MacKillop College

Monthly Newsletter

December

Celebrating all life

Challenging all people

Dreaming the new day

MacKillop Newsletter

December 2016

Russell Street Werribee VIC 3030

Telephone: 87345200 www.mackillop.vic.edu.au Facsimile: 87345261

Table of Contents

Letter from the Principal 2
MacKillop College Board – Parent Representative 3
From the Director of Student Wellbeing – Year 7 & 8 3
From the Director of Student Wellbeing – Year 9 & 10 3
From the Director of Student Wellbeing – Year 11 & 12 4
Sports Report 4
John the Baptist Resource Centre 4
Parents & Friends Committee 4
Parent/Guardian Information 5

Blessing, Naming and Opening of La Merci Centre

College Chaplains
Fr. Frank Buhagiar
Fr. Shymon Thekkekalathungal
Fr. Darien Sticklen

Sisters of St Joseph
Sr. Geraldine Whelan

PRAYER

Be bright and cheerful and encourage all
To be the same

Mary MacKillop 1885

AMEN

Canonical Administrators
Fr. Frank Buhagiar
(President)
Fr Pius Kodakkathanath
Fr. Jude Pirotta

Volume 13, Issue 12
December 2016

Letter from the Principal

Dear Parents/Guardians

With another year of constructive learning concluded, I would like to sincerely thank the students for their efforts. In particular, our Year 12 students showed diligence, respect and friendliness for self and others throughout 2016. I wish each of them every success for their future. I also thank staff for their professional dedication, pastoral care and commitment to our students. Thank you also to our Canonical Administrators, College Board and Parents and Friends Committee for their ongoing support of the College; their efforts throughout the year are much appreciated.

Christmas will be with us soon. In this time we often miss Advent's power because these December weeks are full of parties and preparations. Each year, the busyness of this month serves to distract us from having an Advent season that truly prepares us for the celebration of Christmas, with all its meaning. This Advent let us all remember it is the feast that sings of the gift of life. The birth of a child moves us and causes tenderness. It is a stimulus to discover the warmth of simplicity, friendship and solidarity. Christmas can become an occasion to welcome, as a personal gift, the message of hope that emanates from the mystery of the birth of Christ.

May St Mary of the Cross MacKillop journey with us and bless all we do over the sacred season of Advent.

Rory Kennedy
Principal

MacKillop College Board – Parent Representative

In 2017 three new Parent Representatives will be required as the Board's current Parent Representatives will either have completed their term or will have had a son/daughter in the 2017 Graduating class. Nominations for Parent Representatives will be called for at the start of 2017 and will close on 24 February 2017.

The function of the MacKillop College Board is to provide guidance, advice and bring a range of views that assist in informing some of the decision making processes of the school. The members of the MacKillop College Board are respected for their participation and knowledge and viewed by the Administration of the College as having an essential and significant role to play in the ongoing development of the College.

We welcome three Parent/Guardian representatives on the Board whose term of office will be 1 year, 2 years and 3 years respectively and we call upon all parents/guardians to contemplate taking up this unique and important role at the school. Nomination forms for this post will be available from the Principal's Personal Assistant. Alternatively, the College can be contacted to have a nomination form emailed or posted to you. Nominations closing date will be advised in the first 2017 College Newsletter.

The Board meets five times per year, the first of which is the Annual General Meeting on Thursday 23 March 2017 at the College.

From the Director of Student Wellbeing – Year 7 & 8

We would like to wish all students and their families the very best for Christmas. We hope you all enjoy some family time, celebrating and enjoying the company of family and friends. After a busy year we hope that everyone has a restful break and that you take the time to reflect on all that has been achieved this year. The Year 7s can be proud that they have completed a year of secondary school and can look forward to being confident when they start Year 8 as they know so much about the school and how it operates. The Year 8s can look forward to Year 9, knowing they will attend St Mary's which will be so different to what they have experienced up till now on their educational journey. We wish everyone a safe holiday.

From the Director of Student Wellbeing – Year 9 & 10

As another school year ends, we reflect on and give thanks for the wonderful experiences that our Year 9 and 10 students have encountered. The personal growth and learning that has resulted from these experiences, whether positive or negative, cannot be underestimated. Confucius was known to have said: "Learning without reflection is a waste. Reflection without learning is dangerous". On Reflection Day, our Year 10 students were encouraged to embrace the powerful learnings of all their experiences as a way of moving forward into the next chapter of their academic life. Likewise, the Year 9 reconnection process, fueled by self-reflection, has left many Year 9 students in appreciation of the integrated curriculum approach that St Mary's Campus offers and in readiness for their next chapter as Year 10 students on one campus.

The anticipation of the birth of Jesus Christ and the joy that the festive season brings are also significant at the end of the school year. On that note, I wish all our students and their families many blessings for a joyous Christmas and may the holiday season be peaceful, safe and restful.

