



St Patrick's School

Ovens St, Wangaratta, Vic 3677 Phone: (03) 5721 5795 Fax: (03) 5721 9604
Email: principal@spwangaratta.catholic.edu.au

St Patrick's Primary School, Wangaratta, would like to acknowledge the Yorta Yorta Nation, whose clans include Bangerang (Pangerang) Kaitheban, Wollithiga, Moira, Ulupna, Kwat Kwat, Yalaba Yalaba and Ngurai-illiam-wurrung, as the Traditional Custodians of the land on which our school is situated.

This school supports the CHILD Safe Standards (Ministerial Order 870) and actively seeks to ensure that all students are kept safe from all forms of harm at all times.

ST. PATRICK'S SCHOOL NEWSLETTER

13th February 2019

St Valentine's Day

Tomorrow, apart from being our "Beginning of the Year" School Mass. It's ST VALENTINE's Day. At the risk of sounding cynical these days, it's a day for florists and chocolate makers. However, it has its beginnings way back in the third century (apparently).

The day gets its name from a famous saint, but there are several stories of who he was.

The popular belief about St Valentine is that he was a priest from Rome in the third century AD.

The Emperor Claudius II had banned marriage because he thought married men were bad soldiers. Valentine felt this was unfair, so he broke the rules and arranged marriages in secret.

When Claudius found out, Valentine was thrown in jail and sentenced to death.

There, he fell in love with the jailer's daughter and when he was taken to be killed on 14 February, he sent her a love letter signed "from your Valentine".

Now, at the risk of sounding like an old softie, we shouldn't be waiting for a special day to do special things for our partners, that should happen lots of times throughout the year. It's not a male or female thing. It's both. If we have to rely on one day of the year to be thoughtful of others, then what does that say about our sense of love and empathy for others.

If central to God is love, and I believe that to be so, then we should be spreading a message of love wherever we go. Not just saving it up for one person on one day of the year.

So, buy your flowers and chocolates if you must (girls are allowed to do that too – it shouldn't be an expectation of boys only) but just make sure it's one of many, many acts of kindness to partners and others throughout the year.

Dear Parents,

Thank goodness for a bit of cooler weather. Let's hope that it stays this way for a while (but I don't think it will!).

THANK YOU REGENT CINEMAS ALBURY FOR SUPPORTING OUR SCHOOL

Opening School Mass – TOMORROW – 14th February at 10.00am

Our “Beginning of the Year” Mass is being held tomorrow (Thursday) at 10.00am in St Patrick’s Church. Parents and friends are always welcome at these celebrations.

Medical information

We have a number of students who have asthma plans, anaphylaxis plans or other medical conditions that require our attention. Can you please notify the school if the medical information has changed? For example, some students may have been recently diagnosed with asthma in which case we require an asthma plan from your doctor to ensure that they receive the care and attention necessary.

I have included a copy of an Asthma Plan and an Anaphylaxis Plan with this newsletter. Other plans are available online. Please make sure that you discuss your child’s medical needs with your teacher who will ensure our First Aid data is up-to-date.

After School Care (ASC) – Important notice

If you have a casual booking and intend to place your child in after school care, then it is important to notify Rosie in the Office BEFORE lunch time and inform her. The contact number is 57 21 5795. We’ve had a few students turning up at after school care without notice from parents. This makes it difficult to ensure correct staff ratios and catering. Thank you for your understanding.

WELCOME to the WORLD Paige!

CONGRATULATIONS to Kailey and Aaron Forster on the safe arrival of **PAIGE**. A little sister to Oliver (Prep) and Harvey.



Changes to Lunch Orders – REMINDER

Just a reminder that the company that looks after the lunch orders have reduced their days to Wednesdays and Fridays only. Parents are free to order online. They are also free to order on the day. Please refer to the attached lunch order list.

School Fees

School fee notices are being sent out this week. If payment presents a problem, then please do not hesitate to come and see me to discuss your situation. We’ve also included a Direct Debit form and a CSEF (for those on a Health Care Card as at 30th January 2019).

Last Day for Super Doopers



Thanks to the generosity of Annette, Caz Levesque and Jodie Mays, the students have had access to a super dooper for the last few weeks to provide a treat in the heat. The last day for Super Doopers will be tomorrow (Thursday). All money raised will go to Caritas.

Wangaratta Fun Run

This is being held on 24th February at the showgrounds. Please refer to the attached flyer. Traditionally, we have lots of students engaging in this fun activity.

THANK YOU **EJM FINANCE** FOR SUPPORTING OUR SCHOOL

Save The Date

Pancake Day is on 5th March. Please feel welcome to come along and enjoy a pancake breakfast at the school for a gold coin donation. All money raised goes to CARITAS that do brilliant work in supporting people in need both in Australia and overseas.

