



# St Patrick's School

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

Email: [principal@spwangeratta.catholic.edu.au](mailto:principal@spwangeratta.catholic.edu.au)

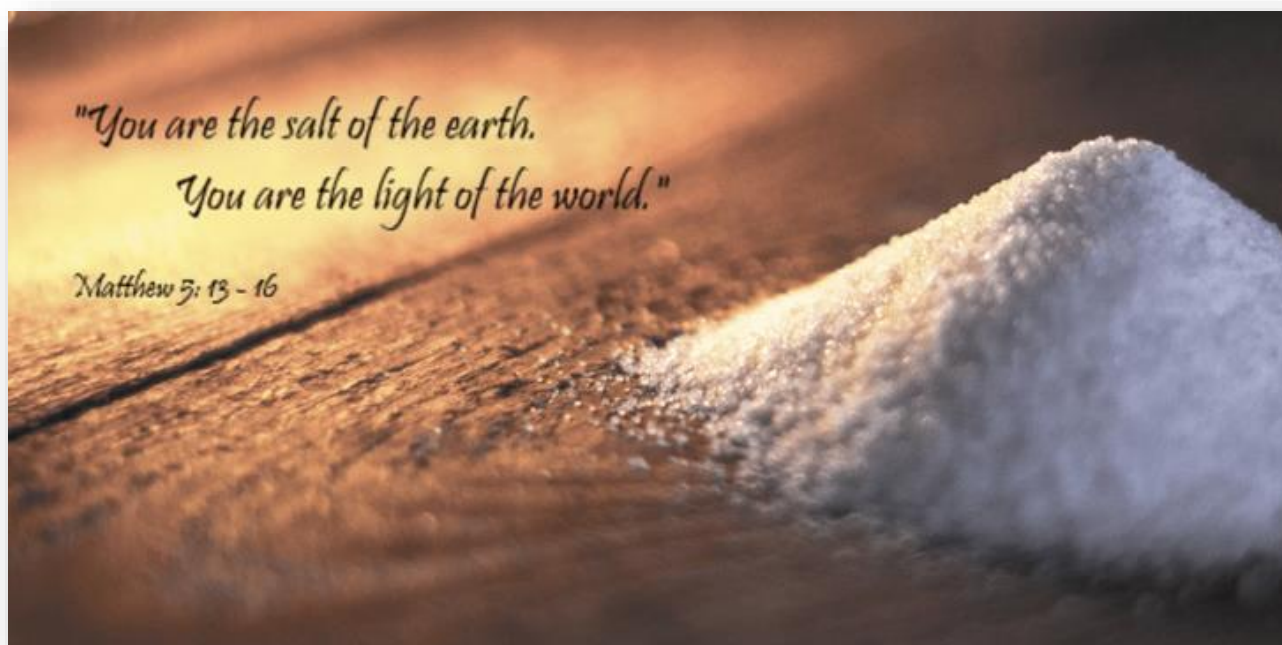
St Patrick's Primary School, Wangaratta, would like to acknowledge the Yorta Yorta Nation, whose clans include Bangerang (Pangerang) Kaitheban, Wollithiga, Moira, Ulupna, Kwat Kwat, Yalaba Yalaba and Ngurai-illiam-wurrung, as the Traditional

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

8<sup>th</sup> February 2023



Sunday's Gospel reading tells us that we are born for a reason: **to be the salt of the earth and light of the world.** As salt, we add flavour to others' lives. We help make them happy and their life meaningful. As light, we drive darkness away. We shine and our presence is felt by others by emitting love, hope and wisdom.



## Beginning of the Year Mass

All families are invited to our beginning of the year Mass at St Patrick's Church this Friday 10th February commencing at 9.30 am.

We hope to see you there.



## Meet and Greet

Thank you to those who have made appointments to see your child's teacher. If you have been unable to make it on either of the two days scheduled, please contact your child's teacher to organise a mutually suitable time.

## Foundation Curriculum Information Evening



A reminder to our Foundation families that our Information Night is tonight commencing at 6.00pm in the Foundation room.

## Shrove Tuesday / Pancake Tuesday

In preparation for the liturgical season of Lent and the launching of Project Compassion theme, **'FOR ALL FUTURE GENERATIONS'**, we will be holding a Pancake Breakfast on Tuesday 21<sup>st</sup> February at 8.00am. Pancake with an assortment of topping, fruit and juice will be supplied for a gold coin donation. All funds will be donated to CARITAS. We hope to see you there.