From the Director of Student Wellbeing – Year 11 & 12

As we reach the end of the year, we take time out to reflect on what has been another busy but very rewarding year. The Year 12 Graduation is a great occasion. Over 1100 students, parents and staff gathered to reflect on their journey at MacKillop over the past six years. This marks the end of a journey for one set of students but signals the start of the final year for our Year 11 students. These students have recently completed 10 days of their Unit 3 classes, giving them a great insight into the demands of the Year 12 studies they will undertake in 2017.

In this final Newsletter of 2016, I would like to wish all our parents and students the best for the holidays and festive season. May the Christmas break be one of reflection and recharging the batteries. I wish everyone all the best for 2017.

Sports Report

For all recent sports results, please refer to the MacKillop News Blog found on the College website.

John the Baptist Resource Centre

Just a short reminder to take care of ID cards over the holiday break as many will be required for 2017. Remember to stay safe in online environments and be aware of your digital reputation when communicating online.

Library staff would like to take this opportunity to wish all students a joyous Christmas season and to remind them to continue their reading habit over the holidays. We look forward to hearing of their new reading experiences in the coming year.

Parents & Friends Committee

As this is the last newsletter for the year, the Parents and Friends Committee would like to take this opportunity to thank all the students, staff and parents who have supported us throughout the year. We would also like to remind those families who have not yet returned their chocolate money to do so as soon as possible.

We look forward to meeting new parents of the Year 7 students at MacCuppa Day on 1 February next year. We invite you to bring your children to school and then join us for a coffee and something to eat. We would like to invite everyone to our first Parents and Friends meeting for the year which will also be on 1 February at 7:30pm in the Sr Giovanni Administration Building.

Parent/Guardian Information

Catholic Education Today
Please *click here* to view the latest edition of the Catholic Education Today magazine.

Administration Office
MacKillop College Office will be closed on the following days:
Thursday 8 December 2016 from 11:30am
Friday 9 December 2016
Monday 19 December 2016 until Friday 20 January 2017.

The Administration Office will re-open on Monday 23 January 2017 and business hours will be as follows:
Monday 23 January – Friday 27 January 2017 8:15am – 3:45pm.
Closed 11:30am – 12:30pm daily.
Closed Australia Day – Thursday 26 January 2017.

Please Note:
The Administration Office will open on Monday 30 January 2017 at 12:00 noon.
Normal office hours will resume Tuesday 31 January 2017 from 8:00am to 4:30pm.

Students recommence school on Wednesday 1 February 2017.

Uniform
When preparing your son/daughter's school uniform for return to school in 2017, please remember that they must have black, leather, lace-up school shoes as determined by the College. Shoes which are not recognised school shoes will not be acceptable.

Upon return in 2017, complete summer school uniform is to be worn including the College Blazer.

Also, your son/daughter's hair is to be neatly groomed, appropriate to the wearing of a uniform, fully tied back and off the face at all times. Unusual fashion modes, as determined by the College, which are not in keeping with the wearing of the school uniform are unacceptable. We ask for your cooperation in ensuring your son/daughter complies with these expectations.

Uniform Shop
The Uniform Shop will be closed on the following days:
Friday 9 December 2016
Wednesday 14 December 2016 until Friday 20 January 2017.

The Uniform Shop will re-open on Monday 23 January 2017 and trading hours will be as follows:
Monday 23, Tuesday 24, Wednesday 25, Friday 27 January 2017 8:15am – 3:45pm
Monday 30 January 2017 12:30pm – 3:45pm
Tuesday 31 January – Friday 3 February 2017 8:15am – 3:45pm
(closed 11:30am – 12:30pm).

Normal trading hours and days will resume on Monday 6 February 2017.
Monday, Wednesday, Friday 8:15am – 3:45pm
(closed 11:30am – 12:30pm)

Canteen
MacKillop College welcomes the assistance of parents/guardians in the Canteen. Canteen Volunteer Forms for 2017 are available from the Administration Office. All volunteers must have a current Working with Children Check.

Year 12 Graduation Images
Parents/Guardians and students can follow the link below and enter the password MCKPC

http://orders.nationalphotography.com.au/school/mackillop_college/251116_mackillop_graduation_ball/

Or you can go to www.nationalphotography.com.au and then follow the steps below:

1. On the home page click on School Photos
2. Click on Other Event Photos
3. New users need to create an account using an email address and password of their choice. Existing users can simply log in.
4. Scroll to your event's Logo
5. Enter the password MCKPC.

School Vaccine Program 2017
Immunisation for all Year 7 will take place at the College on Monday 27 February at 9:00 am. Irrespective of whether your son/daughter is to be immunised, all cards stating 'YES' or 'NO' must be returned and signed by the parent/guardian.

