Increasing Diabetes Awareness at APS

Presently seven students at APS have type 1 diabetes, a condition that requires them to monitor their blood sugar levels throughout the day and have insulin when required.

All staff have learned diabetes management procedures, so they can effectively support them, and further training sessions will occur over the next few weeks.

Diabetes is the name given to a group of different conditions in which there is too much glucose in the blood. The pancreas either cannot make insulin or the insulin it does make is not enough and cannot work properly.

Without insulin doing its job, glucose builds up in the blood leading to high blood glucose levels which cause the health problems linked to diabetes. The amount of sugar in the blood is usually controlled by a hormone called ‘insulin’ which is produced by the pancreas (a gland behind the stomach).

Type 1 diabetes is where the body’s immune system attacks and destroys the cells that produce insulin, and usually develops before the age of 40. It is less common than type 2 diabetes.

Type 2 diabetes is where the body does not produce enough insulin, or the body’s cells do not react to insulin. It is often associated with obesity and is more common in older people.

A person with diabetes is no different from any other person living in Australia. Having diabetes does not change their basic needs, wants and desires but it does make some aspects of their life more challenging. Diabetes doesn’t define who a person is or prevent them from enjoying and participating in life.

Learning to manage diabetes takes time, patience and effort. Students may also be coping with difficult emotions after diagnosis. So in order to stay well, it’s important to monitor their blood glucose (sugar) level regularly, and to help them to understand how it is affected by food and exercise. People with type 1 diabetes also need diabetes medication or insulin to help them keep their blood glucose level stable. Prior to coming to school in the morning the students with the condition test their blood glucose level, have an insulin injection and eat foods containing carbohydrates. This process also happens again with recess and lunch at school, and then continues for them after school.

Diabetes treatment is lifelong, continuous and frequently frustrating for the individual and the family. The demands of diabetes is relentless and can cause enormous stress on students and their parents or guardians and the rest of the family. Hence we are making every effort at APS to educate all staff and students about diabetes and its management so any mystery around the condition is dispelled.

Last Year Abby Lovell, now in Yr 6, made a humorous film to educate her class mates about what her daily routine at school involved. If you would like to view it, go to the school website / parent information / and find the link to the film entitled “Diabetes Information Film,” or use this link.

http://www.youtube.com/watch?v=B18MhHLfVXM

Governing Council: One more member needed

At the Tuesday 16th February Governing Council AGM a new member, Lara Parmiter was elected for the first time and existing members, Danielle Sturtzel and Dominic Mensforth were elected for another 2 year term.

This leaves the Governing Council with one vacancy to be filled. Anyone who would like to join us in 2016 can now nominate for this 12 month position by contacting Leanne Kean on leanne.kean@ardps.com. Leanne can explain the possible roles you could fulfil and let you know more about a councillors responsibilities.
**Canteen Roster**

<table>
<thead>
<tr>
<th>Tuesday 23rd</th>
<th>Michele Smale</th>
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<tbody>
<tr>
<td>Wednesday 24th</td>
<td>Jenni Krol</td>
</tr>
<tr>
<td>Thursday 25th</td>
<td>Nicole Hall</td>
</tr>
<tr>
<td>Friday 26th</td>
<td>Kim Neate</td>
</tr>
<tr>
<td>Tuesday 1st</td>
<td>Michele Smale</td>
</tr>
<tr>
<td>Wednesday 2nd</td>
<td>Michele Smale</td>
</tr>
<tr>
<td>Thursday 3rd</td>
<td>Nicole Hall</td>
</tr>
<tr>
<td>Friday 4th</td>
<td>Josie DeMizio</td>
</tr>
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**Excursion and Incursion Update**

<table>
<thead>
<tr>
<th>Activity</th>
<th>Date/S</th>
<th>Students Involved</th>
<th>Last Pay Day</th>
</tr>
</thead>
<tbody>
<tr>
<td>Pottery</td>
<td>Room 31</td>
<td></td>
<td>19/2/16</td>
</tr>
<tr>
<td>Maths Online</td>
<td>Rooms 21, 22, 24, 27, 28, 29</td>
<td></td>
<td>11/3/16</td>
</tr>
<tr>
<td>Aquatics Camp</td>
<td>15/3-17/3 Year 7</td>
<td></td>
<td>8/3/16</td>
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<tr>
<td>Zoo Snooze</td>
<td>15/3-17/3 Rm 30 Year 6 Rm 11</td>
<td></td>
<td>8/3/16</td>
</tr>
<tr>
<td>Arbury Park Camp</td>
<td>15-17/3 Yr 7</td>
<td></td>
<td>8/3/16</td>
</tr>
</tbody>
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**PE Guidelines**