## Advisory Council Vacancies

St Patrick's currently has two vacancies on our Advisory Council. If you are interested in being a part of a team of dedicated members looking to improve our community, please contact the school. The Advisory Council's role is to support the Principal and Leadership team in the strategic improvement of the school.

## Asthma/Anaphylaxis/Allergy Update



Families of students who have 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.

Action Plan templates 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 with the Principal, Gabby Downie.

## St Kilda Football Club

St Kilda AFL players visited us today for a Q & A session with our students.



## 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.

## '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.



## 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](mailto:StPatricksWangaratta@ymca.org.au)

Phone: **0477449997** - Annette Monshing – ASC Co-ordinator

## 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://catholicwangaratta.wixsite.com/wangaratta>

*Gabby*

# **DATES TO REMEMBER**

February	8 <sup>th</sup>	-	Foundation Rest Day
	8 <sup>th</sup>	-	2.30pm – 5.30pm Meet and Greet
	10 <sup>th</sup>	-	9.30am Beginning Year Mass
	15 <sup>th</sup>	-	Foundation Rest Day
	16 <sup>th</sup>	-	5.30pm Advisory Council Meeting
	21 <sup>st</sup>	-	8.00am Pancake Day Breakfast
	22 <sup>nd</sup>	-	Ash Wednesday
	22 <sup>nd</sup>	-	Foundation Rest Day
March	10 <sup>th</sup>	-	School Photos
	13 <sup>th</sup>	-	Labour Day Public Holiday
	17 <sup>th</sup>	-	St Patrick's Day Mass & Celebration
	23 <sup>rd</sup>	-	5.30pm Advisory Council Meeting
April	24 <sup>th</sup>	-	Term 2 Commences
	25 <sup>th</sup>	-	ANZAC Day Public Holiday
May	11 <sup>th</sup>	-	5.30pm Advisory Council Meeting
June	9 <sup>th</sup>	-	Pupil Free Day
	15 <sup>th</sup>	-	5.30pm Advisory Council Meeting
August	31 <sup>st</sup>	-	5.30pm Advisory Council Meeting
October	19 <sup>th</sup>	-	5.30pm Advisory Council Meeting
November	23 <sup>rd</sup>	-	5.30pm Advisory Council Meeting

## **Pancake Day – 21<sup>st</sup> February**

Tuesday, 21<sup>st</sup> February is Pancake Day. As we usually do, we will be holding a Pancake breakfast (pancakes and toppings, fruit and juice.) A gold coin donation is all that is required. Parents are very welcome!



# PAT ON THE BACK

<b>Foundation</b> Mrs Patterson	A big pat on the back to <b>OLIVIA DAVERN</b> for being an inclusive member of our class. Olivia always invites others to join in.
<b>Foundation</b> Miss Box	Congratulations to <b>WYATT SMITH</b> for the persistence he shows when completing tricky tasks. Well done on never giving up!
<b>Year 1/2</b> Mrs Nicoll	A big pat on the back to <b>MADELEINE HERNAN</b> for the way in which she has settled into school life at St Patrick's and for the enthusiasm that she is demonstrating towards her learning.
<b>Year 1/2</b> Mr McDonald	Congratulations to <b>BENJI VIHM</b> for his amazing efforts. Benji has frequently completed his classwork to a high standard. Keep up the great work!
<b>Year 1/2</b> Mrs Bray	A big pat on the back to <b>FINN CORNISH</b> for the way he has settled into his new classroom and the confidence he has shown when asking questions and sharing his ideas.
<b>Year 1/2</b> Ms Carnovale	A big pat on the back to <b>ISABELLA OATES</b> for showing great enthusiasm towards her learning during the first week of school, keep up the great work Isabella!
<b>Year 3/4</b> Ms Bordignon	Congratulations to <b>YEAR 3/4 BORDIGNON</b> for working together to create a supportive and welcoming environment that will set our class up for a successful year of learning.
<b>Year 3/4</b> Ms Sirianni	Congratulations to <b>GEORGIE FLETCHER</b> for the wonderful confidence she has shown in the classroom when demonstrating her work and sharing her understanding with others. Fantastic work Georgie!
<b>Year 3/4</b> Mrs Rizzo	A big pat on the back to <b>YEAR 3/4 RIZZO</b> for the amazing start you have made to Mrs Rizzo 2023. We are going to have a wonderful year together; I can feel it in my bones!!
<b>Year 5/6</b> Miss Whitehead	A big pat on the back to <b>ELOISE HERNAN</b> for the wonderful start she has made at St Pat's. It has been great to see Eloise making new friends and trying her best with all learning tasks. Keep up the good work Eloise!
<b>Year 5/6</b> Mr Boyd	Congratulations to <b>ANNABEL HOURIGAN &amp; SOPHIE RINAUDO</b> for coming into a new school exhibiting great patience, courage, and kindness, contributing to a strong learning environment. Welcome and we hope you have a great year with us!
<b>Year 5/6</b> Mrs Cassidy	Congratulations to <b>JYE EYKENBOOM</b> for working enthusiastically and as part of a team, assisting to set our classroom up for success this year. Keep up the great work!
<b>Year 5/6</b> Mrs Ackerly	Congratulations to <b>ANNABELLE JOHANSON</b> for the flexibility and leadership she has displayed throughout the first week of school. Keep up the great work!