Ash Wednesday is on the 6th March. Ash Wednesday marks the beginning of Lent and the forty-day journey to Easter. On that day, the Junior school will have a liturgy in the school hall at 10.00am and the Middle/Senior students will attend Mass at St Patrick's Church at 12.05pm.

Parents and friends are always welcome to join us.

Assembly

This week's Assembly is being run by "lucky old me" (Terry). Please come along and join us if you are free.

The assemblies run for about a half an hour. **Parents are always welcome to join us at Assembly.** Some, who have work commitments, come along to see their child receive an award and then creep back to work. That is perfectly fine. Any interest that parents show in their child's education has very positive effects on their learning. We want you to always feel welcome here at St Pat's.

SEE-SAW

This is software that allows your child and teacher to share the work that they do in the classroom. Parents only have access to their child's accomplishments. It is a rich source of students being able to share their day with their parents. Parents can also comment on the items posted. It's also a great form of private and group communication between parents and teachers.

Curriculum Nights

In term one, we will be running a series of curriculum nights for parents. This is a great way to meet your child's teacher/s and find out a little bit about curriculum planning and organisational plans for the year. Parents have been very positive in their feedback of these events. Curriculum nights are run for each area of the school (Foundation, Years 1/2, Years 3/4 and Years 5/6). Each night lasts an hour with an opportunity to catch up for a chat afterwards.

Curriculum Nights for this year are:

19th February – Years 1/2 from 6.00pm to 7.00pm

19th February – Foundation Information Night from 7.00pm to 8.00pm

26th February – Years 3/4 from 7.00pm to 8.00pm

4th March – Year 5/6 from 7.00pm to 8.00pm

Each session will be held in the classrooms of the classes involved.

Web Calendar

If parents access the school's website (www3.spwangeratta.catholic.edu.au) you will have access to a calendar of events as they come up. A calendar of events is also published in our newsletter. I will have as many available dates as possible on this site within the next week or so. Please check it periodically as I also add dates as they become known.

Facebook

The school also has a Facebook site which people are welcome to access. We are extremely conscious of

THANK YOU **CHEMIST WAREHOUSE** FOR SUPPORTING OUR SCHOOL

images being posted and we will always respect people's privacy. Helen Lyons manages the site. It is also used by the various groups associated with the school (e.g. Parents & Friends Association, School Board, Mayfair, Colour Fun Run, Ladies Long Lunch etc) to provide further information as to upcoming events.

Direct Debit of School Fees

One easy way to address the burden of school fees is to Direct Debit, which is a facility that the school offers. If you are interested in paying by Direct Debit, which will be taken out on the first Friday of each month starting in March. A form has been included with your school fees account. If you did Direct Debit last year and would like to continue, please fill in the form below.

For those who elect to make payments via our bank account, here are our bank account details:

Account Name: St Patrick's School General Account
BSB: 083-543
Account Number: 457423935

If depositing into our bank account, then please write your surname in the reference section so that we can acquit the funds to the correct family.

Payment can also be made at the office or by post.

Immunisation Certificates

Just a reminder to our new Foundation (Prep) families, we need to sight and take a copy of your child's immunisation certificate. This needs to be done in the next fortnight please, if you have not already done so (and the vast majority have!).

Hats and Sunscreen



Hats need to be worn at recess and lunchtimes during term one and four. Students without a hat will be restricted to playing under the school pavilion in the interests of sun safety. All classrooms also have sunscreen available to students to use. Parents may also opt to send their child to school with their own sunscreen if they so choose. School hats are available from Steer Clothing (opposite the railway station).

Newsletter

Our newsletter can be accessed on our website and our Facebook page. Annette (in the Office) also has a mailing list that she is happy to include you on. Simply email Annette on:

abeitzel@spwangaratta.catholic.edu.au or phone the office (0357215795) and Annette will put you on the list. If all else fails, you can request a hard copy from the office.

St. Patrick's PS APP REMIND

If you want to keep up with what's happening around the school, you can join REMIND.

It can be downloaded from the app stores to your devices using either of these links:

Apple - <https://goo.gl/IHQHGn> or Android - <https://goo.gl/FJWEv>

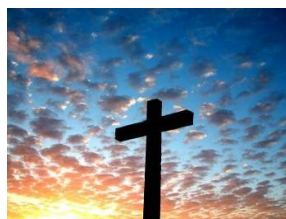
You will need to join our "Class" after you install and sign up - @spatwang, or St Patrick's Primary School Wangaratta



THANK YOU APPIN STREET POST OFFICE FOR SUPPORTING OUR SCHOOL

Mass Times

- * Saturday 6.00pm St Patrick's
- * Sunday 8.00am St Patrick's
- * Sunday 9.00am Our Lady's
- * Sunday 10.30am St Patrick's
- * Sunday 10.00am Moyhu
- * Sunday 10.30am Whitfield (1st Sunday)