Immunisation Consent Cards will be distributed in the first two weeks of February and must be returned as soon as possible

In 2017 we will be offering the following vaccines to Year 7 students:

- 1st round vaccinations (Feb/March) Human Papilloma Virus and Diphtheria/Tetanus/ vaccines (2)
- 2nd round vaccinations (May/June) Human Papilloma Virus and Chickenpox Vaccines (2)
- 3rd round vaccinations (October) Human Papilloma Virus Vaccine (1).

Round	Date	Time
1	Monday 27 February	9:00am
2	Monday 22 May	9:00am
3	Monday 16 October	9:00am

Please direct any queries regarding your son/daughter's immunization to Lynda Marburg at the Wyndham City Council on 97420736.

New Legislation - Asthma Action Plans

As part of Mackillop College's commitment to meeting our legislative requirements and the Schools Policy Advisory Guide, we require you to provide us with an updated Asthma Action Plan for your son/daughter.

Attached to this newsletter is the new Asthma Action Plan for Victorian Schools. The Asthma Action Plan has been specifically designed for schools to identify asthma signs and symptoms and to respond accordingly using the asthma medication device your son/daughter currently uses at school.

If your son/daughter's medication device has changed since their Action Plan was last updated, please advise your son/daughter's medical practitioner so they can download and complete the appropriate Asthma Action Plan. Once completed and signed by your medical practitioner, please return the Action Plan together with a photo of your son/daughter to the College at the commencement of Term 1. Any other device aid ie spacer device can be left in First Aid if needed.

If your medical practitioner has informed you that your son/daughter has grown out of their asthma they will need to provide a letter to the College on the practice letterhead stating such.

Yr 7 MacKFactor

2016 Carols Tour

Asthma and Travel

Whether you are travelling for a holiday or a business trip, you can still maintain good management of your asthma with some forward planning.

Travel insurance

If you are travelling interstate or overseas, you should consider taking out travel insurance.
There are many different travel insurance policies available, and the level of cover provided and the conditions associated with each policy vary widely. It is best to do some research and compare policies to make sure you find one that provides adequate cover for your travels.
For people with asthma, their condition will often be described as a 'pre-existing medical condition' under travel insurance policies. In order to obtain cover for a pre-existing medical condition, you may have to meet certain conditions and requirements. For asthma, these generally include:

- Certain age restrictions
- A specified period of time in which you have had:
    - No exacerbations of asthma
    - No change in medication
    - No hospital admissions
    - No change in usual treatment required

If you cannot meet these conditions, you might also have to:

- have a medical assessment prior to the policy being issued
- pay an extra premium

This varies across insurers, so you should check the various policies available to ensure you can meet the conditions and requirements of the particular policy you choose.

Special considerations

When you plan your trip, remember:

- Weather changes can bring on asthma symptoms, especially when the air is cold and dry.
- All beds and pillows can harbour dust mites. Be wary of hotels that look unclean.
- Scuba diving is dangerous for a person with asthma and should be avoided completely – try snorkelling instead.
- Be aware that different countries and cities have different allergens in the air which may trigger asthma symptoms or an allergic reaction.
- Travel to high altitudes is normally okay as long as your asthma is well managed at sea level.
- Trekking, sightseeing, swimming or skiing should be problem-free if you have well-controlled asthma, a written Asthma Action Plan and adequate supply of asthma medications.

Visit your doctor before you go

Prior to taking your trip, visit your doctor to make sure your asthma is under good control well before you leave. Make sure your written Asthma Action Plan is up to date and if you don't already know, ask your doctor about strategies to handle your asthma if it worsens while on your trip.
Ask your doctor to write up a report on your asthma that includes your medical history, the severity of your condition, your current medications and what treatment you need in case of medical attention. Carry this document with you at all times in case of an emergency. You might need to present your doctor's report to international customs officials if they question your medication.

Your medications

It is a good idea to:

- Take a little more medication than you think you'll need, just in case.
- Always keep a supply of your medication with you in your carry-on bag in case your suitcase is lost or damaged or you require it mid travel.
- Consider taking a prescription in case you lose all or some of your supplies.
- Take copies of your prescriptions with you to prove the medicine is for your own personal use.

Equipment

- A spacer device is cheap and portable, which makes it a better choice for travelling than a nebuliser.
- If you need a nebuliser, allow for different voltages and power points when travelling overseas. You may need to obtain a power point adaptor.
- Ensure that the nebuliser pump can be used on the plane. You will need to make prior arrangements with the airline if you need to use your nebuliser on board the aircraft.
- Plan carefully when travelling to remote locations.
- Make sure you thoroughly understand how to use any unfamiliar equipment before you leave.

