



Toolamba Primary School

Term 2, Week 5, 2021 · (publish date will display here)

"Striving for Excellence"

Values: Respectful, Trustworthy and Inclusive

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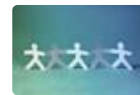
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Principal's Report

Dear Parents and Families,

GOULBURN MURRAY CROSS COUNTRY

Congratulations to all those children who braved the chilly weather last Friday to compete in the Division Cross Country. Marlie Turner, Lucy Kinnane, Tyson Webb, Max Thomas and Hamish Gaffy have progressed on to Winton.



DIVISION SPORTS

On Friday our Grade 5 and 6 students are participating in Winter Sports.

Mrs Kimmorley will accompany the Soccer players to McEwen Fields. Students will wear Toolamba PS soccer team shirts, with the exception of a goal keeper. There are extra shin

guards for students in the sports shed. As long as the players have long socks for their shin guards and sport shorts, they will be fine. Steve Varcoe has volunteered to help out.

Miss Maskell will accompany the Netball team to McEwen Courts. Jacqui Evans will be parent helper. Eve Cook will bring along some extra black and pink netball dresses for the girls who do not have one.

Mr Thompson will accompany the Football Team to Mooroopna Recreation Reserve. Students will be wearing red Toolamba AFL jumpers. Any football shorts and socks will be suitable. Students come to school in full school uniform and will change at the venues.

Parents are welcome to go along to the venues and watch their children.

STAFFING UPDATE

Mr Thompson will be heading off to Tatura Primary for the next three weeks to complete his placement for the Unlocking Potential Program. Once again we are fortunate to have Mrs Hepworth filling in for him.

Mrs Bathman will be taking nine days of Long Service Leave commencing Monday. Mrs Lipshut will be replacing her. We hope Jenny enjoys her time and catching up with her family.

OPEN DAY /ENROLMENTS FOR 2022

Enrolments are now open for children who start Foundation in 2022. Please contact the office for an enrolment package. Our Open Day for this year will be tomorrow Friday 21st May. Alternative dates for a tour can be arranged by contacting the office.



69-77 Wren Street
PH: 58265212
toolamba.ps@education.vic.gov.au

Enjoy the week ahead,
Regards Heather



Assembly Awards

Term 2, Week 4, 2021

Striving for Excellence Awards



Luke, Oscar, Mitch, Eve, Lucy, Mia, Bailey, Alexis, Sophie, Ava, Delilah, Dustin, Sebastian, Sam, Victoria, Charlotte, Lenox, Jake, Rose, Max, Chase, Lachy and Nyla.

Student Awards



Edward, Carter, Lilly, Siarn, Delilah, Eve, Lachy, Rachael, Indie, Havi, Jake, Jacob, Evie and Casey.



From the Classroom

Foundation

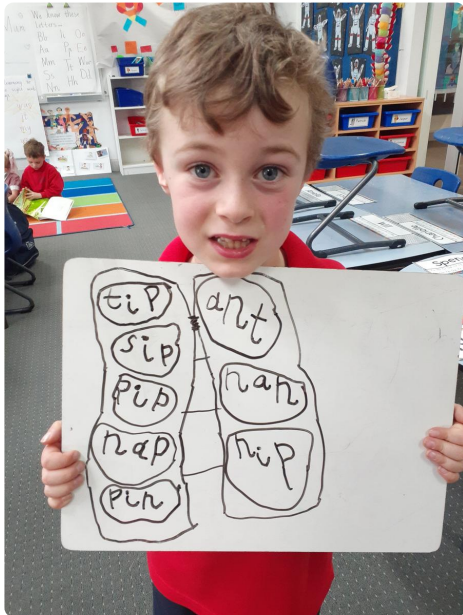
The last 2 weeks in Numeracy we have been working on 2D and 3D shape and finding these in our immediate environment. Some of their learning, as well as posters have been placed in the classroom windows. We have also looked at the fraction 'half' and cutting shapes into this whole/part number. We loved watching the characters Dodly and Flynn on their interpretation of cutting things in half.

We have also been working hard to read and write our sight words. They love the Pevan and Sarah Cub Club sight word videos of taking photos of each word to memorise, and get these in our long term memory. The children have also enjoyed listening, saying and recording cvc words on whiteboards. Well done Spencer for your mighty effort! The handwriting in our classroom is developing beautifully.

The children have also enjoyed listening to my Paul Jennings, Rascal books. Some have even requested to take them home and share with their family. I have my name in the front cover so please ensure that they are returned to school.

