Wow!...What an amazing day Saturday was...the sun was shining, the food tasted delicious, the rides were loads of fun, the chocolate wheel was spinning all day long & so many great stalls to visit! The Fete Committee would like to say a huge thank you to all those who attended fete day & a special thanks to all who contributed and volunteered to make the day a great success! Stay tuned for fete profit figures in the coming weeks!

**DIARY DATES**

**Wednesday August 5:**
- Gymnastics Yrs 6 & 3
- Gymnastics K-2
- P&F Meeting 7pm in the Library

**Thursday August 6:**
- Gymnastics Kindy, Year 2 & 1B
- Royce Simmonds Shield – Turnbull Oval 8:30am
- Year 6 Canberra Excursion-Bus departs 7am

**Friday August 7:**
- Year 6 Canberra Excursion-Bus returns 8:15pm (approx)
- Year 5 & Kindy Mass 9:15am
- Staff Prayer – Year 5

**Monady August 10:**
- School Assembly 8:50am – Assembly Prayer Year 3
- Kinder Parent/Teacher Interviews
- Second Hand Uniform Shop Open 8:20-9:00am

**Tuesday August 11:**
- Gymnastics – Years 4, 5 & 1W
- ICAS Mathematics Competition
- NUDE FOOD DAY

**Wednesday August 12:**
- Gymnastics Yrs 6 & 3
- Hot Dog Day 3-6
- Kinder Parent/Teacher Interviews

**Thursday August 13:**
- Gymnastics Kindy, Year 2 & 1B
- Hills Zone Athletics Carnival – Blacktown
- Kinder Parent/Teacher Interviews
- Second Hand Uniform Shop Open 8:20-9:00am

**Friday August 14:**
- Year 3 Blue Mountains Excursion
- Feast of Assumption K-6 Mass 9:15am

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**Fete 2015**

**Hot Dog Day**
**Wednesday 5th August**
K-2
Hot Dog $2.50
With sauce $2.70
With cheese $3.00

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**Congratulations**

To the winners of the Fete Raffle

1st Prize: $2500 gift voucher from Richmond Travel Centre plus $500 spending money
Winner: Carol Alderton

2nd Prize: $500 Coles Group & Myer Gift Card
Winner: Beryl Kabriel

3rd Prize: $250 Bunnings Voucher
Winner: Alayna Vella
It was wonderful to see so many children and their parents/grandparents/friends visiting the Art Gallery on Fete Day. The children and their teachers produced some beautiful artwork.

The inaugural ‘Year 5/6 Art Competition’ was very successful with over thirty pieces of art entered. Anyone who viewed the paintings would agree that we certainly have some very talented artists at St Monica’s.

All purchased artworks will be sent home over the next week. We have raised approx. $480 so far. If you would still like to buy your child’s artwork, please send in $3 in a labelled envelope by the end of Week 5 – Friday, 14th August. Artwork which is unsold by this date will be exhibited at one of our local Nursing Homes.

We’d like to thank, Deirdre Morrison, from ‘Richmond Art Supplies’, for stepping in at the last moment to judge our competition. She stated that she had a very difficult job, but enjoyed seeing all the art that our students produced. The results of the competition are below.

### ST MONICA’S ART COMPETITION – GRADE PRIZES

<table>
<thead>
<tr>
<th>GRADE</th>
<th>PLACE</th>
<th>NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>K/6 GOLD</td>
<td>1st</td>
<td>Shae N</td>
</tr>
<tr>
<td>K/6 GOLD</td>
<td>2nd</td>
<td>Dylan Cl</td>
</tr>
<tr>
<td>K</td>
<td>1st</td>
<td>Charlee R</td>
</tr>
<tr>
<td>K</td>
<td>2nd</td>
<td>Jenna C</td>
</tr>
<tr>
<td>1</td>
<td>1st</td>
<td>Charlotte R</td>
</tr>
<tr>
<td>1</td>
<td>2nd</td>
<td>Isabell V</td>
</tr>
<tr>
<td>2</td>
<td>1st</td>
<td>Noah T</td>
</tr>
<tr>
<td>2</td>
<td>2nd</td>
<td>Jasmine R</td>
</tr>
<tr>
<td>3</td>
<td>1st</td>
<td>Blake C</td>
</tr>
<tr>
<td>3</td>
<td>2nd</td>
<td>Ariana P</td>
</tr>
<tr>
<td>4</td>
<td>1st</td>
<td>Ellee S</td>
</tr>
<tr>
<td>4</td>
<td>2nd</td>
<td>Ella C</td>
</tr>
<tr>
<td>5</td>
<td>1st</td>
<td>Matthew M</td>
</tr>
<tr>
<td>5</td>
<td>2nd</td>
<td>Jazmyn P</td>
</tr>
<tr>
<td>6</td>
<td>1st</td>
<td>Sophie B</td>
</tr>
<tr>
<td>6</td>
<td>2nd</td>
<td>Isaac H</td>
</tr>
</tbody>
</table>

### YEAR 5/6 ART COMPETITION – OPEN THEME

<table>
<thead>
<tr>
<th>PLACE</th>
<th>NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st</td>
<td>Sophie B</td>
</tr>
<tr>
<td>2nd</td>
<td>Eleanor B</td>
</tr>
<tr>
<td>3rd</td>
<td>Matthew M</td>
</tr>
</tbody>
</table>

I have also chosen the following students for encouragement awards for their efforts.

