



Lane Cove West Public School

CHATTERS

Avalon Avenue
Lane Cove NSW 2066
Telephone: 9427 4743
Facsimile: 9418 6865

Email: lanecove-w-p.school@det.nsw.edu.au

Website: www.lanecove-w-p.schools.nsw.edu.au

Wednesday 18th September, 2013
Week 10

Principal's Report



PBEL VALUE OF THE WEEK

This week we will be revising this term's values.
Focus: *all areas of respect, responsibility and endeavour.*



MUSICAL PRODUCTION

"All at Sea"

What an absolutely brilliant performance!

We are so fortunate to have such talented students, led by such talented staff. All staff worked so hard to support the students in these performances, giving up many hours before and after school to make costumes and props and train the children. Mrs Bronwyn Neal and Mrs Lindsay Lamb are to be congratulated on these wonderful performances – we are so lucky to have these dedicated teachers at our school. Another marvellous performance!!!



All at Sea

TRAFFIC CHANGES IN CULLEN STREET

Council's Traffic Committee has decided to implement a 6 month trial of traffic changes in Cullen St to alleviate the congestion during mornings and afternoons. **Please carefully read the inserted map** showing the agreed restrictions to stopping and parking in Cullen St. Council Rangers will be patrolling the streets around the school during this



period to ensure that motorists are obeying the restriction signs.

The drop off area has been increased on the Western side of Cullen St and there is now "No stopping from 8am to 9.30am and 2.30pm to 4pm" on the eastern side of Cullen St.

WALKING BUS

A meeting was held yesterday between Daniel Strassberg (P&C Vice President) Bruce Fraser from Lane Cove Rotary and me to discuss the possibility of a Walking Bus, with the bus "Drivers" funded by Trans Urban. A trial will be held early next year to see how this system will work. More details to come.



YEAR 6 CAKE STALL / MUFTI DAY

Our Year 6 students will be selling cupcakes **tomorrow - Thursday** to raise funds for their end of year farewell and their gift to the school. For a gold coin donation, all students may wear MUFTI (i.e. play clothes – no thongs please) and buy a delicious cupcake or two for recess. Make sure you bring in coins for the yummy cakes which are priced between \$1 and \$2. The Primary Proms Choir members will have the opportunity to buy a cake before they leave for the Town Hall.

PRIMARY PROMS

Our marvellous Year 3 / 4 Proms Choir will be performing at the Sydney Town Hall tomorrow night at 7pm in the Primary Proms, 2013. Thanks must go to Lindsay Lamb and Alix Highland for their excellent training of this choir. Mrs Neal and I are very much looking forward to attending this concert, along with many proud parents.

NAPLAN RESULTS

As you may have heard in the media, there has been a slight delay in the delivery of the Year 3, 5, 7 and 9 NAPLAN results to parents. They were to have been sent home this week, however due to some printing issues they will now be distributed during the week

beginning 14th October (week 2, term 4). The reports will be sent home with your child in a sealed, addressed envelope.



The Navy stopped off in New Zealand

CHESS CLUB – TERM 4

Due to popular demand, Chess Club will continue this year in Term 4. Please read the insert in Chatters for more information. The enrolment form can be found as an attachment and additional copies can also be found in the Notes Rack in the office foyer. Spaces are limited so return your enrolment form promptly. Chess club will be held next term in 1W and 1C classrooms in Block B. Kieran Campbell and Susan Watts have volunteered to supervise the groups in term 4. I would also like to thank Sam Jangoshian and Jared Rastall who gave up their time in Terms 2 and 3 to supervise these chess students after school.

ALSO CONTINUING IN TERM 4

The Gardening Club and Knitting Club will continue in Term 4. New members are invited to join the Gardening Club which meets at lunchtime on Wednesdays. The Knitting Club meets on Thursday mornings from 8.50-9.25am. Thank you to the parents who have helped with the Knitting Club this term.

SUMMER UNIFORM

The official changeover from winter to summer uniform is Day 1 Term 4, Tuesday 8th October. Please make sure all hats and jackets are labelled with your child's name and that correct footwear is worn - black school shoes (not runners).