Beginning **Monday 24th May** I will be taking a short Long Service Leave for nine days. I shall be back in the classroom **Friday the 3rd of June**. The children will be in very capable hands with Mrs Lipshut. They have had Mrs Lipshut on a few occasions this year and she has had much experience in the Junior grades throughout her many years of teaching. Mrs Lipshut will be doing 'Show and Tell' most days after lunch and she will let the children know when it is their turn. I am looking forward to this short break and can't wait to have some time with my eldest daughter who is travelling down from Byron Bay.

On my return I will be conducting a survey from the department. It is titled the Australian Early Development Census ... AEDC Survey. It is conducted every 3 years so I have completed a number of them this century. 😊



Grade 1

Samantha Aitken - Student Teacher

What a fantastic four weeks filled with learning! My time spent with the Grade One class has been a very busy one! I am so proud of the hard work and dedication the students have shown throughout my teaching placement. I was very fortunate to teach the students Science this Term with a focus on 'Our Solar System'. It has been a pleasure watching all the students engage with our space station, taking time to explore the varying resources available to help them learn. The students all had the opportunity to design and create their own rocket over the course of the unit, I was really impressed with the creative designs, and how these designs were turned into works of art for them to fly! We finished up the unit this week with some fun activities including 'Moon Buzz' and creating a poster documenting their learning, I was really impressed by all the posters created. Well done Grade 1!

Mrs A.

Grade One Learning

We have been very lucky to have Mrs A in our room for the past four weeks. Mrs A had lots of practice of teaching and learning within Toolamba. The students have loved her unit plan: Our Solar System with the fantastic interactive Space Station being a big hit! We would like to say a massive thank you from all of us in Grade One. Here are a few messages from the students:

I liked making the poster. *Kurt*

I liked the Alien Snot (slime) in the Space Station. *Arkadia*

Thank you for teaching us about space. *Ruby*

It has been a pleasure having you in the room Sam. Congratulations on an 'Out of this World!' final placement from all of us at Toolamba P.S.

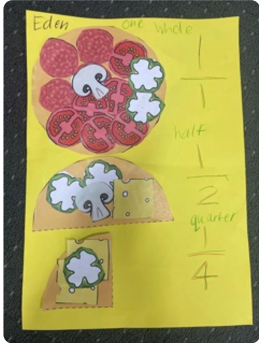
Responsible Pet

On Monday Junior School students participated in a Responsible Pet incursion. Students learnt about responsible pet ownership and dog safety. Students participated in role playing scenarios, song and actions as well as meeting a handsome Jack Russell. Students took home learning from the day where more information can be explored. Feel free to visit Victor and Victoria's Pet Town to learn more. <https://www.pettown.vic.gov.au/>



Grade 2

In our Grade 1/2 classrooms this week students have been learning about fractions. We have enjoyed creating pizzas displaying wholes, halves, quarters, thirds and eighths.



Grade 4

Over the past two weeks students have been busy completing a number of assessment tasks including spelling tests, On Demand and reading comprehension tests. All students have shown great positivity when undertaking these assessments and should be incredibly proud of themselves and what they have achieved.

This week we have had our student teacher Mr S join us. He will be in our class for a total of 3 weeks and the boys are enjoying having someone that can umpire them in footy when we go out for sport. Mr S has taken a small group of students to work on 'Tall Tales' and deciding whether the information is fact or opinion.

On Monday, we were lucky enough to participate in a football clinic run by AFL Goulburn Murray. All students participated and had a great time. Thanks Miss Maskell for organising this for us!



Music News from Mrs Sibio

This term Music classes have been focusing on three key elements of music: Timbre, Texture and Form. The Grade 1 and 3 students shown had divided up their percussion instruments into groups depending on the timbre (metals, shakers, skins and wood) and were playing along to Tchaikovsky's Trepak from the Nutcracker.



Sporting Events

Division Cross Country - Princess Park

Toolamba Primary School had 27 students participate in the Division Cross Country on Friday at Princes Park in Shepparton. Well done to all those who attended - this was probably the largest group that Toolamba PS has entered. One of the highlights was seeing our 12/13 boys –Max, Tyson and Hamish, finish in such a close race! Marlie Turner and Lucy Kinnane took out podium spots with 2nd and 3rd respectively.

Congratulations to all our students who represented our school with pride. Particular mentions to those students who will go on to compete at Winton in the next stage on Wednesday 16th June.

