



St Patrick's School

Ovens St, Wangaratta, Vic 3677 Phone: (03) 5721 5795

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

1st February 2023



“Dialogue is born from a respectful attitude toward the other person, from a conviction that the other person has something good to say. It supposes that we can make room in our heart for their point of view, their opinion and their proposals. Dialogue entails a warm reception and not a pre-emptive condemnation. To dialogue, one must know how to lower the defences, to open the doors of one’s home and to offer warmth.”

(Pope Francis “On Heaven and Earth” 2013)

Welcome to the new school year everyone! We have had a very smooth start with classes quietly and happily settling back into the routine of school life.

I want to thank the staff for the many hours they have dedicated to ensuring everything is ready for the commencement of the school year, it has been a stellar effort!

This year our Sandhurst Catholic theme encourages us to be open to dialogue as we walk with wisdom and courage for the common good. These are wonderful swords to guide us as we journey together.

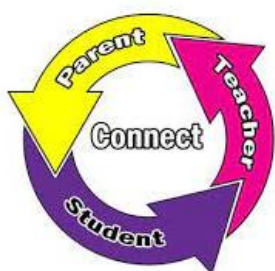
Morning Tea

It was so wonderful to see so many parents on the first day of school join us for morning tea. While many, I know, had to get to work, I hope you were able to grab a piece of slice or a cookie on the way out.

Beginning of the Year Mass

All families are invited to our beginning of the year Mass at St Patrick's Church on Friday 10th February commencing at 9.30am. We hope to see you there.

Meet and Greet



Next Tuesday 7th and Wednesday 8th February from 2.30pm -5.30pm, we will be holding very important 'Meet and Greet' sessions for **Year 1 to Year 6** parents/carers. This is a valuable opportunity for families to meet their child's teacher and share relevant information with them that will support their learning. Visits run for 10 minutes. Students may attend if families wish them to be involved in the conversations.

Bookings are accessed through the Parent Access Module (PAM)

Asthma / Anaphylaxis / Allergy Update

Families of students who have any of the above medical conditions must provide the school with an up-to-date medical plan and appropriate medication with a valid use by date. If this applies to your child, please send forms and medication to the school as soon as possible.

Medical Action Plan forms are attached to this newsletter below.



School Fees

Thank you to those families who have returned their Fee Payment Form for 2023. If you have any questions about the form, please contact the office. If you have concerns about meeting payments on time, please make an appointment to see me.

Uniform

While St Patrick's allows students to wear black runners as school shoes as an option to traditional school shoes, these must be completely black. Different coloured soles, laces, logos or patterns are not permitted on school shoes. Student's runners may have colour variations when wearing sport uniforms only. Sports uniform is only to be worn on sport or PE days.

Second Hand Uniform Stall

There will be a second-hand uniform stall open from 8.30am - 10.00am and from 3.00pm - 4.00pm in front of the Hall this FRIDAY 3rd FEBRUARY.

Feel free to take this opportunity to purchase needed items at gold coin donation prices.



'Waste Away' School



St Patrick's school cares about the future of our environment and the legacy we are leaving our children. One way we are committed to supporting this is to **reduce** our food wrappings in our lunch boxes. Families are asked to consider **reusable** containers instead of one-use disposable plastics. Students will be asked to place disposable wrappings back in their lunch boxes to take home.

Food scraps such as apple cores, banana peels etc will continue to be collected at school as these are **recycled** as pig food for a local business.

Congratulations



Baby Congratulations to Hannah and Bill on the arrival of baby Jack, little brother to Phoebe Wright. Welcome to the world Jack!

Zooper Doopers

Zooper Doopers will be sold at recess on **Fridays** for 50 cents each. All funds raised go to Caritas



YMCA - Change of Contact Details

To contact the YMCA After School Care Program please use the following:

Email: StPatricksWangaratta@ymca.org.au

Phone: **0477449997**

Parent Access Module (PAM)

St Pat's is using the Parent Access Module (PAM) more and more as a form of communication to parents. Brief messages to inform families of school events will be sent to mobile phones and permission notes will be able to be approved online. If you have any difficulty accessing PAM or completing online forms, please contact the school.