Things to remember

- Make sure your day-to-day management of asthma is under control before you travel.
- Visit your doctor for a check-up and to fine tune your management, update your written Asthma Action Plan and provide you with a letter describing your asthma and your current medications.
- Check that your travel insurance policy specifically includes asthma, that you can meet any conditions or requirements, and that it offers the cover you need.
- Take more medication than you think you'll need and always carry some with you.
- Carry you medication in your hand luggage.

Where to get help

- Your doctor or pharmacist
- Smartraveller: The Australian Government's travel advisory and consular assistance service, Department of Foreign Affairs and Trade **W:** www.smartraveller.gov.au
- Insurance Council of Australia **W:** www.insurancecouncil.com.au
- The Asthma Foundation of Victoria:

T: (03) 9326 7088 **E:** advice@asthma.org.au **W:** www.asthma.org.au

The materials contained in this publication are distributed for information purposes only. Suitable medical and professional advice should be obtained before acting on any information contained herein.
©The Asthma Foundation of Victoria reviewed March 2012

Asthma Foundation Victoria

Asthma Action Plan

For use with a Puffer and Spacer

Name: _____

Date of birth: _____

Photo

☐ Child can self administer medication if well enough.

☐ Child needs to pre-medicate prior to exercise

Confirmed triggers:

Family/emergency contact name(s):

_____

Work Ph: _____

Home Ph: _____

Mobile Ph: _____

Plan prepared by Dr or NP:

_____

I hereby authorise medications specified on this plan to be administered according to the plan.

Signed:

_____

Date: _____

Date of next review: _____

- Assemble Spacer
- Remove cap from puffer
- Shake puffer well
- Attach puffer to end of spacer
- Place mouthpiece of spacer in mouth and ensure lips seal around it
- Breath out gently into the spacer
- Press down on puffer canister once to fire medication into spacer
- Breathe in and out normally for 4 breaths (keeping your mouth on the spacer)

MILD TO MODERATE SIGNS

- Minor difficulty breathing
- May have a cough
- May have a wheeze

ACTION FOR MILD TO MODERATE ASTHMA FLARE UP

1 Sit the person upright.
   - Stay with person and be calm and reassuring

2 Give 4 separate puffs of Airomir, Asmol or Ventolin
   - Shake puffer before each puff
   - Put 1 puff into the spacer at a time
   - Take 4 breaths from the spacer between each puff

3 Wait 4 minutes.
   - If there is no improvement, repeat step 2

If there is still no improvement follow the Asthma First Aid Plan for severe / life-threatening asthma attacks below

Mild to moderate symptoms do not always present before severe or life-threatening symptoms

SEVERE SIGNS

- Cannot speak a full sentence
- Sitting hunched forward
- Tugging in of skin over chest or throat
- May have a cough or wheeze
- Obvious difficulty breathing
- Lethargic
- Sore tummy (young children)

LIFE-THREATENING SIGNS

- Unable to speak or 1-2 words
- Collapsed / Exhausted
- Gasping for breath
- May no longer have a cough or wheeze
- Drowsy/ Confused / Unconscious
- Skin discolouration (blue lips)

ACTION FOR SEVERE / LIFE-THREATENING ASTHMA ATTACK

1 **Sit the person upright. Be calm and reassuring. Do not leave them alone.**

2 **Phone ambulance: Triple Zero (000).**

3 **Give 4 separate puffs of Airomir, Asmol or Ventolin**
   - Shake puffer before each puff
   - Put 1 puff into the spacer at a time
   - Take 4 breaths from the spacer between each puff

4 **Wait 4 minutes.**

5 **Keep giving 4 puffs every 4 minutes until emergency assistance arrives.**

Commence CPR at any time if person is unresponsive and not breathing normally.
Blue reliever medication is unlikely to harm, even if the person does not have asthma.

IF UNCERTAIN WHETHER IT IS ANAPHYLAXIS OR ASTHMA

- Give adrenaline autoinjector FIRST, then asthma reliever.
- If someone with known food or insect allergy suddenly develops severe asthma like symptoms, give adrenaline autoinjector FIRST, then asthma reliever.

Anaphylaxis: Y ☐ N ☐ Type of autoinjector: _____

© The Asthma Foundation of Victoria 2016. This plan was developed as a medical document that can only be completed and signed by the patient's treating medical doctor, nurse practitioner or a practice nurse and cannot be altered without their permission.

Asthma Action Plan

Asthma Foundation Victoria

For use with a Bricanyl Turbuhaler

Name: _____

Date of birth: _____

Photo

☐ Child can self administer medication if well enough.

☐ Child needs to pre-medicate prior to exercise

Confirmed triggers:

Family/emergency contact name(s):

_____

Work Ph: _____

Home Ph: _____

Mobile Ph: _____

Plan prepared by Dr or NP:

_____

I hereby authorise medications specified on this plan to be administered according to the plan.