BUILDING UPDATE

Work on footings and utilities for the placement of the demountables has commenced already and two of the demountables will be moved to their temporary positions during the holiday break. Classes 3/4R and 3F will be storing their classroom furniture in the school hall during the holiday break to allow their demountable classrooms to be relocated.

ARE YOU LEAVING LCWPS in 2014?

If your circumstances change and your child will no longer attend this school next year, please let the office know immediately. I need to know exact numbers so I can plan for staffing and class composition for next year. Thanks for your help in this matter.

DEBATING CAMP

Congratulations to Caitlin Lee, Will Clements, Sophie Westmacott, Bella Ziade and Ryan Haire who will be attending a Regional Debating Camp at Collaroy this week.



JUNIOR DRAMA PERFORMANCE

On Monday afternoon our Monday and Tuesday afternoon drama groups, led by Alix Highland and Kate Limbrick performed for a huge audience of parents and staff in the school hall. They performed "A Commotion in the Ocean" and "The Gruffalo". Both groups did a magnificent job and gave thoroughly entertaining performances. Thanks once again to Kate and Alix for giving up their own time after school hours to train these young students. Well done!



KINDY TOILET

After very many years we have finally installed a lovely new toilet in C Block. This will be very handy for our youngest students (and their teachers), who have such a long way to go to the nearest toilet. This was funded by a special DEC grant which I applied for and was very fortunate to receive.

Have a happy holiday!

School resumes for students and staff on Tuesday 8th October, after the long weekend.

Judy Doherty

School Security: 1300 880 021



Chess Club Term 4

It's not too late for enrol for Chess Club.

The club is open to children from Years 1 to 6 and we will be accepting up to 40 students split into two groups. Existing Chess Club members must re-enrol each term.

Chess Club will commence on Monday 14th of October, (Week 2 to Week 7), 3.30-4.30pm. The enrolment form, with further information, is attached to this edition of the Chatters. Enrolment forms must be received by Friday 20th September.

Caroline Elsik
Chess Club Coordinator

Gardening and Knitting Clubs

Spring has arrived in full bounce this year! The Gardening Club have been busily planting in new crops of tomatoes, lettuce, carrots, corn, rocket, radishes, cucumber, capsicum and a variety of new herbs. **If anyone lives close by, would you please swing by our school veggie garden during the holidays and give it a little drink?** It would be much appreciated. We look forward to another term of new and old Gardening Club members after the Spring break.

Knitting Club will also continue next term, every Thursday morning at 8.50am. Thank you for the colourful, knitted squares so far. We will need some parent volunteers next term to help put our squares together into blankets for our school's donation to charity.

Bronwyn Moncur / Michiko de Solom



Our keen gardeners



Band Report

It's the end of a busy Term 3 and well done to all players and volunteers for all the hard work this term. Next term will also be filled with performances so students, please keep practising in the holidays.

Dates for the Diary

Senior Assembly – Term 4, Week 2 Junior Band

Senior Assembly – Term 4, Week 3 Jazz Band

Hunters Hill High School Primary Band

Workshop – Wednesday 9th October. Years 5 and 6 band members have the opportunity to attend a band workshop. More details will follow.

Jazz Band – Saturday 20th October. The Crows Nest Festival, performance time 11.55-12.15.

Concert Band – Friday 1st November, 2-3pm.

Concert for current Year 2 students.

Try-out Day – Friday 8th November, time tbc. This is a chance for any interested Year 2 students to try out some instruments.

Music by the River 2013 – Sunday 10th November.

Concert and/or Senior Band, tbc.

Band Gala Night – Thursday 28th November.

Parents, keep this date free as this is the chance for all bands to showcase their best work in an unforgettable end of year performance.

Rosters

Senior Band – 7th October - Public holiday so no band rehearsal

Concert Band – 8th October - Bains & Pettigrew

Junior Band – 9th October - Jeffrey & Fong

Email: band@lcwps.com.au

Junior Band Email: juniorband@lcwps.com.au



Saturday October 26, 5-9pm

Want value for money?

Don't want to queue on the night?

Then pre-purchase your tickets. Unlimited ride armbands offer great value for money, and as a bonus you will save the \$5 entry fee! Unlimited Ride Armbands cost only \$30 and you can go on as many rides, as many times as you like!