Marlie Turner – 2nd

Lucy Kinnane - 3rd

Max Thomas – 5th

Tyson Webb – 6th

Hamish Gaffy -7th



Hume Region Cross Country

Congratulations to: Marlie T, Lucy K, Tyson W, Max T and Hamish G.

These student have been selected to represent the Goulburn Murray Division in the Hume Region Cross Country Championships.

The Hume region cross country is being held at:

Winton Motor Raceway

Winton Benalla Road

WINTON

DATE: WEDNESDAY 16 JUNE, 2021

PROGRAM:

| Time | Age group | Distance |
|-------------|------------------|-----------------|
| 10.30am | 9/10yrs boys | 2000m |
| 10.32am | 9/10yrs girls | 2000m |
| 11.00am | 11yrs boys | 3000m |
| 11.02am | 11yrs girls | 3000m |
| 11.30am | 12/13yrs boys | 3000m |
| 11.32am | 12/13yrs girls | 3000m |

Please arrive 40 minutes before your event is due to start.

There is no entry fee for the region cross country this year.

You can check the School Sport Victoria website for updates ssv.vic.edu.au



Shepparton Division Winter Sports - All Grade 5 and 6 students

Netball & Soccer @ McEwen Reserve Precinct

Football @ Mooroopna Oval & John Gray Oval.

Friday 21st May 2021. Leaving at 9.15am and returning by 2.30pm

COST: \$8 if Excursion Levy has not been paid - This price is covered by the Excursion Levy.

The Annual Shepparton Division Winter Sports cover a variety of sports. Games commence at 10am and we expect to be finished by 2pm. Students will need to bring a cut lunch and a drink bottle for this event. Students are to wear their school uniform on the day and bring along their sporting uniform (see attached) to participate in their chosen sport.

Netballers will wear the Toolamba Netball Uniform, Footballers are wearing the blue Toolamba jumpers and Soccer players will need blue shorts and socks - soccer shirts will be supplied. We will source uniforms for those students without the necessary items. Appropriate footwear is the student 's responsibility.

| Netball | Soccer | Football |
|---------|--------|----------|
| Marlie | Dustin | Hamish |

| | | |
|----------|------------|---------|
| Delilah | Luke C | Tyler |
| Sophie | Declan | Tyson W |
| Scarlett | Nic | Tyson J |
| Summer | Lachy C | Max |
| Mia | Lachy H | Oscar F |
| Ellie | Mitch | Ben |
| Emily | Seb | James |
| Serana | Oscar S | Scotty |
| Erin | Luke W | Tiarna |
| Siarn | Isabella L | Eve |
| Izzy B | Elyse | Nyla |
| Ethan | Sam | Lia |
| Emily | Belinda | Tom |
| | Nikiri | |
| | Lucy | |



School Council

Profile

Meet our new School Councilor - Jo Jeffers

Junior School Council have asked Jo a few questions.

1. Why did you decide to go on school council?

I chose to join S.C as I wanted to make a positive contribution to our school, and to be a part of shaping its future direction.

2. How long have you been on school council?

Just this year.

3. What role do you have on S.C?

I'm the PnF representative, and am also on the Curriculum and Policy sub-committee.

4. What is your occupation?

Qualified Pastrychef/Baker. Am self employed as a cake decorator, plus I do all the admin for our transport business. And a Mum, that's the best occupation. 💕



5. Where did you go to school?

Bunbartha Primary School and Wanganui Park Secondary College.

6. What is your favourite:

TV Show:

Old people's homes for 4 year olds.

Footy Team:

I'm not a big AFL fan, prefer to watch the cricket. But if I had to choose a team, it's the Mooroopna Cats under 12 white 😊 😊

Hobby:

Camping, caravanning, exploring our amazing country, and spending time with family and friends.

Sport:

Horse riding, and I love watching, and being involved with the sports my kids do.

7. In 3 words, best describe yourself:

Passionate, caring, hard-working

8. Describe things you value at Toolamba Primary School:

I love the small community feel the school embraces. I think it is something that makes Toolamba unique.

The small class sizes give teachers an opportunity to really get to know and understand their students, helping them to become their very best.



Camp Quality

Camp Quality is presenting a puppet show at school on Thursday 10th June, 2021.

Information for parents is attached as well as a document 'Talking About Cancer' that you may wish to share with your children.



Hi parents and carers!

We're writing from Camp Quality to let you know that our Primary School Education Program has been invited to perform at your child's school.