Signed:

_____

Date: _____

Date of next review: _____

- Unscrew and lift off cap. Hold turbhaler upright
- Twist blue base around all the way, and then back all the way
- Breath out gently away from turbuhaler
- Do not breath in to it
- Put mouthpiece in mouth ensuring a good seal is formed with lips
- Breath in through mouth strongly and deeply. Remove turbuhaler from mouth
- Hold the breath for about 5 seconds or as long as comfortable. Breath out

MILD TO MODERATE SIGNS

- Minor difficulty breathing
- May have a cough
- May have a wheeze

ACTION FOR MILD TO MODERATE ASTHMA FLARE UP

1 Sit the person upright.
   - Stay with person and be calm and reassuring

2 Give 2 separate doses of Bricanyl
   - Breath in through mouth strongly and deeply
   - Remove Turbuhaler from mouth before breathing gently away from the mouthpiece

3 Wait 4 minutes.
   - If there is no improvement, give 1 more dose of Bricanyl

If there is still no improvement:

4 Phone ambulance: Triple Zero(000)

5 Keep giving 1 dose every 4 minutes until emergency assistance arrives

Mild to moderate symptoms do not always present before severe or life-threatening symptoms

SEVERE SIGNS

- Cannot speak a full sentence
- Sitting hunched forward
- Tugging in of skin over chest or throat
- May have a cough or wheeze
- Obvious difficulty breathing
- Lethargic
- Sore tummy (young children)

LIFE-THREATENING SIGNS

- Unable to speak or 1-2 words
- Collapsed / Exhausted
- Gasping for breath
- May no longer have a cough or wheeze
- Drowsy/ Confused / Unconscious
- Skin discolouration (blue lips)

ACTION FOR SEVERE / LIFE-THREATENING ASTHMA ATTACK

1 Sit the person upright. Be calm and reassuring. Do not leave them alone.

2 Phone ambulance: Triple Zero (000).

3 Give 2 separate doses of Bricanyl.
   - Breath in through mouth strongly and deeply
   - Remove Turbuhaler from mouth before breathing out gently away from the mouthpiece

4 Wait 4 minutes.

5 Keep giving 1 dose every 4 minutes until emergency assistance arrives.

Commence CPR at any time if person is unresponsive and not breathing normally.

Blue reliever medication is unlikely to harm, even if the person does not have asthma.

IF UNCERTAIN WHETHER IT IS ANAPHYLAXIS OR ASTHMA

- Give adrenaline autoinjector FIRST, then asthma reliever.
- If someone with known food or insect allergy suddenly develops severe asthma like symptoms, give adrenaline autoinjector FIRST, then asthma reliever.

Anaphylaxis: Y ☐ N ☐ Type of autoinjector: _____

© The Asthma Foundation of Victoria 2016. This plan was developed as a medical document that can only be completed and signed by the patient's treating medical doctor, nurse practitioner and cannot be altered without their permission.

Asthma Foundation Victoria

Asthma Action Plan

For use with a Puffer and Spacer

Name: _____

Date of birth: _____

Photo

☐ Child can self administer medication if well enough.

☐ Child needs to pre-medicate prior to exercise

Confirmed triggers:

Family/emergency contact name(s):

_____

Work Ph: _____

Home Ph: _____

Mobile Ph: _____

Plan prepared by Dr or NP:

_____

I hereby authorise medications specified on this plan to be administered according to the plan.

Signed:

_____

Date: _____

Date of next review: _____

- Assemble Spacer
- Remove cap from puffer
- Shake puffer well
- Attach puffer to end of spacer
- Place mouthpiece of spacer in mouth and ensure lips seal around it
- Breath out gently into the spacer
- Press down on puffer canister once to fire medication into spacer
- Breathe in and out normally for 4 breaths (keeping your mouth on the spacer)

MILD TO MODERATE SIGNS

- Minor difficulty breathing
- May have a cough
- May have a wheeze

ACTION FOR MILD TO MODERATE ASTHMA FLARE UP

1 Sit the person upright.
   - Stay with person and be calm and reassuring

2 Give..... separate puffs of Airomir, Asmol or Ventolin
   - Shake puffer before each puff
   - Put 1 puff into the spacer at a time
   - Take 4 breaths from the spacer between each puff

3 Wait 4 minutes.
   - If there is no improvement, repeat step 2

If there is still no improvement follow the Asthma First Aid Plan for severe / life-threatening asthma attacks below

Mild to moderate symptoms do not always present before severe or life-threatening symptoms

SEVERE SIGNS

- Cannot speak a full sentence
- Sitting hunched forward
- Tugging in of skin over chest or throat
- May have a cough or wheeze
- Obvious difficulty breathing
- Lethargic
- Sore tummy (young children)

LIFE-THREATENING SIGNS

- Unable to speak or 1-2 words
- Collapsed / Exhausted
- Gasping for breath
- May no longer have a cough or wheeze
- Drowsy/ Confused / Unconscious
- Skin discolouration (blue lips)

ACTION FOR SEVERE / LIFE-THREATENING ASTHMA ATTACK

1 **Sit the person upright. Be calm and reassuring. Do not leave them alone.**

2 **Phone ambulance: Triple Zero (000).**

3 **Give ..... separate puffs of Airomir, Asmol or Ventolin**
   - Shake puffer before each puff
   - Put 1 puff into the spacer at a time
   - Take 4 breaths from the spacer between each puff

4 **Wait 4 minutes.**

5 **Keep giving ..... puffs every 4 minutes until emergency assistance arrives.**

Commence CPR at any time if person is unresponsive and not breathing normally.
Blue reliever medication is unlikely to harm, even if the person does not have asthma.