The one-price armband is suitable for all age groups from pre-schoolers to adults as there are plenty of rides to suit young and old.

Tickets will go on sale during the holidays, Monday 30th September. Order your tickets online through www.lcwps.com.au or pick up a paper order form, available in the office notes rack. Armbands will **not** be delivered to you, collect on the night at Gate 1, Cullen St entrance.

Entry to Halloween Fireworks Night is \$5/person (under 4 years free)

If you want to find out more about what's on at the event please visit the P&C website at

www.lcwps.com.au



Pumpkin Patch

Year 6 are seeking donations of prizes for the Pumpkin Patch winners. We require numerous prizes for pumpkin carving and best costumes. We are happy to promote any businesses who make donations.

If you know anyone outside the school who would be happy to provide a donation, then please let us know.

Contact either Melita Darragh at

melitadarragh@yahoo.com.au or 0416 273 336 or

Angela Woodburn at awoodburn@bigpond.com or 0418 477 187.

Side Show Alley

Year 3 parents are seeking NEW or second hand TOYS, BOOKS, GAMES, CRAFT ITEMS to be given out as prizes in Side Show Alley.

Please only send UNBROKEN toys in GOOD CONDITION as it costs the school to dispose of unusable prizes - thanks :)

This spring holidays is a great time to clear out unwanted toys and gifts and give them a new life as prizes for our games!

Help our LCWPS Fundraiser!

Please bring into your classrooms and they will be collected at the end of each week. Donations can start immediately so we can have plenty of time to sort them into girls/boys/age groups.

Thank you in advance

Year 3 Parents



Banking Report

It was a very quiet week for banking this Tuesday. Next term as well of the calculator, you will be able to redeem your tokens for a new reward: the headphones. It will be also the last term for the **Dollarmites moneyboxes which will not be available in 2014.**

Today, we would like to congratulate the following students who have received a School Banking Silver certificate for their fantastic efforts in making 20 deposits: **Kaiden Marks Pearce, Rhys Neyle and Zia Saber**

Also a big congratulations to the following students who have received a School Banking Bronze certificate for their efforts in making 10 deposits through the School Banking program: **Jamison Houchell, Willow Tucker-Downs and Ada Fettahlioglu.**

School banking will be open for business on the first Tuesday for Term 4 – Tuesday 8th October.

Thank you for supporting School Banking Program. Happy and Safe holidays!

Banking is every Tuesday morning 9AM until 9:20AM at the canteen windows under the Hall COLA.

School Banking Co-ordinator: Delphine DAVIES

Phone 0430 107 778 or email delph70@iprimus.com.au







Memorandum



Project Title Lane Cove West Public School Traffic Study

Subject Agreed Scheme

Location Cullen Street, Lane Cove West

To Judy Doherty (Principal LCWPS)

From Hastono van Hien (Transport Planner)

Division OSUSD

Record No. 45094/13

Date 9 September 2013

The proposed Cullen Street scheme to be implemented for a 6-month (two terms) trial period, as agreed by Traffic Committee and Council, is as follows:

- Extend the 'No Parking 9am-9.30am and 3pm-3.30pm School Days' Zone on the west side of Cullen Street, extending from the southern extent of No. 94A to the existing Bus Zone;
- Install a 'No Stopping 8am-9.30am and 2.30pm-4pm School Days' Zone on the east side of Cullen Street, starting 10m south of the intersection with Henley Street and extending 80m south; and
- Replace the existing 'Bus Zone 8.30am-9.30am and 3pm-4pm School Days' signs with 'Bus Zone 8am-9.30am and 2.30pm-4pm School Days'.



Cullen Street Parking – Agreed Restrictions

Lane Cove West Chess Club

Term 4 - 2013

Dear Parent/Carer,

The Chess Club will commence for Term 4 on **Monday, 14th October 2013 from 3.30pm – 4.30pm (Week 2)**. Children from **Years 1-6** are welcome to join and we will continue running two groups of 20 students. **Current Chess Club students must re-enrol.** Places will be offered on a 'first back, first in' basis.

The club meets each Monday after school in B Block in the 1W and 1C classrooms. Children must be picked up outside the designated classroom at 4.30pm, or they will be taken to OSHC if they are booked in.

