Welcome Back to Term 3
Hope you all enjoyed your school holiday

Aspiration Day
ASPIRATION DAY
BBC — BREATH BLOW COUGH
Prevention is always better than the cure. Did you know that teaching your child to blow their nose properly from a very early age can help prevent Otitis Media. It is very common in Schools and Early Learning Centre’s now for the children to do daily nose blowing lessons to help prevent ear problems. Called the Breathe, Blow, Cough, Chew (crunchy foods) wash Program. (BBCWC)

The BBC is a quick routine with the intention of emptying the nose, to clear the ears. It includes quick exercise such as jumps & running on the spot and coughing into the elbow (not hands). It can also includes crunching apples/carrots/celery etc for fruit break to exercise the eustachian tube.

As well as this it instructs students to focus on nose breathing instead of mouth breathing. Doing the BBC every morning before learning time can benefit every student as they can experience a conductive loss on any given day. Hearing can be good one day and bad on others- this is a conductive loss.

We will be introducing the BBC exercises to help keep children’s ears healthy.

NATIONALLY CONSISTENT COLLECTION OF DATA ON STUDENTS WITH DISABILITIES

Hillvue is participating in the trial of the collection of data on students with disability. The Australian Government is changing the way information is collected about students with disability. These changes will help the government to have a better understanding of students with disability.

Information is being collected by schools from all around Australia. Further information about the data collection can be found on the Australian Government Department of Education website: http://education.gov.au/nationally-consistent-collection-data-students-disability
NOTICEBOARD

DIARY DATES

JULY
Tuesday 15   Students return to school
Tuesday 15   Rugby League Knockout
               1230—2.30pm
Wednesday 16  NW PSSA Boys Touch Gala
               9am-3pm
Thursday 17   Legends of League Regional
               Finals Day - Gunnedah
               8am-3pm

Week 2
Friday 25     Planet Ark Tree Planting Day
Friday 25     Elective Sports Begin
AUGUST
Friday 22     Footy Colours Day

FRONT OFFICE
All visitors must report to the Front Office upon arrival
Office hours are from 8.30am to 4pm on school days.
Please telephone 02 67657 446 during these hours.

FOR SALE
HILLVUE SCHOOL JACKETS
The cold weather will be here again soon. School jackets can be purchased through the front office.
Small, Medium & Large fleecy lined spray jackets $48.

CLOTHING POOL
If anyone has any unwanted Hillvue School uniforms to give away/sell, the School Clothing Pool would greatly appreciate them.
The Clothing Pool is at the canteen and open each morning, or items can be dropped off at Front Office.

HILLVUE RAIN JACKETS FOR SALE
Compact Poncho/Rain Jacket. Can be worn over your backpack.
$14 each from front office.

ASSEMBLE ITEMS

| Week 1 | Friday 18 July | - |
| Week 2 | Friday 25 July | 5/6H |
Are you looking for a long day care centre for your pre-school children? Your child is welcome! Your local Long Day Care Centre is just around the corner from Hillvue School in Janelle St.

Phone 67628452
Email: reception@janellestreetcentre.com

Christian
Caring
Committed to Excellence

Janelle Street Centre
4 Janelle Street, South Tamworth

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