IF UNCERTAIN WHETHER IT IS ANAPHYLAXIS OR ASTHMA

- Give adrenaline autoinjector FIRST, then asthma reliever.
- If someone with known food or insect allergy suddenly develops severe asthma like symptoms, give adrenaline autoinjector FIRST, then asthma reliever.

Anaphylaxis: Y ☐ N ☐ Type of autoinjector: _____

© The Asthma Foundation of Victoria 2016. This plan was developed as a medical document that can only be completed and signed by the patient's treating medical doctor or nurse practitioner and cannot be altered without their permission.

Asthma Foundation Victoria

Asthma Action Plan

For use with a Puffer

Name: _____

Date of birth: _____

Photo

☐ Child can self administer medication if well enough.

☐ Child needs to pre-medicate prior to exercise

Confirmed triggers:

Family/emergency contact name(s):

_____

Work Ph: _____

Home Ph: _____

Mobile Ph: _____

Plan prepared by Dr or NP:

_____

I hereby authorise medications specified on this plan to be administered according to the plan.

Signed:

_____

Date: _____

Date of next review: _____

- Remove cap from puffer and shake well
- Tilt the chin upward to open the airways, breath out away from puffer
- Place mouthpiece, between the teeth, and create a seal with lips
- Press once firmly on puffer while breathing in slowly and deeply
- Slip puffer out of mouth
- Hold breath for 5 seconds or as long as comfortable

MILD TO MODERATE SIGNS

- Minor difficulty breathing
- May have a cough
- May have a wheeze

ACTION FOR MILD TO MODERATE ASTHMA FLARE UP

1 Sit the person upright.
   - Stay with person and be calm and reassuring

2 Give .....separate puffs of Airomir, Asmol or Ventolin
   - Shake puffer before each puff
   - Get the person to hold their breath for about 5 seconds or as long as comfortably possible

3 Wait 4 minutes.
   - If there is no improvement, repeat step 2

If there is still no improvement follow the Asthma First Aid Plan for severe / life-threatening asthma attacks below

Mild to moderate symptoms do not always present before severe or life-threatening symptoms

SEVERE SIGNS

- Cannot speak a full sentence
- Sitting hunched forward
- Tugging in of skin over chest or throat
- May have a cough or wheeze
- Obvious difficulty breathing
- Lethargic
- Sore tummy (young children)

LIFE-THREATENING SIGNS

- Unable to speak or 1-2 words
- Collapsed / Exhausted
- Gasping for breath
- May no longer have a cough or wheeze
- Drowsy/ Confused / Unconscious
- Skin discolouration (blue lips)

ACTION FOR SEVERE / LIFE-THREATENING ASTHMA ATTACK

1 **Sit the person upright. Be calm and reassuring. Do not leave them alone.**

2 **Phone ambulance: Triple Zero (000).**

3 **Give ..... separate puffs of Airomir, Asmol or Ventolin**
   - Shake puffer before each puff
   - Get the person to hold their breath for about 5 seconds or as long as comfortably possible

4 **Wait 4 minutes.**

5 **Keep giving 4 puffs every 4 minutes until emergency assistance arrives.**

Commence CPR at any time if person is unresponsive and not breathing normally.
Blue reliever medication is unlikely to harm, even if the person does not have asthma.

IF UNCERTAIN WHETHER IT IS ANAPHYLAXIS OR ASTHMA

- Give adrenaline autoinjector FIRST, then asthma reliever.
- If someone with known food or insect allergy suddenly develops severe asthma like symptoms, give adrenaline autoinjector FIRST, then asthma reliever.

Anaphylaxis: Y ☐ N ☐ Type of autoinjector: _____

© The Asthma Foundation of Victoria 2016. This plan was developed as a medical document that can only be completed and signed by the patient's treating medical doctor, nurse practitioner and cannot be altered without their permission.

School Camp and Excursion
Asthma Update Form

Asthma Foundation Victoria

Student Name:

Photo

☐ Student needs to pre-medicate prior to exercise

☐ Student can administer own medication

First family/emergency contact name:

Work Ph:

Home Ph:

Mobile:

Second family/emergency contact name:

Work Ph:

Home Ph:

Mobile:

Doctors Name:

Phone:

The information provide on this plan is true and correct

Signed (parent or guardian):

Date:

Additional information:

© The Asthma Foundation of Victoria 2016.