The classes will be conducted by professional chess tutors from the Sydney Academy of Chess, ably assisted by Susan Watt and Kieran Campbell. Beginners will be taught the fundamentals of chess, and experienced players will be grouped so they can improve their game skills each week.

The fee for Term 4 will be \$42 per student, i.e. \$7 per week for 6 weeks

Please fill in the form below and return it to the school office, with payment, ASAP, as places will be given on a "first back, first in" basis. Confirmation of enrolment will be sent to each student.

Regards,

Caroline Elsik
Chess Club Coordinator

.....
Student's Name: _____ Class: _____ Age: _____

Chess Experience:

- ☐ Novice – Do not know the rules, never played
- ☐ Beginner – Know the basic rules
- ☐ Intermediate – Can play a game and can checkmate
- ☐ Experienced – know the rules and some tactics

☐ Pick up from classroom by parent/carers

☐ Booked into OSHC

Relevant medical conditions/allergies: _____

Parent/Carer's Name: _____ Signature: _____

Mobile: _____ Home ph: _____ Work ph: _____

Email: _____

.....
Term 4 Payment - \$42.00 per student

Child: _____ Class: _____

☐ Credit card

☐ Cash

☐ Cheque (made payable to **Lane Cove West P&C**)

Credit Card Details (MasterCard or Visa only):

Name on Card: _____ Expiry Date: ____/____

Number: ____/____/____/____

Signature: _____ Contact No: _____



Pre-paid Entry and Unlimited Ride Armbands

To pre-purchase Unlimited Ride Armbands and/or Entry simply fill in the form below and return to the office with payment by **Thursday 24th October** (or order online at www.lcwps.com.au).

Unlimited Ride Armbands are suitable for all ages from pre-schoolers to adults as there are plenty of rides to suit both young and old. For those who opt not to purchase Armbands, individual **Ride tickets** will be on sale on the night at **\$4/ticket or \$10/three**. Most rides will require at least 1-2 tickets per ride.

Armbands and Entry tickets will **NOT** be sent to you. You can pick up your Armbands and Entry in person at Gate 1, Cullen St from 4.30pm on the day of the event, 26th October. Each person receiving an Armband or Entry must come to Gate 1 in person to have either the Armband fitted, or receive a stamp for Entry. Please quote your name entered below to Gate staff.

For more information visit www.lcwps.com.au or contact your Class Parents.

Order Form

Name of Booking: _____
(First Name) (Surname)

	Price	Quantity	Subtotal
Unlimited Ride Armband	\$30	<input type="text"/>	\$ _____
Includes Entry and unlimited rides all night			
Entry Only	\$5	<input type="text"/>	\$ _____
Under 4yrs free			
Total:			\$ _____

Cash, Credit Card or Cheque made payable to Lane Cove West P&C Association.

Credit Card Number: _____ / _____ / _____ / _____ Visa/MasterCard
(please circle)

Expiry Date: ____ / ____

Signature: _____ Date: _____

Contact Phone No: _____

NB: No Refunds unless event is cancelled. Sorry, lost armbands cannot be replaced.

Geoff Spotswood

Enrol Now
Book On-line

September-October School Holiday Cricket & Multi-Sport Clinics

Lindfield, Tryon Oval

23-25 September 2013 - 9am to 2pm - \$210

North Sydney, North Sydney Oval No. 2

24-26 September 2013 - 9am to 2pm - \$210

Moore Park, Driver Avenue, Surry Hills

25-27 September 2013 - 9am to 2pm - \$240

*Includes: Training at SCG and SFS Indoor Complexes
& Tour of Sydney Cricket Ground & Sydney Football Stadium*

St. Ives, Hassell Park

30 September - 2 October 2013 - 9am to 2pm - \$210

Bankstown Memorial Oval

& John Mackay Indoor Complex

1-3 October 2013 - 9am to 2pm - \$160

Includes free entry to Ryobi matches

Baulkham Hills, Ted Horwood Reserve

2 - 4 October 2013 - 9am to 2pm - \$210

Daily casual rate \$80 or \$90 SCG clinics



FREE

Private Lesson
for each player,
cricket clinic!

