



Willett Avenue Oak Park 3046

† 9306 9182 e [nolan.william.b@edumail.vic.gov.au](mailto:nolan.william.b@edumail.vic.gov.au) [www.oakparkps.vic.edu.au](http://www.oakparkps.vic.edu.au)

Issue 28

September 19<sup>th</sup> 2018

*Oak Park Primary School will work collaboratively to provide a stimulating, safe and challenging learning environment that promotes resilient, innovative thinkers.*

## CALENDAR OF EVENTS

<b>September 21<sup>st</sup></b>	Footy Colours Day
<b>October 20<sup>th</sup></b>	School Fete
<b>December 6<sup>th</sup></b>	Carols Night
<b>December 11<sup>th</sup></b>	Year 7 Transition Day
<b>December 12<sup>th</sup></b>	Grade 6 Big Day Out
<b>December 18<sup>th</sup></b>	Grade 6 Graduation

## Principal's Column

### Jill's Column in the Absence of Bryan

STEM education is the learning of science, technology, engineering and mathematics in an interdisciplinary or integrated approach. Students gain and apply knowledge, deepen their understanding and develop creative and critical thinking skills within an authentic context. It may include inquiry and project-based learning.

This term, the students have embarked on a whole school STEM challenge with a focus on Engineering. They have learnt about the Engineering Design Process and used this process to create a construction using cardboard and tools from MAKEDO.

As evident by our successful STEM festival, Oak Park P.S. has made a commitment to developing STEM skills for all our students. The impact of forming partnerships with parents to help foster a positive attitude to STEM, we believe is extremely important. By showing your child that you have an optimistic attitude towards STEM and seeing the great possibilities it presents, you can have an impact on how your child feels.

The way that STEM subjects are taught may have changed over the years, but families are still able to support children of all ages to engage in STEM related experiences.



# The Oak Leaf

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Here are some ways you can help your child engage with STEM:

- Encourage them to investigate and ask questions about the real world. You can do this by asking open-ended questions. For example, "Can you describe..?", "I wonder what would happen if..?", "How would you answer that question..?" , "What if..?"
- Support play activities that are STEM-related. For younger children, this could include playing games to identify different shapes, numbers and patterns, singing songs and nursery rhymes about numbers and playing with building blocks. For older children, this could include using a digital device to make a movie with special effects, learn cooking skills and encouraging the use of apps and computer games that are STEM-related.

## Websites and places

[STEM Programme Index \(SPI\) 2016](#) is a collection of over 250 exciting activities and programmes for primary and secondary students in Australia.

[Museum Victoria](#) cares for the state's scientific and cultural collections. Museum Victoria includes Melbourne Museum and Scienceworks, These museums provide stimulating exhibits and activities ensuring that families can maximise their STEM experience.

[Zoos Victoria](#) - Healesville Sanctuary, Melbourne Zoo and Werribee Open Range Zoo - provide families with the opportunity to discover a wild range of wildlife and learn about conservation. Over the school holidays, students aged 13 to 18 years old can participate in the [Youth at the Zoo](#) membership program.

The [Digital Technologies Hub for families](#) provides learning resources on digital technologies. The families section of the hub contains information, activities, careers advice and cybersafety links for families to explore.

[Cosmos](#) is a science magazine published in Australia. Its accompanying website has latest science news, discoveries, developments and events.

[Victorian Maths Challenge](#): Explore and solve maths challenges with family and friends. Amongst many activities, young children can collect, count and sort objects from the garden, balance on a see-saw and find patterns in the world around us.



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## Tournament of the Minds

by Alex Dyer

On Sunday the 9<sup>th</sup> of September, the Arts TOM team competed in the State finals. Participating in the Arts team were Neyra Mutapcic, Charli Higgins, Declan Silk, Martin Tippit, Ailah Grimmond and Alexandra Dyer.



The day started with a three hour lockdown where we were given a challenge which we had to solve and write a script for. We were also given a craft box to make costumes and props for our performance.

We were competing against six other Regional Finalist team and we were lucky enough to watch each team's performance. We performed second last, we felt very nervous, excited yet confident with our preparation.

We worked well together as a team and whilst we performed our script and songs to the best of our ability we didn't win, BUT we had the best time. It was an experience we will always remember.