At Camp Quality our services and programs are made specifically to help children 0-13 who are impacted by a cancer diagnosis, that of their own, or the diagnosis of someone they love like a brother, sister, mum or dad. At no cost to schools, parents or students - our vivacious and loveable puppets, Kylie, Dean and Melissa visit schools to help support children affected by cancer. The puppets dispel myths and misconceptions that are commonly associated with the illness. Since 1988 our program has visited schools across Australia, sharing an interactive, engaging narrative that explains:

- The ins and outs of cancer
- Why their peer who has undergone treatment may look a little different (due to the side effects of chemotherapy)
- Why it's important to be supportive of their classmate who is either living with cancer or has a diagnosed parent or sibling
- That cancer isn't contagious, so it's ok to play
- The importance of positivity and recognising our own strengths

"It took away the stigma and fear from cancer. As we have a student at our school being treated for leukaemia, it helped the children understand what she is going through and why she has lost her hair. Having an understanding of the disease has certainly increased the empathy in the other children too." - Primary school principal

"The manner in which the show addresses cancer is age appropriate while clearly articulating the facts. It has helped me to be able to talk about cancer in a positive and reassuring manner" - Primary school teacher

Following the performance, students are encouraged to ask questions and share their concerns. While we are able to answer most of their questions and concerns, we provide teachers with resources to supplement the performance and aid classroom discussion. If any concerns arise after the performance, please feel free to contact us.

If you would like more information about the program or would like to see a clip of our puppets in action, please visit www.campquality.org.au/how-we-help/at-school. You're also welcome to contact us by emailing Kylie@campquality.org.au or calling 1300 662 267.

As a not-for-profit charity, all services come at no financial cost to the families we support. We rely heavily on the generosity of everyday Australians to keep our programs running. To donate, please visit ourwebsite.

Need help talking about cancer at home?

The Kids' Guide to Cancer app has been developed to support children age 8-13 who have a parent, sibling, friend or loved one with cancer. Providing them with age appropriate information, the app answers some of the big questions kids have about cancer and gives them ideas on how they might be able to support their loved one. www.campquality.org.au/kidsguidetocancer



Talking About Cancer - Camp Quality.pdf



Health & Wellbeing

How to give kids feedback for improvement

- **POSITIVE PARENTING**

By Michael Grose

It can be tempting to allow children to continue to behave badly or to perform chores, homework or sports practice poorly when they argue or resist feedback. Parents need to be part coach, teacher and counsellor so that kids learn how to behave well, develop healthy attitudes to learning and know how to get



the best out of themselves. Feedback is one of the most effective tools we have to achieve this. Give it poorly and it will at best be ignored and at worst, rupture relationships and damage self-worth. If you provide feedback effectively, you'll see improvement in behaviour, attitudes and learning, even among feedback resistant teens.

Here's how to deliver feedback to make sure it sticks.

Make it specific

It's absolutely essential to give feedback about one behaviour, skill or attitude at a time, if you want improvement. "Jai, if you make eye contact with your brother when you talk to him, he's more likely to listen to you." The feedback needs to be specific rather generalised so that a child or teen knows exactly how to do better. It also needs to be delivered in a non-judgemental way.

Ensure it's descriptive

"That's not the way to behave inside" doesn't help much. "Use your quiet voice when you play inside the house" cues a child into how to behave. Use phrases and terms that have real

meaning for kids rather than vague, non-descriptive language such as 'be a good girl', so kids not only know what's expected but they understand how to meet your expectations.

It's got to be timely

Providing feedback to a toddler half an hour after they've thrown a tantrum in public will ensure there's no impact. On the other hand, providing behavioural feedback when a teenager is angry will ensure one thing – you'll have an argument on your hands. Feedback needs to be fairly immediate for young children and if possible, provided before an event or activity. "When you set the table put the fork on this side and the knife on the other." Choose the time and place to provide feedback to older children, remembering that angry tweens and teens generally don't listen.

Give from a place of calm

Angry parents generally deliver feedback poorly to kids. Regardless of how well you choose your words and how accurate your feedback may be, feedback delivered angrily will prompt the flight/fight response from a child or young person. They will ignore you or start an argument, but they won't take your message on board when you're mad at them.

Give sparingly

When children require approval for every scribble, homework problem and picture they draw, it's probably because they have always been offered feedback on every scribble, homework problem and picture they draw. It's vital that children develop their own internal sense of validation and honest self-assessment, because as they grow up and face hardship, they need to be able to look to themselves for strength and approval. If they can't, they will be much more vulnerable to superficial external approval that comes their way in the form of peer pressure, bullying and the usual social jostling. As you wean them off of your feedback, turn their "Mummy, is this picture good?" or "Dad, did I do a good job?" back on them, and ask them how they feel about their work.