Terry

DATES TO REMEMBER

FEBRUARY	13 th	-	Rest Day for Foundation
	14 th	-	10.00am Beginning School Mass
	19 th	-	6.00pm – 7.00pm Curriculum Night Years 1/2
	19 th	-	7.00pm – 8.00pm Foundation Information Night
	20 th	-	Rest Day for Foundation
	26 th	-	7.00pm – 8.00pm Curriculum Night Years 3/4
	27 th	-	Rest Day for Foundation
MARCH	4 th	-	6.00pm to 7.00pm Curriculum Night Year 5/6
	4 th	-	7.00pm P & F Mayfair Meeting
	5 th	-	Shrove Tuesday (8.00am Pancake Day)
	6 th	-	Rest Day for Foundation
	6 th	-	12.05pm Ash Wednesday – Mass Years 3-6

DIRECT DEBIT – 2019



Direct debit starts Friday 1st March 2019 and will continue on the first Friday of each month until December. If you did direct debit last year and would like to continue, please fill in the form below.

1 Phone No
would like to continue with Direct Debit in 2018.

☐

OPTION 1 Please divide my total fees by 10 months and direct debit that amount on the first Friday of each month from March until December.

☐

OPTION 2 Please direct debit \$ from my account on the first Friday of each month from March until December.

THANK YOU **CHEN'S CHINESE MASSAGE** FOR SUPPORTING OUR SCHOOL

STRESS MANAGEMENT

Stress is a normal part of life, especially as children get older. Children who cope better with life's stressors develop good mental health and wellbeing. Assisting students recognise their personal signs and symptoms of stress to develop strategies that will help them to deal with those effectively, will help them cope with challenges in the future.

In class all students will:

- identify the various contexts and situations in people's lives that can cause stress
- recognise that stress is often felt when we feel challenged

CHATTER MATTERS

PHONOLOGICAL AWARENESS

SYLLABIFICATION:

The Train Game:

Let's pretend we are on a train. Copy the train driver (parent/sibling) as he/she calls out the names of places we will visit. Select fun sounding multi-syllabic words for the children to say and clap out the syllables. For example: Stopping at all stations from Toot-gar-ook to Wan-ga-rat-ta. or Next stop Dim-boo-la. Or Do you want to go to Win-ky-woo or Tim-buc-too?

CAMPS, SPORTS & EXCURSION FUND

CSEF will be provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities. To be eligible for the fund, a parent or legal guardian of a student attending a registered Government or non-government Victorian Primary or Secondary school must have a Health Care Card or Pension Card valid on the first day of school (January 29th, 2019). The allowance will be paid to the school to use towards expenses relating to camps, excursions, or sporting activities for the benefit of your child. Contact the school office to obtain a CSEF application form or download from www.education.vic.gov.au/csef.

A copy of your current Health Care Card is also needed upon application. Closing Date -You should lodge a CSEF application form at the school by Friday 5th April 2019.

THANK YOU **WANGARATTA JEWELLERS** FOR SUPPORTING OUR SCHOOL

PAT ON THE BACK

Foundation Mrs Levesque	A big pat on the back to IMOGEN GRAY for the caring and helpful nature she shares with her peers and teachers. The Foundation Levesque class are lucky to have you in their classroom.
Foundation Mrs Shaw	Well done to XAVIER OVERBERG for his excellent listening skills and the way he goes about his tasks quickly and quietly. What a great leader you are, Xavier!
Year 1/2 Mrs Bray	A big pat on the back to MIA THOMPSON for the way she challenges herself with her learning, always sharing interesting thoughts with us and completes her work with detail. Keep it up, superstar!
Year 1/2 Cassidy/Russell	Congratulations to ALEXIS BUTERA for always displaying a positive attitude and giving 110% in all that she does. Well done, Alexis!
Year 1/2 Ms Rinaldi	Congratulations to RILEY SESSIONS for being aware of including others in group work. You are very thoughtful and caring, Riley!
Year 1/2 Mr Capper	Congratulations to HARLEY SMITH for her excellent work ethic. Harley always tries her very best and takes great pride in her work. Her warm smile lights up our room each day. Well done, Harley!
Year 3/4 Nicoll/Lynch	Congratulations to EVA PARKINSON for producing an engaging piece of holiday writing that began with a fantastic sizzling start.
Year 3/4 Mrs Newton	A big pat on the back to LULU BURNS for settling in so well into Year 3/4. She is open to making new friendships and is inclusive to all members of the class. Thank you for a great start, Lulu!
Year 3/4 Mrs Rizzo	A big pat on the back to MATTHEW GAY for the positive and respectful way he interacts and works with his peers and showing more confidence in contributing his ideas during class discussions. A great leader for our classroom, keep it up Matt!
Year 3/4 Mr Levesque	A big pat on the back to LILLY TAHIN for asking questions when she needs some help.
Year 5/6 Mrs O'Connor	Congratulations to CALEB MATASSONI for his excellent contributions to class discussions and his great listening skills!
Year 5/6 Ackerly/Higgs	Congratulations to RYAN DILLON for the exceptional leadership qualities he is demonstrating in the classroom. He is organised, hardworking and always willing to assist others. Keep it up!
Year 5/6 Mrs Rickard	Congratulations and well done to TATE BEVAN for the positive way he has started Year 6. Keep up the great work, Tate!