# WANGARATTA

WANGARATTA  
**Chronicle**

marathon & fun

# RUN

**GARRY NASH**  
& CO. REAL ESTATE  
EST. 1981

## Sunday 19 March 2023

Total cash prize pool of over \$5000 plus trophies and gift packs

**ENTER NOW**

For further information and to register go to  
[wangarattamarathon.com.au](http://wangarattamarathon.com.au)



Sponsored by

**RJ Sanderson**  
& ASSOCIATES PTY LTD  
PUBLIC ACCOUNTANTS

Wangaratta  
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**WANGARATTA**  
MOTOR GROUP  
**BENALLA**

**Merriwa**  
Bringing quality to life



**The Athlete's Foot**



Charity Partner



Supporting Partner



**MARATHON**

**HALF  
MARATHON**

**10KM**

**5KM**

**2KM PRIMARY  
SCHOOL  
CHALLENGE**

**nab AFL Auskick**

## JOIN THE FUN!

NAB AFL Auskick is for everyone and is one of the best, first experiences for kids aged 5-12, wanting to learn all about Australian Football.

Find your closest centre today.

[play.afl/auskick](http://play.afl/auskick)



Name: \_\_\_\_\_

Date of birth: \_\_\_\_\_

Photo

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



# 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: \_\_\_\_\_

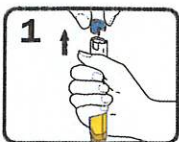
Plan prepared by:

Dr: \_\_\_\_\_

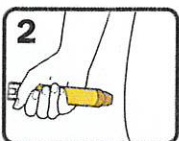
Signed: \_\_\_\_\_

Date: \_\_\_\_\_

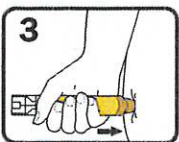
## How to give EpiPen®



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



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



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](http://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.