Feedback is a wonderful parenting tool that requires attention to detail, sensitivity and a willingness to respect the dignity of the child or young person who is receiving it. It's also most effective when given sparingly, rather than like a nervous tic, which keeps kids anchored to you for approval.

Michael Grose

Michael Grose, founder of Parenting Ideas, is one of Australia's leading parenting educators. He's an award-winning speaker and the author of 12 books for parents including *Spoonfed Generation*, and the bestselling *Why First Borns Rule the World and Last Borns Want to Change It*. Michael is a former teacher with 15 years experience, and has 30 years experience in parenting education. He also holds a Master of Educational Studies from Monash University specialising in parenting education.

Meet our Experts

Head lice

Treating and controlling headlice health

While children are at school many families will have contact with head lice. The information contained here will help you treat and control head lice.

Catching head lice

Head lice have been around for many thousands of years. Anyone can get head lice.

Head lice are small, wingless, blood sucking insects. Their colour varies from whitish-brown to reddish-brown. Head lice only survive on humans. If isolated from the head they die very quickly (usually within 24 hours).

People get head lice from direct hair to hair contact with another person who has head lice. This can happen when people play, cuddle or work closely together.

Head lice do not have wings or jumping legs so they cannot fly or jump from head to head. They can only crawl.

Finding head lice

Many lice do not cause an itch, so you have to look carefully to find them.

Head lice are found on the hair itself and move to the scalp to feed. They have six legs which end in a claw and they rarely fall from the head. Louse eggs (also called nits) are laid within 1.5 cm of the scalp and are firmly attached to the hair. They resemble dandruff, but can't be brushed off. Lice can crawl and hide. The easiest and most effective way to find them is to follow these steps:

Step 1 Comb any type of hair conditioner on to dry, brushed (detangled) hair. This stuns the lice and makes it difficult for them to grip the hair or crawl around.

Step 2 Now comb sections of the hair with a fine tooth, head lice comb.

Step 3 Wipe the conditioner from the comb onto a paper towel or tissue.

Step 4 Look on the tissue and on the comb for lice and eggs.

Step 5 Repeat the combing for every part of the head at least four or five times.



If lice or eggs are found, the hair should be treated.

If the person has been treated recently and you only find empty hatched eggs, you may not have to treat, as the empty eggs could be from a previous episode.

Treating head lice

Treating head lice involves removing lice and eggs from the hair. There are two ways you can do this:

1. Buying and using a head lice lotion or shampoo, following the instructions on the product
2. Using the conditioner and comb method (described under 'finding head lice') every second day until there have been no live lice found for ten days.

If you choose to use a head lice product always read and follow the instructions provided with the product carefully. The following points may also be helpful:

- Head lice products must be applied to all parts of the hair and scalp.
- No treatment kills all of the eggs so treatment must involve two applications, seven days apart. The first treatment kills all lice; the second treatment kills the lice that may have hatched from eggs not killed by the first treatment.
- Cover the person's eyes while the treatment is being applied. A towel is a good way to do this.
- If you are using a lotion, apply the product to dry hair.
- If you are using a shampoo, wet the hair, but use the least amount of water possible.
- Apply the treatment near the scalp, using an ordinary comb to cover the hair from root to tip. Repeat this several times until all the hair is covered.

There is no need to treat the whole family - unless they also have head lice.

Concentrate on the head - there is no need to clean the house or the classroom.

Only the pillowcase requires washing - either wash it in hot water (at least 60°C) or dry it using a clothes dryer on the hot or warm setting.

Department of Health

Testing resistance

Head lice products belong in one of the following categories depending on the active compound they contain:

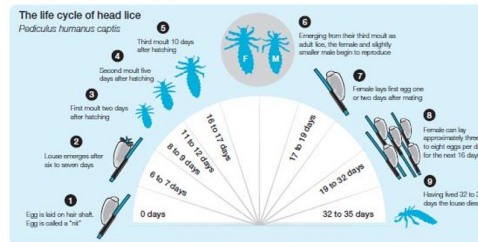
- pyrethrin
- synthetic pyrethroids (permethrin, bioallethrin)
- organophosphates (malidox or malathion)
- herbal with or without natural (non-chemical) pyrethrins.