WHAT'S HAPPENING IN THE CLASSROOM

FOUNDATION – Caz & Trish

Welcome to week three! The students have settled in very well to school life. It is amazing to see the independence in your child as they unpack their bag each day in readiness for their learning.

Wednesday 13th February - students do not attend school however, some students will come in for their **assessment interview**.

Please ask us if you are unsure about which time you are booked in for.

Thursday 14th February - Opening School Mass 10.00am St Patrick's school - All families and friends are welcome. The children will sit with their class. The Foundation and Year 6 students will be a part of a traditional blessing song at the beginning of mass.

Wednesday 19th February - Parent Information Evening 7.00pm-8.00pm in school hall.

Wednesday, 27th February - 'Reading with your Child' Information afternoon- 2.45pm-3.30pm in classroom.

Wednesday 6th March - 'Reading with your Child' Information evening 6.00pm-7.00pm in classroom.

Religion: We began our unit, 'What do we know about Jesus?' by discussing with the students what they already know about Jesus and what they want to know about him.

Literacy: Big Books – Shaw - 'Hairy Bear', Levesque - 'Smarty Pants'.
The students will enjoy listening and reading the big books each day.

Reader bags: These are to come to school every day.

Mathematics: 'Number and Place Value'.

The students will connect number names to their quantities. The children will name, write and represent numbers in a variety of ways.

Sport: Students need to wear their sports uniform on Tuesdays and Thursdays.

Inquiry: 'Developing the Learning Culture'.
We will play games that encourage students to use the names of their classmates and discuss what "working together" looks and feels like.

Library - Library will be every Friday.

Hats: Please ensure your child brings their school hat to school. Please label your child's hat with their name. We thank you for your cooperation in this matter.

YEAR ONE/TWO – Janina, Amanda, David & Karen

Literacy

Reading

- The daily routine of reading e.g. Take Home Books continues
- Please ensure the green take home bags come to school each day along with the yellow Reading Log.
- Continue asking questions so as to develop comprehension strategies.

Handwriting

- There will be a daily focus on handwriting, particularly on the correct formation of letters.
- We will continue to encourage correct pencil grip and paper position.

Writing

- Continuing with Recount.

Spelling

- Spelling is 'sh' as in cash (Year 2) and 'b' as in bag (Year 1)

Dictation

- Daily focus continues

Numeracy

- Number and Place Value

Physical Education

- Mondays and Fridays this term

Rotations

- The four classes rotate through four activities each Tuesday

Library (David)

Italian (Janina) – Greetings

STEM (Amanda) – STEM extension program.

Inquiry (Karen) – Growing older and wiser

Dates to Remember:

15th February - Beginning of Year Mass 10.00am

THANK YOU **TUILERIES RUTHERGLEN** FOR SUPPORTING OUR SCHOOL

YEAR THREE/FOUR – Sarah, James, Karen & Nara

Important Dates in the 3/4 Unit:

26th Feb: 3/4 Curriculum Night 7.00pm – 8.00pm

Literacy

Reading:

The 3/4 students are using picture story books related to the current Religious Education unit “Circle of Life”, to learn all about the reading skill of ***summarising***. This skill is one of the twelve Systems of Strategic Actions, or ways of thinking that we engage in as readers, as we process a text. It is part of the thinking that occurs “within the text” and it helps us to develop a literal understanding of the text by focusing on the **most important details**. This is what helps us to organise information in our head, so that we can effectively retell what we have read. Our students have focused on recording key points as we are reading different stories, so that they are able to refer back to these as they write their summaries.

This week we are also focusing on “Thinking Beyond the Text” and ***making connections***. This involves interpreting and connecting to the text being read on a **personal level**, connecting the content **to something that is happening in the world**, or recalling a similar theme in **books we have previously read**.

We encourage parents and students to reinforce both of these skills at home, when sharing daily reading.

Writing:

This week students have continued to explore the Narrative Story Graph using the text “Grandad’s Teeth” by Rod Clement. They have discussed whether or not this story has an effective sizzling start, the orientation to the story, the build-up of problems culminating in the main tension scene, the exciting ending and the resolution for the characters involved.

Spelling Focus: the vowel digraph - ***ai*** as in ‘tail’ and ‘rain’.

Math

Students are exploring the patterns generated when adding, subtracting, multiplying and dividing different combinations of odd and even numbers.