CRICKET (5 - 16 years girls & boys)

MULTI-SPORT (boys & girls)

(5 - 13 years) Cricket, Soccer, Touch
football, Softball, Aussie Rules

FREE

T-shirt for
each player,
all clinics!

CRICKET Private Technique Coaching

Coach to player ratio 1:2 or 1:1

**Small Group
CRICKET Coaching**
(Coach to player ratio 1:4)

Beginner CRICKET Coaching
NEW For 5 to 10 year olds
(Coach to player ratio 1:10)

CONTACT GEOFF

Conducted by Geoff Spotswood, Level 3 Coach, Cricket Australia



Contact Geoff on **0401 382 409**
geoff@cricketcoachingclinics.com.au
Book online **cricketcoachingclinics.com.au**

Treat your child to a hands-on,
creative experience these school holidays !

Painting Ceramics



All kids deserve a chance to do something different and creative in their holidays.

Lane Cove Hobby Ceramics' popular children's ceramics classes give each child a chance to create their own special ceramic treasure.

They can paint their own personal plate, mug, jug or bowl. If they have some experience with ceramics, they may care to choose from trinket and money boxes, photo frames, etc.

Only \$35.00 per child, for a 2 hour session and everything is included:-

*Class time, expert tuition, their choice of item to paint (plate, mug, jug or bowl), all paints, use of brushes, glaze, firing, plus morning or afternoon tea. **That's terrific value!***

All finished products are food & microwave safe & ovenproof - very practical.

➤ **NOTE NEW ADDRESS – We have moved !!**

66 Dalrymple Avenue, Chatswood West (near corner of Ivy Street)

DATES: September: Tues 24th, Wed 25th, Thurs 26th, Fri 27th.

October: Tues 1st, Wed 2nd, Thurs 3rd, Fri 4th.

TIMES: Morning session - Start 10.00 am & pick-up 12.00 noon

Afternoon session - Start 1.00 pm & pick-up 3.00 pm

TO BOOK: Phone Janelle McDonald on - 0413 678 761

Mums & dads – you can have some fun too!

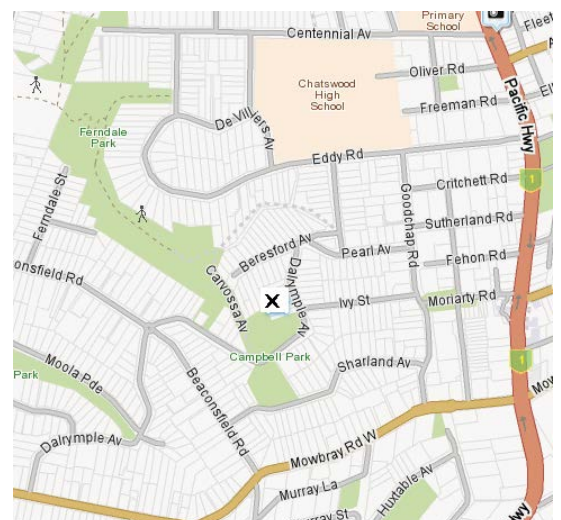
Come along and do a casual class, either with the kids, or at some other time.

It's a great opportunity to do something completely different.

We will guide you through every step of the way – it's fun and relaxing too.

All inclusive cost for big kids is \$50.00 (adult size dinner plate, etc).

Phone if you want to know more about it.





Free Singing Lesson*

with

Hayley



Adriana



Also available: Piano lessons, guitar lessons, saxophone lessons, violin lessons, clarinet lessons, flute lessons, drum lessons, cello lessons.



Shine Music School Chatswood

765 Pacific Hwy Chatswood
96879978

www.shinemusic.com.au

Offer Expires Aug 30, * Offer for u/18 only, one per student, other conditions apply



SYDNEY TENNIS GROUP
LANE COVE WEST
 Hallam Ave & Blackman Park
www.sydneytennisgroup.com.au

