing with quick shallow gasps.

If a someone is short of breath and wheezing from asthma, follow his or her Asthma Management Plan, or these first aid steps:

- **Step 1** - Sit the person upright, remain calm and help the person stay calm. Do not leave the person alone.
- **Step 2** - Quickly give four puffs of a reliever puffer (blue puffer), one puff at a time. This is best given through a spacer. Ask the person to take four breaths from the spacer after each puff. Use the puffer on its own if no spacer is available.
- **Step 3** - Wait four minutes. If there is little or no improvement, repeat steps 2 & 3.
- **Step 4** - If there is still little or no improvement, call an ambulance immediately - 000.
- Continue to repeat steps two and three while waiting for the ambulance.

For more information about asthma and asthma first aid, go to www.asthmawa.org.au

Immunization information for parents

Immunization programs in our community are designed to keep everyone well and safe, especially those people who are most at risk, such as babies.

Parents or legal guardians who make a conscious informed decision not to immunize their child should note the following:

- In the case of a Measles or Pertussis (whooping cough) outbreak, Western Australian schools are required by the Department of Health, to exclude students who have not received the appropriate vaccination.

Please make sure your school-aged child is fully immunized and that you have provided a copy of the AIR immunization record to the school.

Did you know that as parents you can ring the National registry or visit www.humanservices.gov.au to check out your child's immunization status? All you need is your Medicare number. Alternatively, phone 1800 653 809 or email air@humanservices.gov.au



BALGA SENIOR HIGH SCHOOL

An Independent Public School

SCHOOL TOURS AVAILABLE ON REQUEST

To arrange contact school on 9247 0222



INNOVATIVE AND OUTSTANDING ACADEMIC PROGRAMS

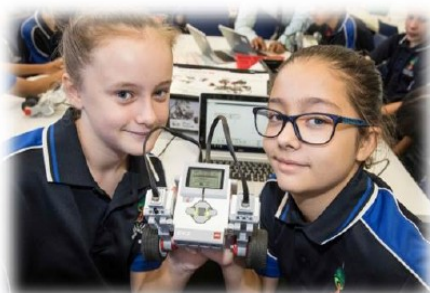
- ATAR PROGRAMS AVAILABLE
- UNIVERSITY PREPERATION COURSE (Partnering with ECU)
- NNEI PROGRAM
- CERTIFICATE II COURSES (Sport, Hospitality, Child Care)

CHALLENGING AND REWARDING EXTRA CURRICULAR ACTIVITIES

- POLICE RANGERS
- AFTER SCHOOL SPORTS (AFL, Badminton, Soccer, Netball)
- ROBOTICS CLUB (Partnering with Google)
- YOH Fest (Drama)
- HOMEWORK CLUB (Weekly)



KEY SCHOOL PARTNERS



www.balgashcareers.com

We have a School Careers Website.
It's a "One Stop Shop" for everything you
need with Career Planning and help.

CHECK IT OUT NOW!

Ms Mandy Hampson



Latest News and Events

VET

Uni Admissions

Find What Careers Suit You

Work Experience

Gap Year

Choose a University

Find a Job

Create a Resume

Defence Careers

Youth Allowance

THE BEST WAY TO PREDICT THE FUTURE IS TO CREATE IT