Homework

On Monday students took home their first homework contract for 2019. This was pasted into the homework book and incorporates daily reading, a spelling task, an English task and a Maths game/task. Please assist your child to organise their time and ensure that they have completed all tasks before submitting their **Homework book** on **the day nominated by their classroom teacher (outlined on the Homework contract)**. Similarly, Reading logs are to be brought to school on the day nominated by the classroom teacher, so that they can be checked.

THANK YOU **LUNA PARK** FOR SUPPORTING OUR SCHOOL

YEAR FIVE/SIX – Andrea, Helen & Sharyn

Beginning of School Year Mass:

The Beginning of School Year Mass will take place next Thursday the 14th February at 10.00am, at St Patrick's Church. All parents and parish members are invited to attend the Mass.

Curriculum Foci

Numeracy Focus - Place Value

Reading Focus - Reading different text types related to information texts

Writing - Persuasive writing

Religious Education - Harmony & Creation with an Indigenous perspective. Fire Carrier Commissioning ceremony

Inquiry - Ethics and Emotions

See-Saw

Thank you to all the families who have signed up to SeeSaw. This digital platform is secure and an excellent way of seeing what your child has been up to in class, as well as receiving notifications from your classroom teacher. If your experiencing difficulty signing up, please let your classroom teacher know.

Homework

Homework for the Year 5/6 students will begin next week.

RRRR (Respectful Relationships, Rights and Responsibilities)

This term the Years 5 and 6 will be focussing on Stress Management. The aims of this unit are to identify some causes of stress and strategies that can be used to reduce stress and to identify and explain factors that influence effective communication in a variety of situations. The evidence behind this unit states. *'Stress is a normal part of life, especially as children get older. Children who cope better with life's stressors develop good mental health and wellbeing.10 Assisting students recognise their personal signs and symptoms of stress to develop strategies that will help them to deal with those effectively, will help them cope with challenges in the future'* (RRRR, 2018).

Communication:

To contact your classroom teachers, we encourage you to use the school emails or call the school directly (57217596). As always you are also welcome to visit the classroom.

aoconnor@spwangeratta.catholic.edu.au

sackerly@spwangeratta.catholic.edu.au

herrickard@spwangeratta.catholic.edu.au

khiggs@spwangeratta.catholic.edu.au

Year 5 and 6 Curriculum Night:

The Year 5 and 6 Curriculum Information Meeting is scheduled for Monday the 4th March starting at 6.00pm. This evening will provide parents with the learning outcomes and foci for the coming year.

THANK YOU **WB HUNTER RURAL** FOR SUPPORTING OUR SCHOOL



MAYFAIR SHOWBAGS

WANTED – COLES Mini Shop Collectables
McDonald's Toys (in the wrappers)
Keyrings, Lanyards for Mayfair 2019 showbags.

Please deliver to the office, thank you.



Team Vic Registration Dates



Dear Parents,

School Sport Victoria will once again be offering the opportunity for gifted and talented students from our school community to register to trial for school sport Team Vic teams in 2019.

Registrations opened on Saturday 1 December, 2018 and will remain open until Friday 1 March, 2019 for Australian Football (AFL), Netball, Boys Basketball, Girls Basketball, and Boys Football (Soccer).

These trials are for emerging athletes who have reached a certain standard. They are a process for selecting a Team Vic State Team going to School Sport Australia National Championships.

A minor change to the process for 2019 is Girls Football (Soccer) will not be required to go through stages of selection. All nominees will go direct to State Trials.

I have also attached a letter from School Sport Victoria (SSV) outlining the registration process.

Please talk to Mrs Rickard if you have any questions.