This form is to be completed by parents/carers of students with asthma prior to an excursion or camp. The form is to be attached to a copy of the student's Asthma Action Plan and brought with students to the camp or excursion.

STUDENTS MEDICAL DETAILS

Has the student been hospitalized due to asthma, had an acute asthma attack or worsening asthma in the last two weeks? ☐ Yes ☐ No

Has the student's asthma medications changed in the last two weeks? ☐ Yes ☐ No

Has the student had any other illness in the last two weeks? ☐ Yes ☐ No

If YES, please provide details:

Nature of illness? .....

When? .....

Severity? .....

Has this affected their asthma? ☐ Yes ☐ No

Is the student well enough to attend camp/excursion? ☐ Yes ☐ No

ADDITIONAL ASTHMA MEDICATION REQUIREMENTS

Example

Medication	Device	Dose	When
Flixotide	*puffer and spacer*	*1 puff*	*Twice daily*

Instructions for use

1 puff in the morning, and 1 puff of a night. Rinse mouth out after using

Please provide as much detail as possible

1. **Medication** ..... **Device** ..... **Dose** ..... **When** .....

Instructions for use

.....

.....

2. **Medication** ..... **Device** ..... **Dose** ..... **When** .....

Instructions for use

.....

.....

3. **Medication** ..... **Device** ..... **Dose** ..... **When** .....

Instructions for use

.....

.....

St. Andrew's Parish
Wyndham Vale Community

Inaugural Dinner Dance

In aid of

" St. Andrew's Church improvements fund"

10th December 2016

7.30p.m- 11.30p.m

Adult-$40
Kids-$20
(6-12ys)

BYO Drinks

Smorgasbord by P & D Foods (Authentic Sri Lankan buffet)

Live Music by West Theory

OLSC, Hall
2/20 Howqua Way, Wyndham Vale

Ticket Contacts

OLSC - 9974 8500, Nimal - 0417 374 593,
Eranda - 0434 845 015, Gordan - 0402 764 738

ST. ANDREW'S PARISH WERRIBEE
ADVENT/CHRISTMAS CALENDAR 2016
www.standrewswerribee.org.au

"COME LORD JESUS AND BE BORN IN OUR HEARTS"

Dear Friends, you are welcome to journey with our Parish of St. Andrew's and the Communities at Wyndham Vale, Werribee North, Tarneit West, Werribee South and Central, Upper Point Cook and Little River during this spirit-filled season of Advent/Christmas 2016.

- **Sunday, 27th November 2016 – First Sunday of Advent**
- **Sunday, 4th December 2016 – Second Sunday of Advent**
- **Monday, 5th December 2016**
  7pm Memorial Mass to remember anyone who passed away since December 2015, all welcome.
- **Thursday, 8th December 2016 – Feast of the Immaculate Conception**
  7pm Rosary
  7.30pm Mass, followed by fellowship in the Church Meeting Room
  (please bring a plate to share)
- **Sunday, 11th December 2016 – Third Sunday of Advent**
- **Tuesday, 13th December 2016**
  7.30pm Penitential Service, followed by individual Confessions

CHRISTMAS TWILIGHT NOVENA MASSES

The liturgical focus is on the Christmas Story – Jesus, Mary, Joseph, Shepherds. Various Choirs will sing Christmas Carols during evening masses.

First Day – Saturday, 17th December 2016

5.30pm Evening Prayers
6.00pm Vigil Mass/Novena Mass

Second Day – Sunday, 18th December 2016 – Fourth Sunday of Advent

4.30pm Evening Prayers
5.00pm Novena Mass

Third Day – Monday, 19th December 2016

7.30pm Evening Prayers, followed by Novena Mass

Fourth Day – Tuesday, 20th December 2016

7.30pm Evening Prayers, followed by Novena Mass

Fifth Day – Wednesday, 21st December 2016

7.30pm Evening Prayers, followed by Novena Mass

Sixth Day – Thursday, 22nd December 2016
7.30pm Evening Prayers, followed by Novena Mass

Seventh Day – Friday, 23rd December 2016
7.30pm Evening Prayers, followed by Novena Mass, then fellowship in Church Meeting Room (please bring a plate to share)

Eighth Day – Saturday, 24th December 2016
8.30am Adoration and Prayer
9.00am Mass, followed by Confessions
See Christmas Eve Timetable for Mass times.

Ninth Day – Sunday, 25th December 2016
See Christmas Day Timetable for Mass times.

