Year 8 and 9 Drama

Year 8s Dabble in Macbeth

The first rotation of Year 8 Drama has concluded with some wonderful performances of scenes from Macbeth.
1. Kaes H, Grace T and Remi F as the Witches
2. Andrian T as Macbeth, Regan B as Lady Macbeth, Chelsea F as Lennox and Kody P as Banquo's Ghost
3. Scott O as the Doctor, Chelsea F as the Gentlewoman and Amelia N as Lady Macbeth.

Year 9 Clowning Workshops

Year 9 Stage Drama were lucky enough to participate in a workshop with local clowning expert, Eli Bryant. The students received instructions on making balloon animals and in juggling. While very noisy, the workshops were very popular and the skills will be developed and used in future performances. A big thanks to Eli for taking time out of his busy schedule to help us out.
TREATMENT FOR EPILEPSY

EPILEPSY AWARENESS

SEIZURE TRIGGERS

Some people, although not all, find that certain factors induce seizures. You may not become aware of your trigger factors unless you keep a seizure diary for a period of time. The following list of trigger factors is a guide but it is by no means an exhaustive list.

MENSTRUATION

Some women find that they have more seizures just before or during their menstrual period.

MISSED MEDICATION

Some people are particularly sensitive to increased seizures when they miss a dose of their antiepileptic medication. The longer the break between doses, the lower your blood levels will go and the greater your chance of having a seizure. If you take your medication erratically or you suddenly stop taking all medication, you may trigger a severe and prolonged seizure or a cluster of seizures that will require hospitalization.

OTHER DRUGS

Withdrawal from sedative and hypnotic drugs including minor tranquillisers, sleeping pills and illegal drugs can be a problem, as can combining these drugs with antiepileptic medication. It is important to tell your doctor about all the medications you take.

OTHER POSSIBLE TRIGGERS

There are other possible triggers with some unique to certain people. For example some unusual stimuli known to trigger seizures include the colour yellow, the smell of glue and sounds such as the telephone ringing or a siren.

PHOTOSENSITIVITY

Photosensitive epilepsy is rare affecting only a small number of people with epilepsy.

SEVERE CHANGES IN TEMPERATURE

In some people seizures may be triggered when the weather becomes very warm or rooms are overheated.

STRESS

Stress is a normal part of life. In fact we need a certain amount to motivate ourselves and to stay healthy. Extreme stress, however, may lower your seizure threshold and trigger seizures. It is important to learn to recognise the signs and symptoms of harmful levels of stress and to employ strategies that you find helpful in reducing it. Relaxation techniques such as yoga, breathing exercises or aerobics might be options worth trying.

Source: Epilepsy Australia www.epilepsyaustralia.net
Epilepsy Queensland 1300 852853
Local Contact: Caroline Allen 4974 4339

Marisa Farlow
School based youth health nurse

STUDENT HEALTH PROMOTION SCHOOLS SURVEY 2014

We are asking the whole school community to complete a survey so that we can get a broad view about health issues within our school community. This information will be utilised to improve our service to our community and our students. Please note this survey is voluntary and the information you provide us is confidential. Evidence has shown that if we enhance a student’s health status this will improve their educational achievement. The link below will take you to the quick and easy to complete survey.

https://websurvey.eq.edu.au/efm/se.ashx?s=0B87A62B09F63E1B for Parents
Nurse’s News

HEART DISEASE IS THE NUMBER ONE KILLER OF WOMEN

Learn the warning signs today and survive tomorrow

Did you know a heart attack occurs every 10 minutes in Australia?

More than 55,000 Australians had a heart attack last year – tragically almost 10,000 also died. Over 50% of heart attack deaths occur before the person reaches hospital and almost 25% of people who die from a heart attack die within one hour of their first warning sign.

Make sure you recognise the warning signs of a heart attack and get your FREE action plan (available in ten languages) at www.heartattackfacts.org.au

Heart attacks are more common than you realise – we want every Australian to learn the warning signs of heart attack and call Triple Zero (000) if they or someone else is experiencing any symptoms. Warning signs vary from person to person and they may not always be sudden or severe. Although chest pain or discomfort is the most common symptom, some people will not experience chest pain at all. Symptoms may include pain, pressure, heaviness or tightness in one or more parts of the upper body including chest, neck, jaw, arm(s), shoulder(s) or back in combination with other symptoms such as nausea, shortness of breath, dizziness or a cold sweat.

Health professionals, community leaders, sporting groups and individuals can all make a difference by learning the warning signs of heart attack and sharing this lifesaving information with patients, colleagues, family members and friends.

Knowing the warning signs of heart attack and acting quickly by calling Triple Zero (000) can reduce damage to your heart and increase your chance of survival.

It could save your life, or the life of someone you love.

If you experience the warning signs of heart attack for 10 minutes, or if they are severe or get progressively worse, call Triple Zero (000) immediately and ask for an ambulance.

Source: Heart foundation www.heartfoundation.org.au
Ph: 1300 362787 for free heart health information

Marisa Farlow – School Based Youth Health Nurse

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PROCEDURE FOR STUDENT ABSENCES

If your student is away for any reason there are several ways of notifying the school.

- Phone on 07 4976 6158
- Email on absentees@gladstonshs.eq.edu.au
- Use the notification slip in the Newsletter each week
- Use the slip in your student’s diary
- Text absences on 0407096034

We appreciate and thank-you for your cooperation.

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