For further information visit www.ssv.vic.edu.au/team-vic

THANK YOU **ROBERTSONS PHARMACY** FOR SUPPORTING OUR SCHOOL

FEBRUARY SCHOOL CANTEEN LUNCH DEALS

HOMEMADE HEALTHY FOODS - OVEN BAKED NOT DEEP FRIED

FRI 1ST FEB

\$7

NACHOS WITH
SOUP CREAM



JUICE

ICYPOLE



Student Name: _____

School: _____ Class: _____

Allergy: _____

Parent mobile: _____

Cash amount enclosed: _____

Debit/Credit Card: ____/____/____/____ Expiry: ____/____ CCV: ____

Signature: _____

☐ For lactose free milk please tick this box and add an extra \$1 to order

FRI 8TH FEB

\$7

RICE PAPER
ROLLS



WATER

FRUIT SALAD



Student Name: _____

School: _____ Class: _____

Allergy: _____

Parent mobile: _____

Cash amount enclosed: _____

Debit/Credit Card: ____/____/____/____ Expiry: ____/____ CCV: ____

Signature: _____

☐ For lactose free milk please tick this box and add an extra \$1 to order

FRI 15TH FEB

\$7

HOTDOG
WITH SAUCE



CHOCOLATE
MILK

CALIPPO



Student Name: _____

School: _____ Class: _____

Allergy: _____

Parent mobile: _____

Cash amount enclosed: _____

Debit/Credit Card: ____/____/____/____ Expiry: ____/____ CCV: ____

Signature: _____

☐ For lactose free milk please tick this box and add an extra \$1 to order

FRI 22ND FEB

\$7

OVEN BAKED
(CHICKEN
SCHNITZEL ROLL



CHOCOLATE
MILK

PEPPERMINT SLICE



Student Name: _____

School: _____ Class: _____

Allergy: _____

Parent mobile: _____

Cash amount enclosed: _____

Debit/Credit Card: ____/____/____/____ Expiry: ____/____ CCV: ____

Signature: _____

☐ For lactose free milk please tick this box and add an extra \$1 to order



www.jackandjill.com.au

ASTHMA ACTION PLAN

Take this ASTHMA ACTION PLAN with you when you visit your doctor

NAME
DATE
NEXT ASTHMA CHECK-UP DUE

DOCTOR'S CONTACT DETAILS

EMERGENCY CONTACT DETAILS

Name
Phone
Relationship



WHEN WELL

Asthma under control (almost no symptoms)

ALWAYS CARRY YOUR RELIEVER WITH YOU

Your preventer is:
(NAME & STRENGTH)

Take puffs/tablets times every day
☐ Use a spacer with your inhaler

Your reliever is:
(NAME)

Take puffs

When: You have symptoms like wheezing, coughing or shortness of breath

☐ Use a spacer with your inhaler

OTHER INSTRUCTIONS

(e.g. other medicines, trigger avoidance, what to do before exercise)

Peak flow* (if used) above:



WHEN NOT WELL

Asthma getting worse (needing more reliever than usual, having more symptoms than usual, waking up with asthma, asthma is interfering with usual activities)

Keep taking preventer:
(NAME & STRENGTH)

Take puffs/tablets times every day

☐ Use a spacer with your inhaler

Your reliever is:
(NAME)

Take puffs

☐ Use a spacer with your inhaler

Peak flow* (if used) between and

OTHER INSTRUCTIONS

(e.g. other medicines, when to stop taking extra medicines)

☐ Contact your doctor



IF SYMPTOMS GET WORSE

Severe asthma flare-up/attack (needing reliever again within 3 hours, increasing difficulty breathing, waking often at night with asthma symptoms)

Keep taking preventer:
(NAME & STRENGTH)

Take puffs/tablets times every day

☐ Use a spacer with your inhaler

Your reliever is:
(NAME)

Take puffs

☐ Use a spacer with your inhaler

Peak flow* (if used) between and

OTHER INSTRUCTIONS

(e.g. other medicines, when to stop taking extra medicines)

☒ Contact your doctor today

Prednisolone/prednisone:

Take each morning for days



DANGER SIGNS

Asthma emergency (severe breathing problems, symptoms get worse very quickly, reliever has little or no effect)

**DIAL 000 FOR
AMBULANCE**

Peak flow (if used) below:

Call an ambulance immediately
Say that this is an asthma emergency
Keep taking reliever as often as needed

☐ Use your adrenaline autoinjector (EpiPen or Anapen)

National Asthma
Council Australia
leading the attack against asthma

nationalasthma.org.au

ASTHMA ACTION PLAN

what to look out for

WHEN WELL



THIS MEANS:

- you have no night-time wheezing, coughing or chest tightness
- you only occasionally have wheezing, coughing or chest tightness during the day
- you need reliever medication only occasionally or before exercise
- you can do your usual activities without getting asthma symptoms

WHEN NOT WELL



THIS MEANS ANY ONE OF THESE:

- you have night-time wheezing, coughing or chest tightness
- you have morning asthma symptoms when you wake up
- you need to take your reliever more than usual
- your asthma is interfering with your usual activities

THIS IS AN ASTHMA FLARE-UP

IF SYMPTOMS GET WORSE



THIS MEANS:

- you have increasing wheezing, cough, chest tightness or shortness of breath
- you are waking often at night with asthma symptoms
- you need to use your reliever again within 3 hours

THIS IS A SEVERE ASTHMA ATTACK (SEVERE FLARE-UP)

DANGER SIGNS



THIS MEANS:

- your symptoms get worse very quickly
- you have severe shortness of breath, can't speak comfortably or lips look blue
- you get little or no relief from your reliever inhaler

**CALL AN AMBULANCE IMMEDIATELY: DIAL 000
SAY THIS IS AN ASTHMA EMERGENCY**

**DIAL 000 FOR
AMBULANCE**

ASTHMA MEDICINES

PREVENTERS

Your preventer medicine reduces inflammation, swelling and mucus in the airways of your lungs. Preventers need to be taken **every day**, even when you are well.

Some preventer inhalers contain 2 medicines to help control your asthma (combination inhalers).