Insecticide resistance is common, so you should test if lice are dead. If they are, treat again in seven days using the same product. If the lice are not dead, the treatment has not worked and the lice may be resistant to the product and all products containing the same active compound. Wash off the product and treat as soon as possible using a product containing a different active compound. If the insecticide has worked, the lice will be dead within 20 minutes.

Any head lice product could cause a reaction and should be used with care by women who are pregnant or breastfeeding, children less than 12 months old and people with allergies, asthma or open wounds on the scalp. If you are unsure, please check with your pharmacist or doctor.

Head lice combs

Combs with long, rounded stainless steel teeth positioned very close together have been shown to be the most effective, however, any head lice comb can be used.



The information in this pamphlet is based on the research conducted and written by Associate Professor Rick Speare and the team of researchers at School of Public Health and Tropical Medicine, James Cook University.

Head lice eggs

Head lice eggs are small (the size of a pinhead) and oval. A live egg will 'pop' when squashed between fingernails.

Dead eggs have crumpled sides and hatched eggs look like tiny boiled eggs with their tops out off.

Regulations

According to the Public Health and Wellbeing Regulations 2000, children with head lice can be readmitted to school or children's service centres after treatment has commenced.

The department recommends a child with head lice can be treated one evening and return to school or children's service centres the next day, even if there are still some eggs present. There is no need to miss school or child care because of head lice.

Preventing head lice

Check your child's head regularly with comb and conditioner. There is no research to prove that chemical or herbal therapies can prevent head lice.

Further information

The following website offers further information:
www.health.vic.gov.au/headlice

Gastroenteritis (gastro)

Gastroenteritis (gastro) is a bowel infection that causes diarrhoea (runny, watery poo) and sometimes vomiting. The vomiting may settle quickly, but the diarrhoea can last up to 10 days.

Gastro can be caused by many different germs, although the most common cause of gastro is a viral infection. Most children do not need to take any medicine for gastro; however, it is important that they drink plenty of water to avoid becoming dehydrated.

Gastro is spread easily, and is more common and severe in babies and young children. Babies under six months old can become dehydrated very easily and need to be checked by a GP if they have gastro.

Signs and symptoms of gastro

If your child has gastro, they may:

- feel unwell, and not want to eat or drink
- vomit in the first 24 to 48 hours (usually before diarrhoea begins)
- have diarrhoea, which can last up to 10 days
- have some stomach pain
- have a fever.

Care at home

The main treatment is to keep your child drinking fluids often such as water, oral rehydration solution, breastmilk or formula. It is very important to replace the fluids lost due to the vomiting and diarrhoea.

Gastrolyte, HYDRALyte, Pedialyte and Repalyte are different types of oral rehydration fluid that can be used to replace fluids and body salts. These are the best option if your child is dehydrated. They are also available as icy poles, which children are often happy to have.

If your child refuses water or oral rehydration fluids, try diluted apple juice. Do not give drinks that are high in sugar (e.g. flat lemonade or sports drinks), because they can make dehydration worse. You can give your child their usual milk; however, some children may not feel like drinking milk if they have gastro.

Infants

If your baby is under six months old, they should always be seen by a doctor if they have gastro. For babies over six months:

- If you are breastfeeding your baby, continue to do this but feed more often. Offer your baby a drink every time they vomit. You can also give an oral rehydration solution or water for the first 12 hours.
- If you are bottle feeding your baby, replace formula feeds with oral rehydration solution or water for the first 12 hours, then give normal formula in small, but more frequent amounts. Offer your baby a drink every time they vomit.

Older children

- Give small amounts of fluid often – give a few mouthfuls every 15 minutes for all children with diarrhoea or vomiting. This is especially important if your child is vomiting a lot.
- Your child may refuse food when they first get gastro. This is not a problem as long as they are drinking fluids.

Do not give your child over-the-counter medicines that reduce vomiting and diarrhoea, as the medicines may be harmful for children.

Children with gastro are infectious, so wash your hands thoroughly after contact with your child, particularly before feeding and after nappy changes. Keep your child away from other children as much as possible until the diarrhoea has stopped.

When to see a doctor

Babies under six months old should always be checked by a GP if they have gastro, because they are at higher risk of dehydration.

Any child with gastro should see a GP if they:

- are vomiting and have diarrhoea, and are not drinking
- have a lot of diarrhoea (eight to 10 watery poos, or two or three large poos per day) or if the diarrhoea is not improving after 10 days
- vomit frequently and seem unable to keep any fluids down
- show signs of dehydration e.g. fewer wet nappies or not going to the toilet much, dark yellow or brown wee, feel lightheaded or dizzy, have dry lips and mouth
- have a bad stomach pain
- have any blood in their poo
- have green vomit
- are making you worried for any other reason.