## Jurassic Creatures Excursion

On Monday 17<sup>th</sup> September Grades 1 and 2 went on an excursion to Jurassic Creatures to support our learning of dinosaurs. We all had a roaring good time!



1H above

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## 1M by Maeve Donovan

Yesterday we visited Jurassic Creatures on a school bus. First we went on a jumping castle and it was so bouncy (and Coco thought it was scary!). It had a big slide on the bouncy castle and the plants looked realistic. Do you want to know more? We rode on mini dinosaurs and dug for fossils, it looked so real. At the end we went to the beach. Luna Park was next to it. It was the best day of the year.



1M above

## 1/2C by Zara Davison

Yesterday I went to Jurassic Creatures in St Kilda. It was really, really realistic. My favourite part was when the 1s and 2s did sand art. The grades from Oak Park Primary and other schools used hammers and screwdrivers to crack open dinosaur eggs. 1/2C jumped on a terrific, beautiful, dinosaur - like jumping castle and we took a photo in a dinosaur themed place.

It was really, really exciting on the excursion. On the jumping castle I did a challenge! I tried not to touch the pretend lava and not the pretend spikes. I reached the top of the pretend mountain without touching the lava! Next I slid down a slide it was fun! Then I ran to the fake squishy dinosaur heads. I used my imagination and pretended they gave me the power to touch fake lava!

Next I ran to the seesaw pretend like dinosaur. It gave me the power to touch pretend spikes! Next I had to get out. I had so much fun.

After the excursion I got a goody bag. We went to the beach and I collected 33 seashells.

That was the best excursion ever!



1/2C above



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## 2D by Ruben Acosta

### THE BEST TIME AT JURASSIC CREATURES

Guess what I did? I went to Jurassic Creatures! We saw moving dinosaurs, they were cool because they made amazing noises.

After that we went to the jumping castles and we played a fun game of tiggy, I was sweatieer than the hot sun.

The best part of the day was the archaeological dig because I felt like a scientist digging for real bones.

Finally we went to the shadow box where we could trace pictures of ferocious dinosaurs and we did some sand craft.

Suddenly we had to have our snack. It was fun because we had it at the beach and we saw some jellyfish. We went back to school on the bus, we had a really fun day.



2D above

## 2M by Madeline Reither,

First, we hopped on the huge bus that was taking us to Jurassic Creatures. When we got there, we hopped off the bus excitedly.

Then, we walked to the amazing moving dinosaurs. The dinosaurs were big, little, moving and roaring at us. I was scared of all the dinos!

After we saw the amazing moving dinosaurs, we went to a giant circus tent. In the circus tent, we traced dino pictures. I did a velociraptor. We also looked at fossils of dinosaurs and bugs. My favourite bug was a rainbow, beautiful butterfly. It was amazing! It nearly blew my own eyes out of my head!

After, we did the sand art. The hardest part was to peel off the yellow paper from the cardboard. The easiest part was to add the sand.



2M above



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## Chickens

No doubt many of you would have heard that our chickens recently succumbed to a fox attack.

Unfortunately, there were no survivors.

Many of the students have expressed sadness at the event, and this is understandable given that the chickens had become part of our school and many students took the chance to visit them each Friday lunch time, or look after them through their roles as monitors. We do intend to get some more chickens after the holidays, and work to create better systems so that we can ensure the chickens are locked up safely every night, as the coop is very secure. I will let everyone know when our new flock arrives.

## Fete Fun!



**THERE IS A LOT  
TO LOOK  
FORWARD TO ON  
Fete Day!!**

- \* RIDES - GET YOUR WRISTBANDS EARLY! \* KIDS ART
- \* BIG WHEEL - GREAT PRIZES TO BE WON \* 2ND HAND STALL
- \* SHOWBAGS \* FOOD AND COFFEE VAN \* SILENT AUCTIONS
- \* STALLS GALORE - CANDLES, JEWELLERY AND MORE! \* HOMEBAKE
- \* BUBBLE SOCCER \* BBQ \* FAIRY FLOSS/SNOW CONES/LOLLIES
- \* PRODUCE/ PLANT STALL \* DEVONSHIRE TEA \* BOTTLE IN A BAG
- \* LATITUDE ACTIVITIES \* GRADE 6 STUDENT STALL
- \* FACE PAINTING \* LOTS OF RAFFLES TO BE WON \* BAR
- \* COMMUNITY SPORTS DEMONSTRATIONS \* SIDE SHOW GAMES
- \* ENTERTAINMENT - TAEKWONDO, DANCE, MUSIC