RELIEVERS

Your reliever medicine works quickly to make breathing easier by making the airways wider.

Always carry your reliever with you – it is essential for first aid. Do not use your preventer inhaler for quick relief of asthma symptoms unless your doctor has told you to do this.

To order more Asthma Action Plans visit the National Asthma Council website.

A range of action plans are available on the website – please use the one that best suits your patient.

nationalasthma.org.au

Developed by the National Asthma Council Australia and supported by GSK Australia.

National Asthma Council Australia retained editorial control. © 2015

NationalAsthma
CouncilAustralia
leading the attack against asthma

2019 WANGARATTA MARATHON & FUN RUNS

More People
Moving More
Often!

Newsletter Info 1:

Dear Parents,

Our school is participating in the RJ Sanderson 2km Primary School Challenge in the Wangaratta Fun Walk/Runs in February 2019.

Event date: Sunday 24th of February at the Wangaratta

Where: Showgrounds (at the back near the netball courts and Magpies club rooms).

Time: 9:45am (please be early)

Details: <http://www.wangarattamarathon.com.au/menuteams/primary/>

Entry includes a customised finisher's medal, bib-chip timing, a safe, well marshalled course, free entertainment and refreshments at the finish line and an accurate course.

There will be vendors such as face painting, a jumping castle, an ice-cream van, a BBQ and breaky vendor and coffee van.

Also, there will be free live music starting at 8am. Come with a chair and enjoy the festivities or event commentary.



There are 2 event groups:

1. Group 1 (**Racers**) is for primary students aiming for a time under 15 minutes (without any accompaniment). Starts at 9:45am.
2. Group 2 (**Chasers**) is for any 2k participants wanting to enjoy a leisurely walk/run which may have accompanying supporters with them (\$5 per accompanying person). Starts at 10:00am.

Please complete the entry form and bring it back to school with your payment. More entry forms can be found at the office.

Race Director, Ultra-distance Runner and 2010 World Ultra Athlete of the Year - Sharon Scholz will be handing students event bib's and entry information to on Saturday 23rd^h of February.

Though this is not an official school event, we encourage all families to take part. Children participating benefit from the challenge of completing a 2km event and gain points for our school. The prize is \$1000 cash which can be used toward facilities of the school's choice.

We thank event sponsors are R J Sanderson and Associates and Telstra Store Wangaratta.

There's a range of longer events to consider for the whole family from the 5km & 10km walk/run, Half Marathon and full Marathon (42.2km) too. Full event details and online entry here:

www.wangarattamarathon.com.au

If you have any questions not answered on the website, please email

sharon@wangarattamarathon.com.au or call Sharon Scholz on 0407 0810 070.



Newsletter Info 2:

It's time to enter!

Either enter online at www.wangarattamarathon.com.au or if you want your children to participate in the 2k challenge, print the entry form below and bring it back to school with the money before Thursday 14/2/2019.

LONGER????? If your child wants to participate in a longer distance, please enter them via the website: www.wangarattamarathon.com.au. Then send an email asking for your school to gain a finishers point.

Please complete the entry form and bring it back to school with your payment. More entry forms can be found at the office.



RJ Sanderson 2km Primary School Challenge

Child 1 (\$15) Name: _____ DOB: ____/____/____ Age at 24/2/19: ____ ☐ BOY ☐ GIRL

Child 2 (\$10) Name: _____ DOB: ____/____/____ Age at 24/2/19: ____ ☐ BOY ☐ GIRL

Child 3 (\$10) Name: _____ DOB: ____/____/____ Age at 24/2/19: ____ ☐ BOY ☐ GIRL

MULTIPLE 2km ENTRIES: Children must be from the same immediate family. If more than 3 children, use an extra form.

Carer bibs (\$5 each): Quantity: _____ First Names: _____

NOTE: Adults may only accompany children if they are wearing a parent / carer bib.

TOTAL \$ _____ School: _____

I consent to my children taking place in the Wangaratta Fun Run 2km Primary School Challenge and agree to the Waiver and Rules*:

Name: _____ *Email: _____ (for entry confirmation)

Phone: _____ (Emergency contact) Signature: _____

*Full **WAIVER** and **RULES** available at www.wangarattamarathon.com.au/waiver/ and www.wangarattamarathon.com.au/rules/. Waiver, rules and further enquiries may be made by contacting sharon@wangarattamarathon.com.au or by phoning 0407 081 070. *Max. One parent / carer bib per child.

Event date **Sunday 24 February 2019**, 9:45am At the Showground Wangaratta. Additional information will be sent where an email is provided by the parent.

* Return form and by payment to school **before: THURSDAY 14/02/2019.**

* Bibs can be collected at public registrations or on event day.

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School Sport Victoria

Team Vic Registration Process

12 Years and Under

Registration to trial for most SSV 12 Years and Under Team Vic teams to compete in School Sport Australia Championships is done through an online process managed by the School Sport Unit.