If your child is very dehydrated and cannot keep any fluids down, they may need to be admitted to hospital to have fluids by a tube through the nose into the stomach (a nasogastric tube) or directly into a vein through a drip (intravenous or IV therapy).

Key points to remember

- Babies under six months old with gastro can become dehydrated very easily and need to be checked by a GP.
- Offer babies a drink every time they vomit. Keep breastfeeding. If bottle feeding, give oral rehydration solution for the first 12 hours.
- Give children small amounts of fluid often.
- Your baby or child is infectious, so regularly wash your hands thoroughly, particularly before feeding and after nappy changes.
- Take your child to the doctor if they are becoming dehydrated, have bad stomach pain or you are worried.

For more information

- Better Health Channel: [Gastroenteritis](#)
- Raising Children Network: [Gastroenteritis](#)
- Kids Health Info fact sheet: [Dehydration](#)
- Kids Health Info fact sheet: [Stopping the spread of germs](#)

Common questions our doctors are asked

I'm concerned the fluids I am giving my child is making the diarrhoea worse. Should I give her less to drink?

It is very important for fluids to be given, even if the diarrhoea seems to get worse. It is important to replace the fluids that are lost due to diarrhoea or vomiting to prevent dehydration.

Should I be worried that my child doesn't want to eat when he has gastro?

When your child first gets gastro they may refuse food to start with. This is not a problem as long as they are drinking fluids. When your child becomes hungry again, give them the food they feel like eating.

Can my child have dairy after a bout of gastro?

Many children become sensitive to dairy following a bout of gastro. You can usually manage this by reducing their dairy intake for a period of three weeks following gastro. If the symptoms persist beyond this, take your child back to your GP.

Impetigo (school sores)

Impetigo (*im-pet-eye-go*) is an infection of the skin caused by bacteria. It is often called school sores because it is common among school children. Impetigo causes sores on the skin, which are usually itchy. The sores may start out as blisters that burst and become weepy, before being covered with a crust.

Impetigo is not usually a serious infection, and should clear up a few days after starting medical treatment. Children with impetigo are very infectious (contagious), but the spread of impetigo can be reduced by practising good hygiene, covering the sores with dressings and keeping your child away from other children until they are no longer infectious.

Signs and symptoms of impetigo

- The sores can be anywhere on the body, but are often on the face near the mouth and nose, or on the arms and legs.
- Impetigo may start with a blister or a group of blisters.
- The blister bursts leaving a patch of red, wet, weepy skin.
- The sore usually becomes coated with a tan or yellowish crust, making it look like it has been covered with honey.
- There can be small spots around the first sores, spreading outwards.
- There is often superficial peeling on the edge of the sore.
- Impetigo is usually itchy.

Parents sometimes worry about impetigo because it can look quite serious, but it is usually a mild infection that is easy to treat.

When to see a doctor

If your child has signs and symptoms of impetigo, take them to see a GP. The doctor will make sure the sores are impetigo.

Treatment for impetigo

Your doctor may prescribe antibiotic medicine in the form of a cream, ointment, tablets or syrup. Give these to your child as directed, and make sure you complete the course of antibiotics.

If your child gets impetigo repeatedly your doctor may do a nose swab to test for bacteria in the nose. Your child may need antibiotics, which are delivered into the nose, to prevent further instances of impetigo.

Reducing the spread of impetigo

The following strategies may help reduce the chances of your child catching impetigo from another child, or reduce spread of impetigo if your child has it.

- A daily bath or shower with soap and water may reduce the risk of impetigo. Antiseptic soaps can be used, but these may irritate the skin of some people.
- Encourage your child to practise good hygiene, including regular hand washing and throwing away used tissues. Cut your child's fingernails short and keep them clean.
- Make sure that grazes or cuts are thoroughly washed. If your child is scratching a sore, cover it with a watertight dressing.
- People coming in contact with someone with impetigo need to wash their hands regularly.
- Put all dressings from impetigo sores in a bin with a lid as soon as they are taken off.
- If your child has impetigo, wash their clothes, towels and bed linen separately from the rest of the family. Wash them in hot water and dry in the sunshine or a hot tumble dryer. Toys can be washed using a mild disinfectant.