<table>
<thead>
<tr>
<th>GRADE</th>
<th>NAME</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Arabella S</td>
</tr>
<tr>
<td>6</td>
<td>Ella K</td>
</tr>
<tr>
<td>6</td>
<td>Ruby S</td>
</tr>
</tbody>
</table>

CONGRATULATIONS TO ALL OUR WINNERS! Photos of the Yr 5 & 6 1st, 2nd & 3rd place winners will be in next week’s newsletter.

Mrs Kellyanne Kemble and Ms Teresa Valenti

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**Whole School Mass**

Please join us for a whole school mass on Friday August 14 for The Feast of The Assumption starting at 9:15am in the Parish.

**P & F NEWS SCHOOL DISCO**

This year’s school disco will be held on Thursday, September 17, 2015 at the North Richmond Panthers.

**SPACE ROCKS**

Asteroids, meteors and comets, what are they? How do they differ from each other? What happens when they get too close to earth?

Come along and find out in our presentation on Space Rocks. The evening will also include a 3D astronomy movie, a tour of the dome area and an opportunity to view the night sky through the observatory's telescopes.

<table>
<thead>
<tr>
<th>Date: Saturday August 8 7:00pm–9:00pm</th>
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</thead>
<tbody>
<tr>
<td>Cost: $18 adult, $12 child/concession and $50 family</td>
</tr>
<tr>
<td>Bookings are essential: Book and pay online: <a href="http://www.uws.edu.au/observatory">www.uws.edu.au/observatory</a>, What's On</td>
</tr>
<tr>
<td>Contact: Tel: (02)4736 0135</td>
</tr>
<tr>
<td>Email: <a href="mailto:penrithobservatory@uws.edu.au">penrithobservatory@uws.edu.au</a></td>
</tr>
</tbody>
</table>
Anaphylaxis

Anaphylaxis is a potentially life-threatening, severe allergic reaction and should always be treated as a medical emergency. Anaphylaxis occurs after exposure to an allergen (usually to foods, insects or medicines), to which a person is allergic. Not all people with allergies are at risk of anaphylaxis.

It is important to know the signs and symptoms of anaphylaxis

Symptoms of anaphylaxis are potentially life-threatening and include any one of the following:
- Difficulty/noisy breathing
- Swelling of tongue
- Swelling/hitchness in throat
- Difficulty talking and/or hoarse voice
- Wheeze or persistent cough
- Persistent dizziness and/or collapse
- Pale and floppy (in young children)

In some cases, anaphylaxis is preceded by less dangerous allergic symptoms such
- Swelling of face, lips and/or eyes
- Hives or welts
- Abdominal pain, vomiting (these are signs)

Several factors can influence the severity of an allergic reaction. These include exercise, heat, alcohol, and in food allergic people, the amount eaten and how it is prepared.

Identifying the cause of anaphylaxis is important

Your doctor will normally ask a series of questions that may help to narrow down the list of likely causes such as foods or medicines consumed that day, or exposure to insects. This approach will also help to exclude conditions that can sometimes be confused with anaphylaxis, such as fainting or an epileptic seizure. If allergy is suspected, this may be followed by allergy tests, usually a blood test for allergen specific IgE (formerly known as RAST tests) or skin prick testing, to help confirm or exclude potential triggers.

Information on allergy testing is available on the ASCIA website:
www.allergy.org.au/patients/allergy-testing/allergy-testing

It is important to note that some methods which claim to test for allergies (including cytotoxic food testing, Vega testing, iridology, allergy elimination techniques, iridology, pulse testing, Allot testing, Reflexology, hair analysis and IgG food allergy testing) are not medically or scientifically proven methods to confirm allergy. Information about these tests is available on the ASCIA website:

Effective management of anaphylaxis saves lives

If you are at risk of anaphylaxis, you will require ongoing management by your doctor. This should include:
- Referral to a clinical immunology/allergy specialist*
- Identification of the triggers of anaphylaxis - This will include a comprehensive medical history and clinical examination followed by interpretation of allergy test results.

Disclaimer: ASCIA information is reviewed by ASCIA members and represents the available published literature at the time of review. The content of this document is not intended to replace professional medical advice and any questions regarding a medical diagnosis or treatment should be directed to a medical practitioner. © ASCIA 2018
Education on avoidance of triggers - This is particularly important with severe food allergy, as avoidance of the food is the only way to avoid an allergic reaction. Advice from an experienced allergy diettian may also be required.

Provision of an ASCIA Action Plan for Anaphylaxis** - ASCIA Action Plans provide guidance on when and how to use an adrenaline autoinjector.

Regular follow up visits to a clinical immunology/allergy specialist.