Please check your spam folder for any notification.

Facebook



Another way to keep in touch is to follow our Facebook page. Just search St Patrick's Primary School Wangaratta to find us.

Mass Times

- * Saturday 4.00pm Our Lady's
- * 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 5.00pm St Patrick's
- * Sunday 10.00am Moyhu
- * Sunday 10.00am Whitfield (1st Sunday)



CATHOLIC PARISHES
OF
WANGARATTA

<https://catholicwangeratta.wixsite.com/wangeratta>

Gabby

DATES TO REMEMBER

FEBRUARY

3 rd	-	8.30am Second Hand Uniform Stall &
3 rd	-	3.00pm Second Hand Uniform Stall
7 th	-	2.30pm – 5.30pm Meet and Greet
8 th	-	Foundation Rest Day
8 th	-	2.30pm – 5.30pm Meet and Greet
10 th	-	9.30am Beginning Year Mass
15 th	-	Foundation Rest Day
22 nd	-	Foundation Rest Day

Fun & Creative Outdoor Activities, Challenges and Games

MY FUTURE ACADEMY

TERM 1, 2023 SPARTAN CHALLENGE

Our mission is to improve the social and emotional wellbeing of young people!

- Group Challenges, Activities & Games
- Obstacle Course
- Fun & Engaging Coaches
- Health & Fitness
- Meaningful Experiences

For any young person aged 4-12 years old. Young people will be placed in their own age group!

To sign up head to

WWW.MYFUTUREACADEMY.COM/BOOK-ONLINE

My Future Academy SPARTAN!

MY FUTURE ACADEMY

ME's Spartan program aims to improve the physical and mental wellbeing of young people by being active with new friends in the great outdoors for young people aged 4 - 12 years old.

Kids Spartan involves an obstacle course, team challenges, mindfulness, games and activities and is all about inclusion!

- Social & Emotional Wellbeing ✓
- Health & Fitness ✓
- Teamwork & Communication ✓
- Resilience ✓
- Improved self awareness, empathy and compassion ✓

Young people will be in their own age group and will be guided by one of our amazing coaches! We value the individual and aim to make our program as inclusive as possible. Our games do not align with competitive sport, yet an opportunity to move freely with their peers.

To register, please head to the website below

www.myfutureacademy.com/book-online

For Further Information and bookings go to www.myfutureacademy.com/book-online

ASTHMA ACTION PLAN

Take me when you visit your doctor



PATIENT NAME

PLAN DATE REVIEW DATE

DOCTOR DETAILS

EMERGENCY CONTACT

NAME PHONE

RELATIONSHIP



WELL CONTROLLED is all of these...

- needing reliever medication no more than 2 days/week
- no asthma at night
- no asthma when I wake up
- can do all my activities

Peak Flow reading (if used) above

I NEED TO...

TAKE preventer day night

puffs/inhalations puffs/inhalations

- Use my preventer, even when well controlled
- Use my spacer with my puffer

TAKE reliever

puffs/inhalations as needed

puffs/inhalations 15 minutes before exercise

- Always carry my reliever medication



FLARE-UP is any of these...

- needing reliever medication more than usual OR days/week
- woke up overnight with asthma
- had asthma when I woke up
- can't do all my activities

Peak Flow reading (if used) between and

I NEED TO...

TAKE preventer day night

puffs/inhalations puffs/inhalations

for days then back to Well Controlled dose

TAKE reliever

puffs/inhalations as needed

START other medication for days

- MAKE** an appointment to see my doctor **this week**



SEVERE is any of these...

- reliever medication not lasting 3 hours
- woke up frequently overnight with asthma
- had asthma when I woke up
- difficulty breathing

Peak Flow reading (if used) between and

I NEED TO...

TAKE preventer day night

puffs/inhalations puffs/inhalations

for days then back to Well Controlled dose

TAKE reliever

puffs/inhalations as needed

START other medication for days

- MAKE** an appointment to see my doctor **TODAY**

■ If unable to see my doctor, visit a hospital

If unable to see my doctor/hospital:

START other medication for days



EMERGENCY is any of these...