CHRISTMAS TIMETABLE

- **Saturday, 24th December 2016 – Christmas Eve**
  5.00pm Carols at St. Andrew's Sports Centre, followed by
  5.30pm Family Mass at the Sports Centre with St. Andrew's Amateur Theatre Company
  7.30pm Carols at St. Andrew's Church, followed by
  8.00pm Mass at St. Andrew's Church with Sariling Tinig Choir
  9.30pm Carols at St. Andrew's Church, followed by
  10.00pm Mass at St. Andrew's Church with St. Andrew's Parish Choir
  11.30pm Carols at St. Andrew's Church, followed by
  12.00am Mass at St. Andrew's Church with Young Adults Group

- **Sunday, 25th December 2016 – Christmas Day**
  8.00am Mass at St. Andrew's Church
  9.30am Mass at St. Andrew's Church
  10.00am Mass at St. Michael's, Little River
  11.00am Mass at St. Andrew's Church (NO 5pm Mass)

- **Saturday, 31st December 2016 – New Year's Eve**
  8.30am Adoration and Prayer
  9.00am Mass, followed by Confessions
  6.00pm Mass with Te Deum "Prayer of Thanks"

- **Sunday, 1st January 2017 – New Year's Day**
  8.00am Mass
  9.30am Mass
  11.00am Mass
  5.00pm Mass

Merry Christmas 2016 and Happy New Year 2017 from Fr. Frank, Fr. Shymon, Fr. Darien, Deacon George, Parish Core Team, Pastoral and Admin Teams

Photo of the Nativity inside St James Church

Wishing you all a Holy and Happy Christmas

St James the Apostle Parish

Hoppers Crossing North

336 Derrimut Road, Hoppers Crossing

Christmas Program 2016

Christmas Eve - Saturday Dec 24

6:00 pm Carols
6.30 pm Family Mass
9:00 pm Vigil Mass
11:30 pm Carols
12:00 am Midnight Mass

Christmas Day - Sunday Dec 25

8:30 am Mass
10:30 am Mass
(No evening Mass this day)

Sacrament of Reconciliation:

2nd Rite of Reconciliation
Tuesday Dec 20 at 7:30 pm

1st Rite of Reconciliation
Wednesday Dec 21 6:00 pm to 8:00 pm

New Year's Eve—Saturday Dec 31

6:00 pm Mass (last for the year)

New Year's Day—Sunday Jan 1

8:30 am Mass (first for the year)
10:30 am Mass
6:00 pm Mass

St. Peter Apostle Mission Parish

Hoppers Crossing 3029, Telephone 9749 4300

Website: http://stpeterapostlemission.org.au E-mail: hopperscrossing@cam.org.au

21st Anniversary of the Dawn Mass Novena

16 to 24 December 2016

Starts at 5:00am, followed by AGAPE breakfast in Church Hall

DATE	CELEBRANT	MUSIC
Friday, 16 December	Most Rev Bishop Mark Edwards	Samoan Choir
Saturday, 17 December	Fr. Rolyn Vics	Domini Chorum
Sunday, 18 December	Fr. Aurelio Fragapane	FilOz
Monday, 19 December	Fr. Thang Vu	Youth B and
Tuesday, 20 December	Fr. Jude Pirotta	St. James Choir
Wednesday, 21 December	Fr. Luciano Toldo	Footsteps
Thursday, 22 December	Fr. Manoj Kannamthadathil	St. James Youth
Friday, 23 December	Fr. Joselito Asis	Filiorum Dei
Saturday, 24 December	Fr. Greg Bourke/ Fr. Pius Kodakkathanath/ Dcn. Charles English	St. James Music Group

Sponsored by: St. Peter's Charismatic Prayer Group (KNK)

Contact Josephine Thomas 9734-9882 or Emily Alinea 9748-7471

St Peter Apostle Mission Parish
38 Guinane Avenue, Hoppers Crossing 3029 Tel: 9749 4300 Web: http://stpeterapostlemission.org.au

MASSES

16 – 24 Dec	**5:00am Dawn Mass Novena** *followed by agape breakfast*	
24 Dec	**6:00pm**	**Carols *followed by***
	6:30pm	**Family Mass**
24 Dec	**9:00pm**	**Carols *followed by***
	9:30pm	**Early Vigil Mass**
24 Dec	**11:30pm**	**Carols *followed by***
	12:00am	**Midnight Mass**

CHRISTMAS DAY

25 Dec	**8:30am, 10:30am Masses**
	12:30pm Spanish Mass
	No Evening Mass
31 Dec	6:00pm Mass

NEW YEAR

1 Jan	**8:30am, 10:30am, 5:00pm Masses**
	12:00pm Spanish Mass
	3:30pm Polish Mass

RECONCILIATION

20Dec	**7:30pm Reconciliation Rite II**
	at St. James Parish

CONFESSIONS AT ST. PETER'S
Wednesdays after 7:00pm Mass
Saturdays after 9:15am Mass