* Medical specialists providing clinical immunology and allergy services are listed on the ASCIA website: www.allergy.org.au/patients/immunology-clinical-immunology-services/how-to-choose-a-specialist

** ASCIA Action plans must be completed by a doctor and kept with the adrenaline autoinjector. ASCIA Action Plans for Anaphylaxis are available from the ASCIA website: www.allergy.org.au/health-professionals/anaphylaxis-resources/ascia-action-plan-for-anaphylaxis

Adrenaline is the first line treatment for anaphylaxis

Adrenaline works rapidly to reverse the effects of anaphylaxis and is the first line treatment for anaphylaxis. Adrenaline autoinjectors (e.g. EpiPen) contain a single, fixed dose of adrenaline, and have been designed to be given by non-medical people, such as a friend, teacher, childcare worker, parent, passer-by or by the patient themselves (if they are not too unwell to do this).

An adrenaline autoinjector should only be prescribed as part of a comprehensive anaphylaxis management plan, which includes an ASCIA Action Plan for Anaphylaxis and education on how to reduce the risk of allergen reactions. If you or your child has been prescribed an adrenaline autoinjector, it is important that you learn and practice how to use it, using a trainer device every 3-4 months.

Further Information

For anaphylaxis resources (including ASCIA Action Plans, FAQs, ASCIA Travel Plans, adrenaline autoinjector information, training resources and guidelines) visit the ASCIA website: www.allergy.org.au/health-professionals/anaphylaxis-resources

Having anaphylaxis yourself or in the family can sometimes be hard to cope with. Anaphylaxis support groups provide useful and supportive information from other people in the same situation. Patient support organisations for anaphylaxis are:

- Allergy & Anaphylaxis Australia - www.allergyfacts.org.au
- Allergy New Zealand - www.allergy.org.nz

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The Australasian Society of Clinical Immunology and Allergy (ASClA) is the peak professional body of clinical immunology and allergy specialists in Australia and New Zealand.

Website: www.allergy.org.au
Email: projects@allergy.org.au
Postal address: PO Box 400 Balgowlah, NSW Australia 2093

Disclaimer
This document has been developed and peer reviewed by ASCIA members and is based on expert opinion and the available published literature at the time of review. Information contained in this document is not intended to replace medical advice and any questions regarding a medical diagnosis or treatment should be directed to a medical practitioner. The development of this document is not funded by any commercial sources and is not influenced by commercial organisations.

Content last updated June 2015
How to be allergy aware: Information for school students

People with an allergy can become sick when they come into contact with things that are harmless to most people. Examples include:
- Insects that sting (e.g., bees, wasps)
- Medicines
- Food
- Things that they breathe in (e.g., dust mites, plant pollen, pet dander)

People with allergies to triggers they breathe in can get hay fever and asthma-like symptoms like:
- Runny nose, sneezing and itchy eyes
- Cough, tight chest and get out of breath

However, people with allergies to food, medicine or insect stings can get very sick and have problems like:
- Get itchy red skin and lumps
- Face swelling
- Bed coughing and finding it hard to breathe
- Tummy ache and vomiting
- Dizziness/feeling

Most people have heard about peanut allergy, but lots of other foods can cause allergic reactions too. The most common foods people are allergic to are peanuts, tree nuts, milk, eggs, wheat, fish, shellfish, soy and sesame seed.

Sometimes an allergic reaction can make a person so sick, that they need emergency medicine (adrenaline auto-injector) quickly and then they need to go to hospital by ambulance. This is called anaphylaxis (ana-flaxis) and it means “severe allergic reaction”.

So that people with allergies don’t get sick, they must:
- Not eat anything they are allergic to.
- Stay away from insects they are allergic to.
- Not take any medicines if they are allergic to.

How can you help?

If you know someone with an allergy:
- Don’t tease, trick or joke about it.
- Don’t try to make them sick by giving them the food they are allergic to.
- Never share your food with them.
- Wash your hands after eating, especially if you ate the food they are allergic to.
- Ask them about what they are allergic to and help them avoid it.
- Get help from an adult if someone with allergy to food or insects feels sick, even if they don’t want you to.

What should happen when a student has anaphylaxis at school?
- If a student with an allergy feels sick when they are at school, they (or their school mates) should immediately ask for help from a nearby teacher or other adult.
- If no teacher or other adult is nearby, a school mate should run to get one ASAP.
  The student with allergy should stay where they are and lay down (or sit if it is hard to breathe) whilst the teacher or other adult quickly brings the emergency medicine (adrenaline auto-injector) to the student.
  If an older student has their emergency medicine (adrenaline auto-injector) with them, this should be given immediately by the student themselves (if they are able) or by someone else if the student is too sick.
- The ASCIA Action Plan for Anaphylaxis should be followed.

Disclaimer: This information is based on a slide set that has been developed by ASCIA and Allergy & Anaphylaxis Australia to assist schools in educating students about severe allergies (anaphylaxis). ASCIA information is reviewed by ASCIA members and represents the available published literature at the time of review. The content of this document is not intended to replace professional medical advice and any queries regarding a medical diagnosis or treatment should be directed to a medical practitioner.