- reliever medication not working
- can't speak a full sentence
- extreme difficulty breathing
- feel asthma is out of control
- lips turning blue

Peak Flow reading (if used) below

I NEED TO...

1 **CALL AMBULANCE NOW**
Dial Triple Zero (000)

2 **START ASTHMA FIRST AID**
Turn page for Asthma First Aid

ASTHMA FIRST AID

1



SIT THE PERSON UPRIGHT

- Be calm and reassuring
- Do not leave them alone

2



GIVE 4 SEPARATE PUFFS OF BLUE/GREY RELIEVER PUFFER

- Shake puffer
- Put 1 puff into spacer
- Take 4 breaths from spacer
 - Repeat until 4 puffs have been taken

OR give 2 separate inhalations of Bricanyl (6 years or older)
OR give 1 inhalation of Symbicort Turbuhaler (12 years or older)
OR give 2 puffs of Symbicort Rapihaler through a spacer (12 years or older)

If no spacer available: Take 1 puff as you take 1 slow, deep breath and hold breath for as long as comfortable. Repeat until all puffs are given

3



WAIT 4 MINUTES

- If there is no improvement, give 4 more separate puffs of blue/grey reliever as above

OR give 1 more inhalation of Bricanyl
OR give 1 more inhalation of Symbicort Turbuhaler
OR give 2 puffs of Symbicort Rapihaler through a spacer

IF THERE IS STILL NO IMPROVEMENT

4



DIAL TRIPLE ZERO (000)

- Say 'ambulance' and that someone is having an asthma attack
- Keep giving 4 separate puffs every 4 minutes until emergency assistance arrives

OR give 1 inhalation of a Bricanyl or Symbicort Turbuhaler every 4 minutes – up to a max of 4 more inhalations of Symbicort Turbuhaler
OR give 2 puffs of Symbicort Rapihaler through a spacer every 4 minutes – up to a max of 8 more puffs of Symbicort Rapihaler

CALL EMERGENCY ASSISTANCE IMMEDIATELY AND DIAL TRIPLE ZERO (000) IF:

- the person is not breathing
- the person's asthma suddenly becomes worse or is not improving
- the person is having an asthma attack and a reliever is not available
- you are not sure if it is asthma
- the person is known to have anaphylaxis – follow their Anaphylaxis Action Plan, then give Asthma First Aid

Blue/grey reliever medication is unlikely to harm, even if the person does not have asthma.



Translating and
Interpreting Service
131 450



**ASTHMA
AUSTRALIA**

1800 ASTHMA
(1800 278 462)

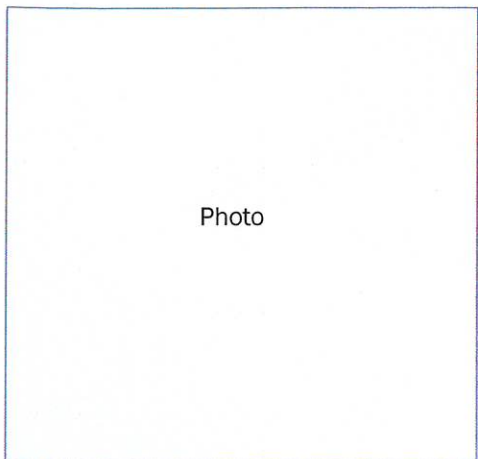
asthma.org.au

ACTION PLAN FOR Anaphylaxis

For use with EpiPen® Adrenaline Autoinjectors

Name: _____

Date of birth: _____



Photo

Confirmed allergens: _____

Asthma Yes No

Family/emergency contact name(s): _____

Work Ph: _____

Home Ph: _____

Mobile Ph: _____

Plan prepared by: _____

Dr: _____

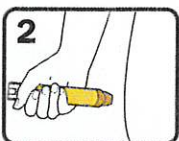
Signed: _____

Date: _____

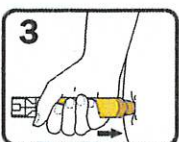
How to give EpiPen®



1 Form fist around EpiPen® and PULL OFF BLUE SAFETY RELEASE.



2 PLACE ORANGE END against outer mid-thigh (with or without clothing).



3 PUSH DOWN HARD until a click is heard or felt and hold in place for 10 seconds.

REMOVE EpiPen®. Massage injection site for 10 seconds.