P: 9498 1653
 E: lanecove@sydneytennisgroup.com.au
www.sydneytennisgroup.com.au



HOLIDAY PROGRAM

Junior Tennis & Sports Camp

Sep/Oct 2013 Ages 2.5-15yrs



FAMILY
BOOKING
10% OFF
SECOND
CHILD

FULL
WEEK
BOOKING
15% OFF

**ON RAIN, HAIL
OR SHINE!!**

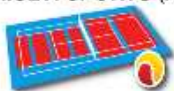
Camp 1 Sep 23-27
Camp 2 Sep 30 – Oct 4
Camp 3 Oct 7 (dupl free cost)

REGISTER ONLINE NOW!

www.sydneytennisgroup.com.au OR
 2. By phone 9498 1653
 3. Email: lanecove@sydneytennisgroup.com.au

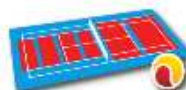
LCW LAUNCH PAD

MULTI SPORTS (AGES 2.5-6YRS)



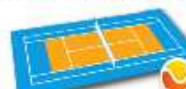
The Launch Pad program is a multi-sport program designed to develop physical and emotional skills for pre-school aged children. This program provides a great introduction to tennis, cricket, soccer, basketball and t-ball.

RED (AGES 5-8YRS)



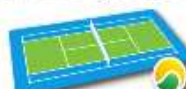
The program is designed to improve self-confidence and gross motor skills. The program involves group coaching, fun games and an introduction to match-play on a court-size of 10m x 10m.

ORANGE (AGES 8-10YRS)



Using 50 per cent compression orange balls to improve gross motor skills. The program involves group coaching, fun games, teamwork, and an introduction to match-play and tournaments.

GREEN (AGES 9+YRS)



Children play on a full-size court using 75 per cent compression green balls. The program involves group coaching, fun games, teamwork, stroke analysis and correction, match-play and tournaments.

ACTIVITIES & EXCURSIONS (OPTIONAL)

- Arts & Craft (Mon/Tues/Wed)
- Bowling & Laser Tag (Thursdays)
- Trophies & Prize Giveaway (Fridays)

TERM 4 ENROLMENTS

Term 4 Commences Monday October 7

- ✓ Term 4 Junior Hot Shots Programs Before & After School – Ages 5-12
- ✓ Term 4 Ladies Clinics & Cardio Tennis

CAMP FEATURES

Time: 9:30am-3:00pm

Location: Hallam Ave, Lane Cove

**ON RAIN,
HAIL OR
SHINE!!**

- ✓ Professional Coaching & Care
- ✓ Trophies and a prize for every child.
- ✓ Other sporting activities.
- ✓ Free racquet hire available. Racquets available for purchase at discounted rates.
- ✓ Please bring hat/sunscreen and a drink bottle.

- ✓ Casual Bookings
- ✓ Before & After Care 7:30am-6:00pm

FAMILY
BOOKING
10% OFF
SECOND
CHILD

FULL
WEEK
BOOKING
15% OFF

PRICING (p/child)

PROGRAM	Half Day 9:30-12:30	Full Day 9:30-3:00	Week (Camp 1)	Week (Camp 2)	Day (Camp 3)
Date/Time					
Launch Pad	\$35	\$44	\$187	\$187	\$44
Red	\$35	\$44	\$187	\$187	\$44
Orange	\$35	\$44	\$187	\$187	\$44
Green	N/A	\$44	\$187	\$187	\$44
Advanced	N/A	\$52	\$221	\$221	\$52
Arts&Craft	N/A	\$52	\$207	\$207	\$52
Bowling&L	N/A	\$18-camp	\$18-camp	\$18-camp	N/A
B&A Care	\$10	\$10	\$45	\$45	\$10