1. On stop signal equipment down, eyes on teacher
2. Move carefully at all times
3. Be kind to classmates and teachers
4. Listen carefully and follow directions
5. Use inside voices, no need to scream
6. Be a good sport
7. Come dressed to move, sneakers are best

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**Google +**

To improve communication between home and school we have established a Google Domain Name for our school (ardps.com). This allows us to assign individual email addresses to every student and parent so we can deliver notifications about school events directly to their mobile devices and computers and allow them to assess additional information about school events from our ‘Ardtornish+’ community site.

To activate their membership to our new services, each parent needs to go through an initial login process and to support you to do so we have produced a video tutorial that walks you through each step. This tutorial can be accessed from a link on our regular school site at <www.ardtornps.sa.edu.au> The email addresses we have created for each parent to gain access to our new services consist of their full first name and family name separated by a dot e.g. steven.blackwood@ardps.com

To sign up to our Google + community you will need to:

- Click on the blue sign in button in the top right hand corner of the page.
- Enter your new school created email address (as explained above - your full first and family name separated by a dot and followed by @ardps.com).
- Then use 12345678 as your password (once you’re a member you can change this).
- Once this is entered you will have to complete ‘robot writing’, please ensure you retype the password again.
- Accept Google terms and agreements.
- Then look for this **nine dot symbol** in the top right hand corner next to your name and click on it.
- Select Google+.
- Create a profile (3 quick steps)
  1. Your Name, gender & DOB
  2. Hobbies (you can skip this)
  3. Add people you know - **You must add me**, because I have to invite you to join our community.
- Finally go to settings (in the drop down menu on top left).
Hello, welcome to all new families and to those returning in 2016. This column provides details of activities offered at the children’s centre on the eastern side of the campus. For more information or to book, drop in or call us on 82649828 or visit our Facebook page. Most of what we do is free or heavily subsidised. We can offer inexpensive first aid training tailored for parents of younger children. When we have at least 10 participants we can arrange a course on a Saturday between 10am and 1pm and will contact you. BOOK NOW

Twilight Play
Each term Twilight Play offers an out-of-hours opportunity for families to experience the preschool. Offered from 5:30-7pm on Thursday 3 and Tuesday 22 of March old scholars (JP Children), preschool children and their siblings, families and friends are invited to spend time sharing some of the play experiences the children have at Preschool. Bookings essential.

Mindfulness Practice for Men
An introduction to mindfulness practices. Learn how to build your capacity to reduce the negative effects of our busy world and positively benefit
Subsidised cost $20 (full cost $45)
- Parenting and relationships
- Your state of mind
- General health

Three Wednesdays in March 9, 16, & 23 7-8:15pm
Ardtornish Children’s Centre
2 Saarinen Avenue St Agnes
Call/SMS John on 0409984955 to book

Coffee ‘n Chat
School assembly
8:45 - 10am
In the Community Room
Ardtornish Primary School Library was a hive of activity on Thursday 18th February and Friday 19th February. Teachers from Modbury Primary School and The Heights joined some of the teachers from Ardtornish Primary School for two days of intensive training in Read Write Inc and Fresh Start.

Throughout term 1 teachers will be testing students who are not reading at benchmark or have major difficulties with spelling. Teaching of the phonograms will be done as a whole class and it is expected that by Term 2, teachers will work either one-to-one or with small groups of students using the Fresh Start Program.

Ardtornish Primary School has been using Read Write Inc in the Junior Primary years for the last five years. There was no formal literacy program for students in Years 4/5 to 7. Last year I purchased the follow on program to Read Write Inc called Fresh Start and trialled it in the Year 6/7 classes. Following its success, the program is being rolled out in all Year 4 - 7 classes.

Information and videos about the programs can be found at ruthmiskin.com