**WE HOPE TO SEE  
EVERYONE THERE!!**



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## WOW AWARDS

Class	Name	Awarded for
FH	Pippa Ojczyk	For working brilliantly and helping others within your team to create our 'Bee City'. You're a star!
FP	Amelia Demercurio	
FS	Merrick Neupane	For being truly kind and thoughtful to others at all times
1H	Spencer Herrod	
1M	Pyper Bunting	For being a kind and considerate classmate who is always thinking of others. Well done, Pyper!
1/2C	Saraansh Mehra	
2D	Milly-Rose Aldis	
2M	Savannah Tu	
3E	Vihaan Garkoti	For your effort in trying to work in a team. Well done on cooperating with others
3P	Rohan Shah	Always coming into the classroom ready to learn and challenge yourself!
3/4B		
4A	William Garfi	
4JW	Jude Omar	
5/6C	Omed Guler	
5/6G	Bryce Camilleri	
5/6LD	Jordan Papazoglou	
5/6P	Davern Nagodavithana	
Japanese	Rasesh Nepal	For putting great effort into making his writing in his book so tidy and neat! Well done!



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## FETE NEWS

### Raffle Tickets

#### **DON'T FORGET TO BUY YOUR RAFFLE TICKETS**

Tickets are \$2 each, and if you'd like more booklets, they are available from the Office.

The raffle will be drawn on the 20<sup>th</sup> October

### Volunteers are still required

We need a few more volunteers to fill afternoon shifts on fete day. Thank you so much to all the parents and school staff who have returned the volunteer slips and so generously given their time.

We have had an amazing response and everyone so far has been allocated their specific time. The roster will be published on Compass once it's completed, hopefully the first week of Term 4.

## Donations Requested

**Plants for the Fete** John in Sustainability  
**Fete BBQ Donations** Office

Due to our great success at the Bunnings BBQ, we require sauce, mustard, napkins, paper towel, foil trays. Zooper Doopers and bags of lollies.

If everyone could donate just one item, it will make a big difference to our Fete profits, which will benefit everyone

Thank you



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## HOUSEKEEPING

### Student Medications Reminder

All students whose medications have expired have received a call from the school, and we request that replacements are forwarded as soon as possible. Thank you to those parents who have supplied new medications.

**Updated Anaphylaxis and Asthma Action Plans are required at the start of each school year.** Parents have been emailed or called regarding out of date plans. Unfortunately we have not received all the updated plans we have requested.

We would appreciate families supplying these as soon as possible.

### Asthma Action Plans Reminder

We have many Asthma Action Plans that are well out of date. Families have been emailed to supply these as soon as possible.

Asthma Action Plans for Victorian Schools **MUST** be completed, signed and dated by the patients Medical Doctor.

These plans must also be updated and supplied to your child's school every 12 months.

Any time asthma medications are prescribed and expected to be taken to school (even when it is seasonal asthma or it is virus-related) they **MUST** be accompanied by a Medical Management Plan signed by your child's Doctor. The Official Action Plan is at the back of this newsletter.

### Hats! Hats! Hats! Reminder

From September 1st, all students are required to wear their school hat.

From Monday 10th, we will be enforcing our, 'no hat - no play' policy. This means that students with no hat will need to play in totally shaded areas (this does not include under the shade sails in the playground). These shaded areas are the covered areas surrounding the tiger turf. Please note, we are also following our updated uniform policy and this means the hats need to be the wide-brimmed, navy hat with the school logo, or a navy bucket hat.



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## School Payments Reminder - Compass

It is preferable that school payments (excursions, camps, events etc.) are to be made via **Compass**. With all excursions, camps & events, there is a cut-off date for payment.

**We would appreciate ALL payments to be made via Compass PRIOR to the cut-off date.**

If for some reason payment is not able to be done online, please follow payment options below:

- Deposit directly into bank account, please note name and what payment is for on bank receipt.
- Cash in cash envelope to your child's teacher for processing through their cash book. Please no cash payments to Office.
- Credit Card details via cash envelope to class teacher, or credit card swipe via Office.