Instructions are also on the device label and at:
www.allergy.org.au/anaphylaxis

MILD TO MODERATE ALLERGIC REACTION

- Swelling of lips, face, eyes
- Hives or welts
- Tingling mouth
- Abdominal pain, vomiting (these are signs of a severe allergic reaction to insects)

ACTION

- For insect allergy, flick out sting if visible. Do not remove ticks
- Stay with person and call for help
- Locate EpiPen® or EpiPen® Jr
- Give other medications (if prescribed)
Dose:
- Phone family/emergency contact

Mild to moderate allergic reactions may or may not precede anaphylaxis

Watch for any one of the following signs of anaphylaxis

ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

- Difficult/noisy breathing
- Swelling of tongue
- Swelling/tightness in throat
- Difficulty talking and/or hoarse voice
- Wheeze or persistent cough
- Persistent dizziness or collapse
- Pale and floppy (young children)

ACTION

- 1 Lay person flat. Do not allow them to stand or walk. If breathing is difficult allow them to sit.
- 2 Give EpiPen® or EpiPen® Jr
- 3 Phone ambulance* 000 (AU), 111 (NZ), 112 (mobile)
- 4 Phone family/emergency contact
- 5 Further adrenaline doses may be given if no response after 5 minutes (if another adrenaline autoinjector is available)

If in doubt, give adrenaline autoinjector

Commence CPR at any time if person is unresponsive and not breathing normally. If uncertain whether it is asthma or anaphylaxis, give adrenaline autoinjector FIRST, then asthma reliever.

EpiPen® is generally prescribed for adults and children over 5 years.

EpiPen® Jr is generally prescribed for children aged 1-5 years.

*Medical observation in hospital for at least 4 hours is recommended after anaphylaxis.

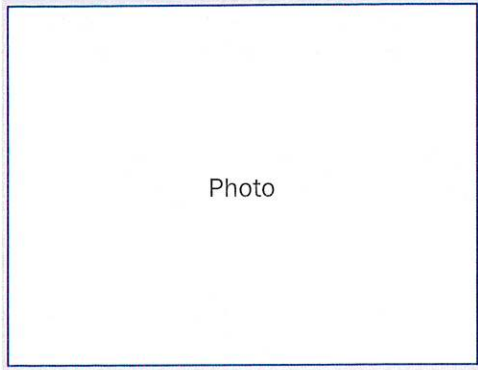
Additional information _____

Note: This is a medical document that can only be completed and signed by the patient's treating medical doctor and cannot be altered without their permission.



Name: _____

Date of birth: _____



Confirmed allergens: _____

Family/emergency contact name(s): _____

Work Ph: _____

Home Ph: _____

Mobile Ph: _____

Plan prepared by: _____

Dr _____

Signed _____

Date _____

Note: The ASCIA Action Plan for Allergic Reactions is for people with mild to moderate allergies, who need to avoid certain allergens. For people with severe allergies (and at risk of anaphylaxis) there are ASCIA Action Plans for Anaphylaxis, which include adrenaline autoinjector instructions.

MILD TO MODERATE ALLERGIC REACTION

- swelling of lips, face, eyes
- hives or welts
- tingling mouth
- abdominal pain, vomiting (these are signs of a severe allergic reaction to insects)

ACTION

- **For insect allergy, flick out sting if visible. Do not remove ticks**
- Stay with person and call for help
- Give medications (if prescribed) dose:
- Contact family/emergency contact



Watch for any one of the following signs of Anaphylaxis

ANAPHYLAXIS (SEVERE ALLERGIC REACTION)

- difficult/noisy breathing
- swelling of tongue
- swelling/tightness in throat
- difficulty talking and/or hoarse voice
- wheeze or persistent cough
- persistent dizziness or collapse
- pale and floppy (young children)

ACTION

- 1 Lay person flat, do not stand or walk. If breathing is difficult, allow to sit**
- 2 Phone ambulance - 000 (AU), 111 (NZ), 112 (mobile)**
- 3 Contact family/emergency contact**

Additional information _____

