



FACTION FUN RUN

On Thursday 23rd May 2019 Gingin DHS held their annual Fun Run where students from Year 1-10 participated in a variety of cross-country distances to gain individual accolades and points for their faction. Congratulations to all students who competed and tried their hardest. There were some exceptional runners and outstanding sportsmanship on display. Seeing the students try their best and push themselves is exactly why we do what we do. A big thank you needs to go to staff, community and students, for your dedication and commitment to the event. Ms Devine would personally like to thank the high school students who have done, depending on their elective timetable, anywhere from 20-40km in the 4 weeks leading up to the event. You should all be extremely proud of yourselves!

This event would not be possible without two very important people spending hours and hours setting up the carnival. A huge THANK YOU to Vanessa Fewster and Cyril Sharp for all your hard work in the lead up to the event, on the day and the aftermath of the sheds upon pack-up. We couldn't have done it without you!

WINNING FACTION: APOLLO

1st Apollo 280pts

2nd Ares 246pts,

3rd Athena 198pts

4th Poseidon 191pts

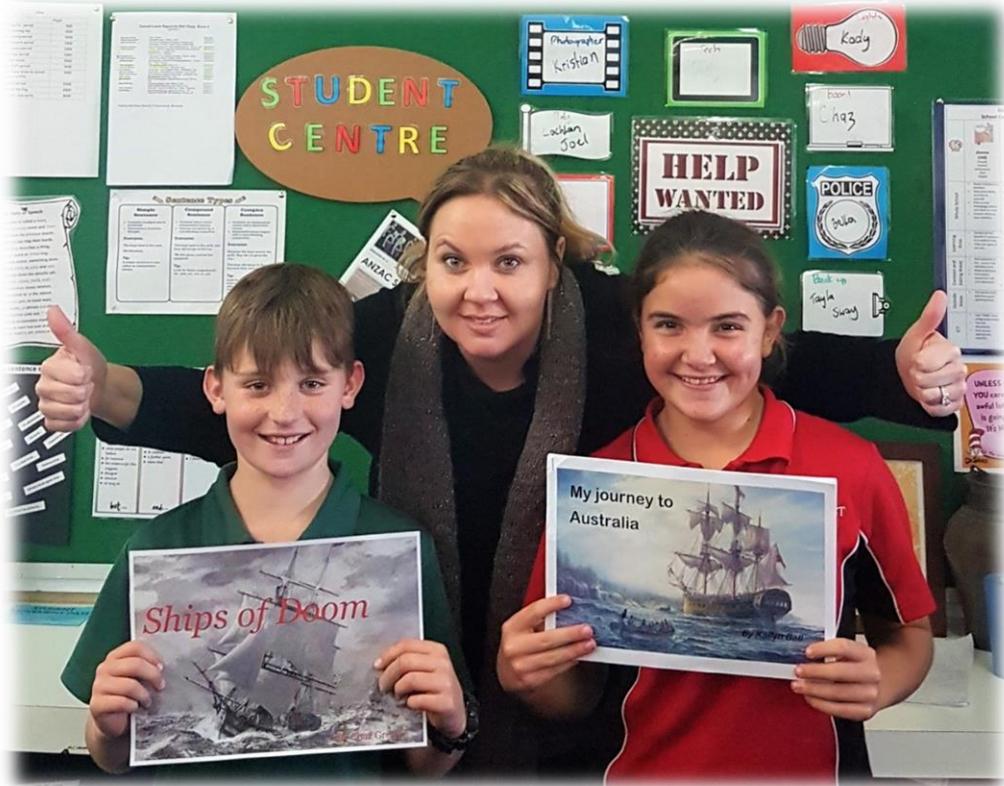


YEAR	CHAMPION		RUNNER UP	
1	Ethan Wise	Heidi Gomesall	Bailey Townsend	Isla George
2	Callum Edwards	Tahlia Trew	Elliot Dale	Willow Crofts
3	Charli Fitzpatrick	Sunette Botha	Chase Kennedy	Allis Duffy
4	Declan Kabelka	Kayley Dean	Lachlan Townsend	Jessica Botha
5	Cole Fewster	Charlie Wise	Tye Gresele	Tahlia Carter
6	Stephan Botha	Madison Wilkin	Jarrad Kennedy	Kaitlyn Baxter
7	Flynn Hendry	Bella Gomersall	Shay Bogan	Stevie Coussens-Leeson
8	Eden Gomersall	Lily Hendry	Beau Wiltshire	Tenisha Baxter
9	Brock Brinkworth	Haylee Farr	Levi Metcalf	Abbey Morris
10	Luka Ellison	Jana Thorpe	Ashton DeJong	Lilly Santoro

Ms Devine and Mr Chipchase

Beginning Teacher Nominee

The school is nominating Ms Carly Bowen for the Department of Education 'Beginning Teacher of the Year Award.' Ms Bowen has been an enthusiastic and positive member of staff since arriving at the school in 2017. The Awards are run by the Department and nominees undergo a thorough process interviews and discussions. The Awards will be finalised in August and we will hopefully hear good news about Ms Bowen then!



Bus Evacuation Practice

Students took their responsibilities seriously last week when the Bus Evacuation practice was conducted on Robinson Street. All of the buses managed to evacuate within one and a half minutes! The practice was done with good humour by the students and bus contractors, but there is a serious side to the practice. "A bus can be engulfed in fire within three minutes of a fire breaking out," said bus contractor Mr Kim Rule, "So it is very important that everyone knows their responsibility."