Australian Football, Netball, Boys Football (Soccer), Boys Basketball and Girls Basketball differ due to the large number of students that register for this trial process. These sports start with nominations through their schools to enable attendance at Division trials as the first step. If selected at Division level a student will move through to Region trials except for basketball where a conference trial is held; and finally a State trial for possible selection in a Team Vic team.

To be eligible children registering to trial must be turning 10, 11 or 12 years of age in 2019.

SSV implements an online registration process for the five teams mentioned above across the State. This is done for the following reasons;

- It ensures all 12 Years and Under registrations to trial are done the same way.
- It ensures that regardless of where a child is and in what sector, primary or secondary, the process will be fair and equitable.
- It ensures the trial process attracts only students capable of performing at a high standard and is for emerging athletes who have reached a certain standard.

The Online Registration process will open on December 1, 2018 and close on March 1, 2019

Please be aware of the following;

1. On the SSV website it has been made clear that students need to consult with their Principal at school to ensure they have the skill level to trial and represent their school at a state level.
2. It is imperative that teachers will decide on your child's capability of representing their school at a state level trial.
3. This discussion with the school Principal is necessary as all students MUST get the Principal signature and School Stamp on their registration form prior to attending a trial.
4. Registration is a NON-REFUNDABLE \$25 fee. This fee will be for the cost of hosting the trial and subsequent expenses as well as an administration fee.

5. This Registration is a registration for a Division trial. Confirmation to attend a trial will occur after registration closes and before the end of Term 1, 2019.
6. Once registered, you will receive an email confirming payment and a form which will require the Principal's signature. This form must be handed in to the Division Trial Coordinator on the day. NO FORM, NO TRIAL. If you do not receive this email contact School Sport Victoria immediately. School.sport.victoria@edumail.vic.gov.au
7. Once registration for Division trials close on March 1, 2019, Division Coordinators will email the registered participants and inform them of the time, date and venue for their trial before the end of Term 1, 2019.

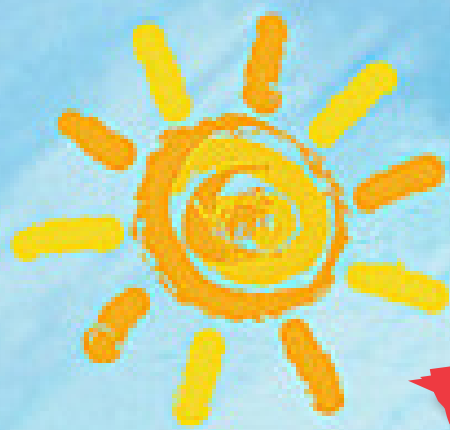
Please go to the respective sports - [Australian Football](#), [Basketball](#), [Football \(Soccer\)](#) & [Netball](#) – via the [Team Vic](#) page of the [SSV](#) website for more information on State trial dates.

If you require any further information about this process, please contact your school Sport Coordinator / Teacher.

Regards



Nick Mooney
Acting Chief Executive Officer
School Sport Victoria
29/11/18



FAMILY FUN DAY



Sunday 24th Feb
@ Olympic Pool
1pm - 5pm

SPLASH



\$5 entry
per person*
all inclusive
**season passes do not apply*

Join us for a fabulous afternoon of fun & entertainment including

- * Waterslide 2pm - 3.30pm
- * Giant Pool inflatable 2pm - 3.30pm
- * Metafit demo 1.30pm
- * **FUNKY DANCE WORKSHOPS & PERFORMANCES -**
Pulsate Dance Force (2.15pm - 4pm)
- * Family Aqua class 4pm
- * Body Balance class 4.30pm
- * Face painting
- * Free sausage sizzle



Olympic Pool

Swan St
Wangaratta
T (03) 5721 3128

Wangaratta Indoor Sports & Aquatic Centre

H.P. Barr Reserve, Schilling Dve Wangaratta 3677
T (03) 5722 1723 F (03) 5722 2970
W www.wangaratta.ymca.org.au



GAME

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AQUATHON

A run and swim event for the whole family to enjoy!

\$\$ CASH PRIZES \$\$

& YMCA MEMBERSHIPS TO BE WON

INCENTIVE PRIZES FOR SCHOOLS & SPORTS CLUBS

**SPECIAL EVENT FOR SWIM LESSON KIDS
MASTERS CATEGORY!!**

**ALL PROCEEDS TO
YMCA OPEN DOORS
- helping people in need
in our community.**

**Details &
Registration Forms
available online & at
reception.**

WEDNESDAY 6TH MARCH



**MORE DETAILS & REGISTRATION FORM TO DOWNLOAD: www.wangaratta.ymca.org.au
or book and pay directly online: <https://www.trybooking.com/BAVOH>**

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