# 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.



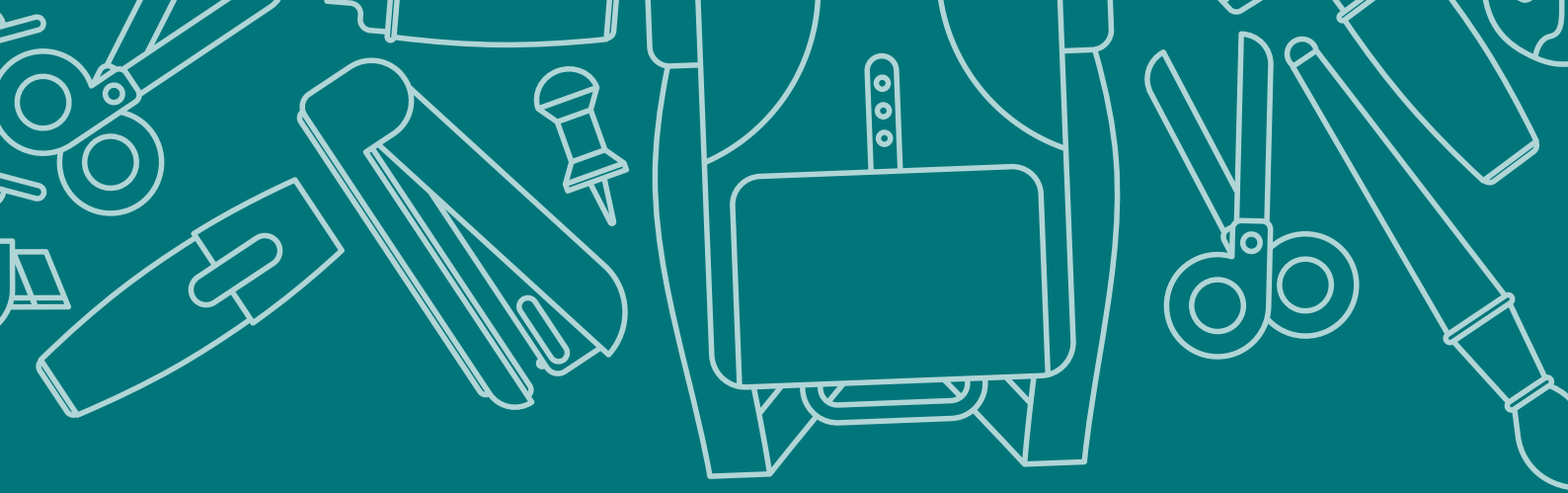
Translating and  
Interpreting Service  
131 450



**ASTHMA  
AUSTRALIA**

**1800 ASTHMA**  
(1800 278 462)

[asthma.org.au](http://asthma.org.au)



# Could \$500 help with next year's back to school costs?

Learn tips and tricks to grow your budget and saving skills. Save for 10 months. Get up to \$500 of matched savings for school expenses. Just in time for 2024.

Must meet all eligibility criteria:



Have a current Health Care or Pensioner Concession Card AND an eligible Centrelink payment\*



Be studying yourself OR have a child in school (can be starting school next year)



Have regular income from work (either yourself or your partner)\*



Be 18+ years old

\*Many types of income and Centrelink payments are eligible



**For more info, visit [saverplus.org.au](https://saverplus.org.au) or call 1300 610 355.  
To fill in an online enquiry form, [CLICK HERE](#).**





## **WANGARATTA NETBALL ASSOCIATION**

### **NETSETGO 8-10 years Competition (Grade 3 and 4 players)**

Modified game for girls and boys aged 8-10 years. Incorporates skills development at training sessions and round-robin games with the emphasis on participation and having fun while learning the game of netball.

Commencing Saturday 13<sup>th</sup> May 2023 from 11.30am-12.30pm for 12 rounds.

Team registrations close 4<sup>th</sup> April 2023 on Netball Connect.

Contact your local primary school or view our website, [wangerattanetball.com](http://wangerattanetball.com) or Facebook page for further information



# *Junior Netball Competition*

## **WANGARATTA NETBALL ASSOCIATION**

**11 to 17 years**

Commencing Saturday 29<sup>th</sup> April 2023 from 8.30am - 11.30pm for 14 rounds.

Online Team registrations via Netball Connect close 4<sup>th</sup> April 2023.

Further information on our website, [wangerattanetball.com](http://wangerattanetball.com) or Facebook page





**ARE YOU INTERESTED IN PLAYING  
HOCKEY FOR THE WANGARATTA  
DRAGONS IN 2023?**



**COME AND TRY  
SUNDAY FEBRUARY  
26TH 2023  
11AM-2PM**

**@ CATHEDRAL COLLEGE**

**344 WANGARATTA - WHITFIELD RD WANGARATTA**



**2023 TEAMS AND PROGRAMS**

**U/10 HOCKIN2HOCKEY**

**UNDER 12 GIRLS**

**UNDER 14 GIRLS**

**UNDER 17 GIRLS**

**DIV 2 WOMEN**

**DIV 3 WOMEN**

**U/10 STICK TO HOCKEY**

**UNDER 12 BOYS**

**UNDER 14 BOYS**


**UNDER 17 BOYS**

**DIV 3 MEN**

**2023 TRAINING COMMENCES  
THURSDAY 2ND MARCH 2023  
@CATHEDRAL COLLEGE**

For more information:

<https://wangarattahockey.com.au/>  
[president@wangarattahockey.com.au](mailto:president@wangarattahockey.com.au)

 @wangdragons hockey