We appreciate your assistance with regards to our payment options, but once again, we ask that payments are done PRIOR to the cut-off date.

## Lost Property

**SCHOOL UNIFORM CLOTHING:** - The weather must be getting warmer, as we have loads of Bomber Jackets in our lost property. If your child is missing uniform, particularly Bomber Jackets, our lost property cupboard is outside the Administration area if you would like to check the approx. 50 jackets that are currently there.

### READING GLASSES:

A navy blue pair of 'Diamond' brand child's glasses and a pair 'I-Spy' glasses have been handed into the Office.

If your child has lost their glasses, please call into the Office



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## COMMUNITY NEWS

### Calling All Budding Netball Players

Penola Saints Netball Club is looking for girls or boys interested in joining a friendly and diverse Community Sporting Club  
Net Set Go Team (5-10 Years) U11's. U13's. U15's. U17's.

### Training Wed nights

Net Set Go - Oak Park Primary School. U11's & U13's - Penola Catholic College (Junior Campus)

### Training Monday Nights

U15's & U17's – Penola Catholic College (Junior Campus)

Game Day - Parkville State Netball Centre.

**For further information please contact:**

*Alexis King: 0409 516 067*

**Woolworths CRICKET BLAST**

**JOIN THE FUN**

WOOLWORTHS CRICKET BLAST IS A FUN AND FAST PROGRAM FOR KIDS OF ALL ABILITIES TO LEARN THE SKILLS AND PLAY AUSTRALIA'S FAVOURITE SPORT.

Strathmore Heights Cricket Club  
Boeing Reserve  
Friday Nights from 5.30pm  
New Programs Starting in October 2018  
Contact - Stuart Fergle 0421 572 349  
shocjns@gmail.com

JOIN THE FUN AT YOUR LOCAL CENTRE  
REGISTER AT [PLAYCRICKET.COM.AU](http://PLAYCRICKET.COM.AU)

**Woolworths CRICKET BLAST**

**FUN AND FAST**

Buzzing with the energy of Big Bash cricket, Woolworths Cricket Blast teaches kids how to bat, bowl, field and catch over a minimum of six weeks—all while making new friends.

**JUNIOR BLASTERS**  
AGES 7-10 | 80 MIN

- Learn new skills including coaching, throwing and movement
- Make new friends or organise a group to learn together
- Wear the colours of your favourite Big Bash team in a personalised water
- All equipment supplied, parents join in the fun

**USE UP YOUR NETBALL JUNIOR BLASTERS PACKET!**

**MASTER BLASTERS**  
AGES 11-14 | 90 MIN

- For kids with basic cricket skills
- Every kid gets a chance to bat, bowl and field
- Wear the colours of your favourite Big Bash team in your choice of coloured player cap
- Make new friends or organise a group to play together
- All equipment supplied, parents join in the fun

**USE UP YOUR NETBALL MASTER BLASTERS PACKET!**

JOIN THE FUN AT YOUR LOCAL CENTRE  
REGISTER AT [PLAYCRICKET.COM.AU](http://PLAYCRICKET.COM.AU)

**SAINTS**

**RECRUITING PLAYERS NOW**

Oak Park Saints Basketball Club is currently recruiting:

**UNDER 8's (Boys and Girls Born 2012/2013)**

**UNDER 10's (Boys Born 2010/2011)**

Other enquires welcome.

Please forward all enquiries to Cheryl Crotty email: [cheryl72@bigpond.com](mailto:cheryl72@bigpond.com) or mobile: 0414 637 533

**Summer Season commencing 6th Oct**



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**Girls and boys come and play cricket this summer**



**PASCOE VALE CENTRAL CRICKET CLUB**

**FREE to join**

Come along to our family-fun registration days at our brand new facilities:

Saturday 8 September 10.30am - 2.30pm  
Saturday 22 September 10.30am - 2.30pm

Oak Park Reserve, corner Pascoe Vale Road and Edgcombe Street

- Free registration
- All ages and abilities welcome
- Equipment provided

**The first 25 junior cricketers to register will receive a free Melbourne Renegades membership**

**Find out more:**

[www.pascoevalcentralcc.com.au](http://www.pascoevalcentralcc.com.au)

 [pascoevalcentralcc](https://www.facebook.com/pascoevalcentralcc)

Jessica Nash - Ph: 0434 566 619  
Frank Ripa - Ph: 0419 366 094



**COME AND JOIN TODAY!**

Pascoe Vale Central Cricket Club

**Juniors information**

**Season 2018-19**

Your kids are going to love playing at Pascoe.