Coming Events

Term 2 2019

WEEK 6

Tuesday 4th-5th June

Year 10 Exams

Friday 7th June

MDSA I/School Cross Country

WEEK 7

Monday 10th June

P & C Meeting – 8.45am in the Conference Room

Thursday 13th June

School Assembly - 9.00am in the PAC (Room 7 item)

WEEK 8

Tuesday 18th June

Student Council Cupcake Stall

Wednesday 19th June

School Council Meeting - 3.15pm in the Conference Room

Friday 21st June

MDSA Winter Carnival

WEEK 9

Thursday 27th June

School Assembly - 9.00am in the PAC (Room 6 item)

WEEK 10

Tuesday 2nd July

Staff/Community VS Students Football match

Friday 5th July

LAST DAY TERM

Sports Corner

Outdoor Education

The Outdoor Education class have been hard at work Term Two planning an extended expedition. Students have been required to plan a 3-day and 5-day expedition at approved locations in Perth (one north and one south). In their planning they need to take into consideration what needs to be done before, just before, during the expedition, at camp and after the expedition. They must also develop a checklist to understand the importance of this when planning an expedition to ensure they have everything covered.

An important part of an expedition is fitness preparation. Students participated in fitness testing over two weeks covering various energy systems. At the end of the testing we went on a 1.5hr walk around Gingin. During the walk, students were put into a real-life situation where we had two students "roll their ankle" and were unable to walk back. This meant that students had to be piggy backed back to school and others had to carry their backpacks (filled with honkey nuts for weight of course). Students that were not wearing a bag were given weight vests (15kg) to wear and some carried 4 and 6kg weights in each hand to replicate weight that may need to be carried during an expedition. For the remainder of the term students will expand on the energy systems used, look at diet, exercise and rest (campfire cooking) and the importance of keeping an expedition logbook.

MDSA Cross-Country

MDSA Cross-Country will be held this Friday 7th June 2019 at Gingin Golf Club, weather pending. Parents will be notified ASAP if there is a change in date. We are waiting 24hrs to see if the weather changes and will make a final decision Wednesday morning.

Students who finished 1st – 3rd in the Fun Run from Year 2-10 will be participating as individuals and in year groups for medals and plaques.

Secondary students of Gingin DHS will be going for a clean sweep (Year 7-10 plaques) three years running. GOOD LUCK to all students competing!!!

Winter Carnival

The Primary Winter Carnival is fast approaching and all teams are hard at training and ready to be competitive in the various sports come Friday 21st June 2019.



Coping with Influenza

There have been recent reports of cases of influenza in the Gingin area. Influenza is a serious disease that can cause infection of the lung (pneumonia) and other complications, even death. Influenza, commonly known as 'flu', is a respiratory infection of the nose, throat and lungs. Note that influenza IS NOT the same as the common cold!

Flu is caused by influenza viruses that are easily passed from person-to-person. It takes an average of 2-3 days (range 1-7 days) for seasonal flu to show after a person has caught the flu virus.

Influenza viruses spread when someone with the flu coughs or sneezes, creating airborne droplets that can land in the lining of the nose, throat or in the mouth of another person. Droplets can spread through the air over short distances. Flu can also be spread by contact with hands, tissues, surfaces and other articles soiled by nose and throat discharges.

Most people recover from the flu within a week, but cough and fatigue may persist.

Most people do not need specific treatment for influenza. They recover with rest, plenty of fluids and using paracetamol to relieve fever and pain.

People should seek medical advice if they experience any of the following:

- Symptoms that are getting worse
- Shortness of breath, or difficulty breathing
- Confusion
- Vomiting that prevents them keeping liquids down
- Dehydration symptoms (dizziness on standing, much less urine than normal).

Annual vaccination is the most important protection against catching flu. A new flu vaccine is needed each year because flu vaccines are changed to try to match current strains of the flu. Some people qualify for free seasonal flu vaccine; ask your doctor about this.

Hand washing reduces the spread of influenza. Wash hands using soap and water or an alcohol based hand rub after sneezing or coughing, and after contact with articles soiled by nose and throat discharges. Wipe frequently-touched surfaces regularly, using a cloth dampened with detergent, or a large alcohol wipe. Cover coughs and sneezes with a tissue or the elbow of your arm.

Exclude children with flu from school or childcare, and adults from work, until there has been no fever for 24 hours (without fever-reducing medicine).

Keep away from others when ill; where possible, do not use public transport.

P & C News

Uniform shop:

The P & C require a uniform shop co-ordinator to open the shop for 1 hour a week and maintain and order stock. If you are interested please email Jill Skevington ginginpctreasurer@gmail.com.

Next Meeting

The next P & C Meeting will be held in the Conference Room at 8.45am on 10th June. Everyone is welcome to come along and we look forward to meeting some new faces.

Community News

Woolworths Earn & Learn 2019

Thank you to everyone who has helped to collect The Woolworths Earn & Learn stickers so far! We still have until the 25th June 2019 to keep collecting!

Once you have completed a sticker sheet, simply drop it into the Collection Box here at the school (located in the front office or the Junior Primary block). Sticker sheets will be available at the school if you need to stock up!

To find out more just go to: woolworths.com.au/earnandlearn



WAAPA at ECU is offering an exciting performing arts program for children and young people in years 1 to 12, these July school holidays. The Winter School includes classes in drama, acting, screen acting, film making and musical theatre. For information about the many courses on offer please visit Winter School or contact Gabrielle Metcalf at g.metcalf@ecu.edu.au or 9370 6775.
