Asthma Attacks—What to look for
An asthma attack is an incredibly distressing and frightening thing to witness—one can occur anywhere at anytime. It is important that school staff can recognise the signs of an asthma attack in order to respond promptly and help save a life.

Signs and symptoms of an asthma attack include:
- Cough
- Minor difficulty breathing
- No difficulty speaking in sentences
- Persistent cough
- Obviously difficulty breathing
- Able to speak in short sentences only
- Gasping for breath
- Pale and sweaty
- May have blue lips
- Speaks only a few words in one breath

Do not wait until asthma is severe before commencing asthma first aid.

TUCKSHOP NEWS
Tuckshop opens every MONDAY & FRIDAY. All orders are to be handed into the tuckshop by 8:45am
Orders are to be written on a brown paper bag—separate bags to be used for each meal break. Please include name, class and for which break on the bag.

Quinalow State School Comedy Gala
Join us for a night of fun, frivolity and cheeky humour as we host three of Australia’s premier comedians courtesy of The Comedy Empire...

Saturday, 6 September, 2014
Brymaroo Rodeo Grounds at 7pm
Tickets $40 includes gourmet nibbles, live music and licensed bar until 1am. Group bookings of 10 per table. Pre-paid tickets only.

Book Now: It’ll be a laugh a minute!
Admission restricted to adults 18+ only.

Booking/Info: Nat Collins 4692 1314 or Belinda Wilson 4692 7796

PACKING A SCHOOL LUNCHBOX
When children eat well they behave better, are able to listen well and concentrate for longer. Packing a healthy school lunchbox will help children to learn and play well and be happy at school.

WANT MORE NEWS?
See the next page!
Queensland Primary Schools Rugby League
As mentioned in a previous newsletter I have been appointed as the coach of the Queensland Primary Schools Rugby League team for 2014.

As a result I will be absent from school from August 4 to August 15.

Rugby League team for 2014.

As mentioned in a previous newsletter I have been appointed as the coach of the Queensland Primary Schools Rugby League facilities. If you did not receive a letter, please contact the office.

School Opinion Survey
Recently you received a letter from the Department of Education, Training and Employment asking you to participate in this year’s online School Opinion Survey. The letter contained a website address and logon details. Participation in the survey is anonymous. Your feedback is valuable to us as it enables us to make improvements. If you do not have access to a computer, please contact the school and we will make arrangements for you to use our facilities. If you did not receive a letter, please contact the office.

Have a great week, Scott Pacey, Principal

Sports Carnival
Let the games begin! It all started with the march pass, followed by some fierce competition from the upper grade students and tabloid sports for the lower classes.

Results and awards will be presented on parade this Friday. Congratulations to all the students that participated and showed great sportsmanship.

Athletics Carnival

COUNCIL AND COMMUNITY UPDATE

- Cr Bill Cahill is visiting the Oakey Service Centre on Friday 1st August. Residents can make appointments to discuss with Cr Cahill any issues. Contact me to make an appointment.
- Council will be holding a public information session on Saturday 2 August to discuss the concept design of the Kingsthorpe-Haden Road Bridge upgrade project. The session will be held form 10 am to 2 pm at the Gowrie-Kingsthorpe Hotel.
- Oakey & District Arts Council is presenting Concert Pianist David Scheel in a matinee performance of “Don’t shoot Me, I’m Still Only the Planesayer” on Sunday 10 August at 2pm in the Oakey Cultural Centre.
- Nominations for Australia Day Awards open soon, closing on 31st October. This is a great opportunity to recognise those who have achieved in sport or community service. Nomination forms are available on Council website, or from the Service Centre. Council is also looking for new ideas and members for the Oakey District Australia Day Committee, which next meets on Tuesday 12 August at 7 pm in the Oakey Service Centre Boardroom. Contact the undersigned for more information.

Musical

"The Tooth, The Whole Tooth and Nothing But The Tooth." Presented by our Year 2 and Year 3 students at Oakey State School

WHEN: Tuesday 12th of August.
WHERE: Oakey SS Multi Purpose Hall
TIME: 5:00pm – 5:45pm
COST: FREE—Hope you see you all there.

YOUR CHILD NOT FEELING WELL?
This term we have noticed quite a number of students coming to school not feeling well. If your child has told you they are not feeling well or are showing symptoms of illness, please consider keeping them home to prevent other staff and students being infected.

Influenza (the flu) is caused by a virus. The flu is more than just a bad cold and can occasionally lead to serious complications, including death. Symptoms include high fever, sore throat, weakness, headache, muscle and joint pains and a cough. Treatment includes bed rest and drinking plenty of fluids. Vulnerable people are more likely to develop serious complications including pneumonia. Immunisation can offer protection from flu.

Gastroenteritis (Gastro) is common in young children and spreads easily. Gastro is a bowel infection which causes diarrhoea (runny or watery poo) and sometimes vomiting.