Pascoe Vale Central Cricket Club (PVCCC) welcomes you and your family to the club.

We're excited to offer junior players a supportive, inclusive and fun sporting environment to develop their cricket skills and spend time with friends.

We offer boys, girls and mixed teams for all ages.

**Game and training times**

The fixtures haven't yet been finalised, but the season starts in October and runs through to March.

Training schedules will be confirmed depending on the number of teams we have in each age group, but will be an either Monday or Wednesday evenings, from 5.30 to 6.30pm.

Further details will be provided as they are available.

**Games by:**

Under 18s (boys/mixed): Fridays, 5.30 or 5.30pm  
Under 12s, Under 14s and Under 16s (boys/mixed): Fridays, 5.00pm or Saturdays, 6.30am, depending on grading  
Girls - Under 15s: Mondays, 5.45pm  
Girls - Under 15s: Wednesdays, 5.30pm

**Fees and equipment**

Registration is free. The club will cover this cost for all junior players.

Game day fees are just \$5 per game, paid weekly.

All players are required to wear a team t-shirt and hat, available in a pack from the club for \$30.

All equipment, including helmets, balls, bats and pads, will be supplied by the club for use at training and in games.



Junior boys coordinator: Frank Ripa | 0419 366 094  
Junior girls coordinator: Jessica Nash | 0434 566 619

Oak Park Reserve Corner Pascoe Vale Road and Edgcombe Street  
[pascoevalcentralcc.com.au](http://pascoevalcentralcc.com.au)

Follow us on Facebook and Instagram:  
 [pascoevalcentralcc](https://www.facebook.com/pascoevalcentralcc)  
 [pascoevalcentralcc](https://www.instagram.com/pascoevalcentralcc)





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Please support these great businesses who are sponsoring and supporting Oak Park Primary School's fete

## PLATINUM SPONSORS

Akay Architects

[www.akayarchitects.com.au](http://www.akayarchitects.com.au)



Barry Plant

[www.barryplant.com.au/glenroy](http://www.barryplant.com.au/glenroy)



McDonalds Oak Park

[www.mcdonalds.com.au](http://www.mcdonalds.com.au)



Bendigo Bank  
Strathmore

[www.bendigobank.com.au/strathmore](http://www.bendigobank.com.au/strathmore)



Tilnak

[www.tilnak.com](http://www.tilnak.com)



## GOLD SPONSORS

Glenroy RSL

<https://www.glenroyrsl.com.au>



Globe Footwear

<http://globebrand.com>



LTYB Strathmore

<http://listentoyourbody.com.au/studio/strathmore>



Kelly Sports

<http://www.kellysports.com.au>



Team Holiday

<http://teamkids.com.au>





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## SILVER SPONSORS

La Yoga



Flight Centre



Latitude Bounce.Climb.Fly



## BRONZE SPONSORS





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## School Contacts

Principal	Bryan Nolan	<a href="mailto:nolan.william.b@edumail.vic.gov.au">nolan.william.b@edumail.vic.gov.au</a>
Business Manager	Annette D'Elia	<a href="mailto:delia.annette.a@edumail.vic.gov.au">delia.annette.a@edumail.vic.gov.au</a>
Office Manager	Fran MacDonough	<a href="mailto:macdonough.frances.a@edumail.vic.gov.au">macdonough.frances.a@edumail.vic.gov.au</a>
PFA President	Bron Barwick	<a href="mailto:nursebron@yahoo.com">nursebron@yahoo.com</a>
School Council President	Joanne Roolker	<a href="mailto:joanne.roolker@live.com.au">joanne.roolker@live.com.au</a>
OSHC Coordinator	Julie Andrews	<a href="mailto:aftercare@oakparkps.vic.edu.au">aftercare@oakparkps.vic.edu.au</a>



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Instrumental Music Program  
for Primary Schools



## Rock Enrol IN THE MELBOURNE GUITAR ACADEMY SCHOOL INSTRUMENTAL MUSIC PROGRAM

Foundation Music Program **Guitar** Vocals Drums Keyboard **Rock Band** School Choir



### NOW TAKING TERM 4 ENROLMENTS!

Learning an instrument is not only an incredibly fun and engaging hobby but has many additional benefits including: increased memory capacity, improved hand-eye coordination, better social & communication skills and the development of stronger self confidence. If you want to nurture your child's creative side and give them a medium for self expression consider supplementing their education with a school music program.