LITTLE LEGENDS

CHILDREN'S LITERACY, SPORTS, GAMES & EXERCISE PROGRAMS



Holiday Sports Programs

Club Willoughby - Girls and Boys aged 5-12, 9am-3pm, \$65 per day

Week 1 - September 24th-26th - Week 2 - October 1st-3rd

Register at littlelegends.net.au - Extended hours available



Sports Programs

Kinder Sports - Children aged 2.5 to 5 - Willoughby and Lane Cove

Mini Sports - School years K to Y2 - Willoughby only

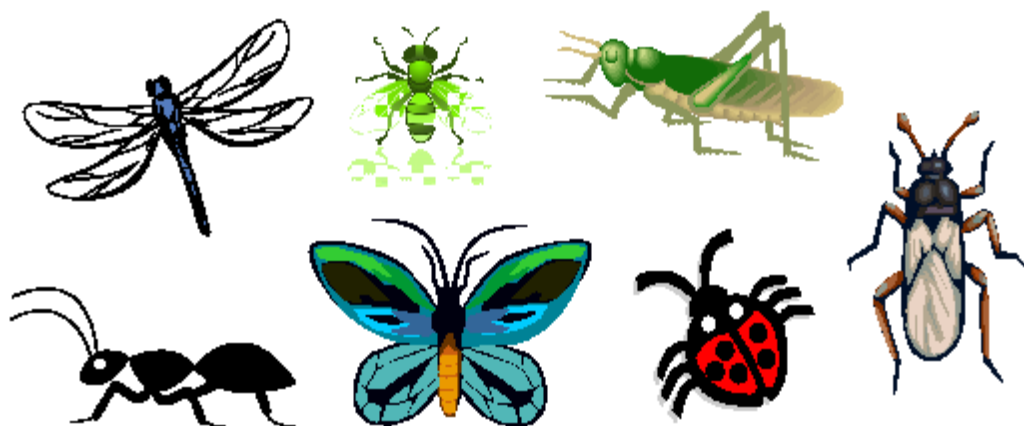


Terry Preston - 0431 072 329

www.littlelegends.net.au

Lane Cove Library presents

Creepy Crawly Carnival



*Come and learn all about
insects at the Insektus Show*

Wednesday 25 September 2013

10.30 am—11.30 am

Ages 5 — 11 years

Cost \$5

Lane Cove Library

Bookings 9911 3634



Two opportunities for students to take part in the

2nd Lane Cove Alive Voce n Ale Festival

1. **Young Buskers Competition** Lane Cove Plaza Saturday 26 October. All students. Contact Bronwyn 0403 073 006
2. **Streetspeak Instagram** - Identify great things and places in Lane Cove. Open to all Lane Cove Residents. To enhance Lane Cove Library research on the History of your street. Behind the story of your Street. This has been an article running in the TVO in past months. Contact Bronwyn on [0403 073 006](tel:0403073006)

Lane Cove Alive's 2nd **Voce n Ale Festival** will be launched on Friday **25 October in the Plaza at 6 – 7.15 pm**. We invite you to join us. Our Lane Cove Community Choir, La Voce will be in full voice and will be joined by a host of talented performers including Chris Blundell, last year's winner of the Voce n Ale Young Buskers Competition, runner up Cardinia Steanes and key members of the cast from Mr Toad, Lane Cove Theatre Group's great season which concludes Friday 25 Oct.

The Festival name 'Voce n Ale' looks a little like 'voice' and 'ale', is pronounced "vocha na lay" with a slight Italian accent. All this is to throw you off the track that it is in fact an anagram of Lane Cove!

A message from The Asthma Foundation NSW

Foundation NSW has issued an alert for people with asthma warning more than 700,000 people who live with asthma in NSW to be on alert for smoke from bushfires and high pollution levels. [Read the alert here.](#)

"Exposure to bushfire smoke or high levels of other air pollutants could make asthma symptoms worse and trigger a potentially fatal attack," said Michele Goldman, CEO of Asthma Foundation NSW.

The poor air quality issue is also compounded with Sydney also having a "high" pollen count. We will be issuing daily pollen counts from 16 September on our [website](#) on [Facebook](#) and [Twitter](#).

If your staff or students exposed to bushfire smoke, air pollution or pollens, you can reduce the effects on their asthma by:

- Unless ordered to evacuate, stay indoors, close all windows and doors. If you have an air conditioner, switch it to recycle or re-circulate.
- Postpone outdoor sporting or exercise activities to when there is a lower risk of bushfire and the Regional Pollution Index (RPI) is medium to low. More activity means deeper breaths, so the particles can be drawn further into the lungs.
- If you are in your car, put the air system onto re-circulate to reduce your exposure to smoke.
- Use your asthma action plan if your asthma starts to get worse. If your symptoms aren't improving with use of your reliever medication, seek medical assistance.
- Make sure you and people around you are familiar with Asthma First Aid. [Asthma First Aid is available here.](#)