**How It Works:** Students will come out of class on a rotating roster each so they do not miss the same class consecutively. Students will learn all of the fundamental skills necessary to play their instrument and perform songs. For full information visit: [www.melbourneguitaracademy.com/schoolprograms](http://www.melbourneguitaracademy.com/schoolprograms)

**Enrolling Couldn't Be Easier:** Simply fill out the form below and return it to the school office at the earliest opportunity. Alternatively, visit the link above to enrol online. From there we'll be in touch to finalise your enrollment.

Childs Full Name: \_\_\_\_\_ Parents Full Name: \_\_\_\_\_

Contact Number: \_\_\_\_\_ Email Address: \_\_\_\_\_

School Name \_\_\_\_\_ Grade & Class \_\_\_\_\_ Student Date of Birth \_\_\_\_\_

Instrumental Music Classes (please circle) Foundation Music Guitar Voice/Singing Keyboard Drums

Complimentary Programs (please circle): Choir Rock Band Outside of School Lessons [please see website for program pricing]

Select Your Package (per term): Bronze \$200 Silver \$250 Gold \$350 Private \$400 Tuition Fees \$ \_\_\_\_\_ + \$30 New Students

Instrument Term Hire Guitar \$30 Keyboard \$50 + \$50 Bond Total Paid \$ \_\_\_\_\_

Payment Arrangements Available - Please contact us directly to organise

Credit Card (Circle) Visa Mastercard

Card Number \_\_\_\_\_ Exp Date \_\_/\_\_/\_\_ CCV: \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_/\_\_/\_\_

**Direct Deposit:**  
Melbourne Vocal Academy  
BSB: 063-245  
Account: 1099 8705  
Reference: OPP+Child Last Name



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## Asthma Action Plan

For use with a Puffer

Photo

Name: \_\_\_\_\_  
 Date of birth: \_\_\_\_\_  
 Confirmed Triggers  
 \_\_\_\_\_



**Asthma**  
Foundation VIC

- Child can self administer if well enough.  
 Child needs to pre-medicate prior to exercise.

**ALWAYS give adrenaline autoinjector FIRST, and then asthma reliever puffer** if someone with known asthma and allergy to food, insects or medication has **SUDDEN BREATHING DIFFICULTY** (including wheeze, persistent cough or hoarse voice) even if there are no skin symptoms.

Adrenaline autoinjector prescribed:  Y  N Type of adrenaline autoinjector: \_\_\_\_\_

### SIGNS AND SYMPTOMS

#### MILD TO MODERATE

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

Other signs to look for:

\_\_\_\_\_

#### SEVERE

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

#### LIFE-THREATENING

- 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)

### ASTHMA FIRST AID

**For Severe or Life-Threatening signs and symptoms, call for emergency assistance immediately on Triple Zero "000"**  
 Mild to moderate symptoms do not always present before severe or life-threatening symptoms

1. Sit the person upright
  - Stay with the 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
4. If there is still no improvement call emergency assistance
  - Dial Triple Zero "000"
  - Say 'ambulance' and that someone is having an asthma attack
  - Keep giving \_\_\_\_\_ puffs every 4 minutes until emergency assistance arrives

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

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



- Remove cap from puffer and shake well
- Tilt the chin upward to open the airways, breathe 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

Emergency Contact Name: \_\_\_\_\_  
 Work Ph: \_\_\_\_\_  
 Home Ph: \_\_\_\_\_  
 Mobile Ph: \_\_\_\_\_

Plan prepared by Dr or Nurse Practitioner: \_\_\_\_\_  
 I hereby authorise medications specified on this plan to be administered according to the plan.  
 Signed: \_\_\_\_\_  
 Date prepared: \_\_\_\_\_  
 Date of next review: \_\_\_\_\_