Key points to remember

- Impetigo is very infectious and can be easily spread to other children.
- Try to prevent your child scratching the sores as much as possible. Cover the sores with a watertight dressing and cut your child's fingernails.
- It is important to remove the scabs from the sores.

- Complete all courses of antibiotics as prescribed and continue treatment with creams or ointments until all sores are healed.
- Your child can go back to child care, kindergarten or school after 24 hours of treatment and when the sores are completely covered with dressings.

For further information visit

https://www.rch.org.au/kidsinfo/fact_sheets/Impetigo_school_sores/

Positive Parenting

The Positive Parenting Telephone Service is a telephone-based parent education service for parents, grandparents caring for grandchildren, and carers with children aged 2 to 12 years who may be having parenting difficulties or whose children are at risk of developing significant social and behavioural problems.

The main feature of this program is to provide parent training and assistance through a self-help workbook which will be supported by weekly 30-minute phone calls from a trained Parent Educator over a 6 to 10-week period. This can also be delivered through our online modules.

Appointments are available during the day from Monday to Friday along with Wednesday and Thursday evenings.

This program is funded by The Department of Health and Human Services. Our aim is to increase access to all families including fathers, grandparents, kinship carers and rural families.



Positive Parenting Telephone Service

Our free 6 to 10 Week program helps you to:



Have Stronger more positive relationships



Set rules and limits



Manage everyday behaviour problems

Participants complete a workbook or online modules which are supported by weekly 30 minute phone calls with a trained parenting educator.

All of this can be done from the comfort of your own home at a time that suits you.







Enrol now and make a positive start to last a lifetime

Call us for more information or to enrol

1800 880 660

Enrolments are taken all year round 




FREE

VICTORIA WIDE SERVICE

For:

Parents

Grandparents

Carers

of children aged 2 to 12 years

Health Reminder

It is important that we all continue to monitor our own and the health of our children daily, during this time. If you or your child develops any symptoms such as a fever, cough, sore throat or shortness of breath:

- Stay at home and do not attend school
- Seek medical advice
- Call the school to let us know of any important outcomes
- If you or your child has a health condition or complex health needs, please discuss this with your medical specialist.
- Information about coronavirus (COVID-19) is available on the DHHS website.

Our school is continuing to promote and implement on a daily basis both Covid-safe behaviours and practices across our school community.

Financial Assistance - CSEF

Every Victorian child should have access to the world of learning opportunities that exist beyond the classroom. The Camps, Sports and Excursions Fund helps ensure that no student will miss out on the opportunity to join their classmates for important, educational and fun activities. It is part of making Victoria the Education State and the Government's commitment to breaking the link between a student's background and their outcomes.

School camps provide children with inspiring experiences in the great outdoors. Excursions encourage a deeper understanding of how the world works while sports teach teamwork, discipline and leadership. All are a part of a healthy curriculum.

CSEF is provided by the Victorian Government to assist eligible families to cover the costs of school trips, camps and sporting activities.

If you hold a valid means-tested concession card or are a temporary foster parent, you may be eligible for CSEF. A special consideration category also exists for asylum seeker and refugee families. The allowance is paid to the school to use towards expenses relating to camps, excursions or sporting activities for the benefit of your child.

HOW TO APPLY

New applicants should contact the school office to obtain a CSEF application form or download from the website below.

If you applied for CSEF at your child's school last year, you do not need to complete an application form this year unless there has been a change in your family circumstances. You only need to complete an application form if any of the following changes have occurred:

- **new student enrolments;** your child has started or changed schools this year.
- **changed family circumstances;** such as a change of custody, change of name, concession card number, or new siblings commencing this year.

The annual CSEF amount per student is:

- \$125 for primary school students
- \$225 for secondary school students

MORE INFORMATION

For more information about CSEF

visit: <https://www.education.vic.gov.au/about/programs/Pages/csef.aspx>









CSEF_application_form.pdf



Could \$500 help you with school costs?

Join Saver Plus and we'll match your savings, dollar for dollar, up to \$500 for school costs.

-  laptops & tablets
-  lessons & activities
-  uniforms & shoes
-  books & supplies
-  sports fees & gear
-  camps & excursions

To join Saver Plus, you must be at least 18 years or over, have a child at school or starting next year, attend vocational education yourself, have regular income from paid employment (you or your partner)*, have a current Health Care or Pensioner Concession Card and be in receipt of an eligible Commonwealth social security benefit, allowance or payment*



Contact
your local Saver Plus
Coordinator

Phone
1300 610 355

Email
GrSheppartonSP@
berrystreet.org.au

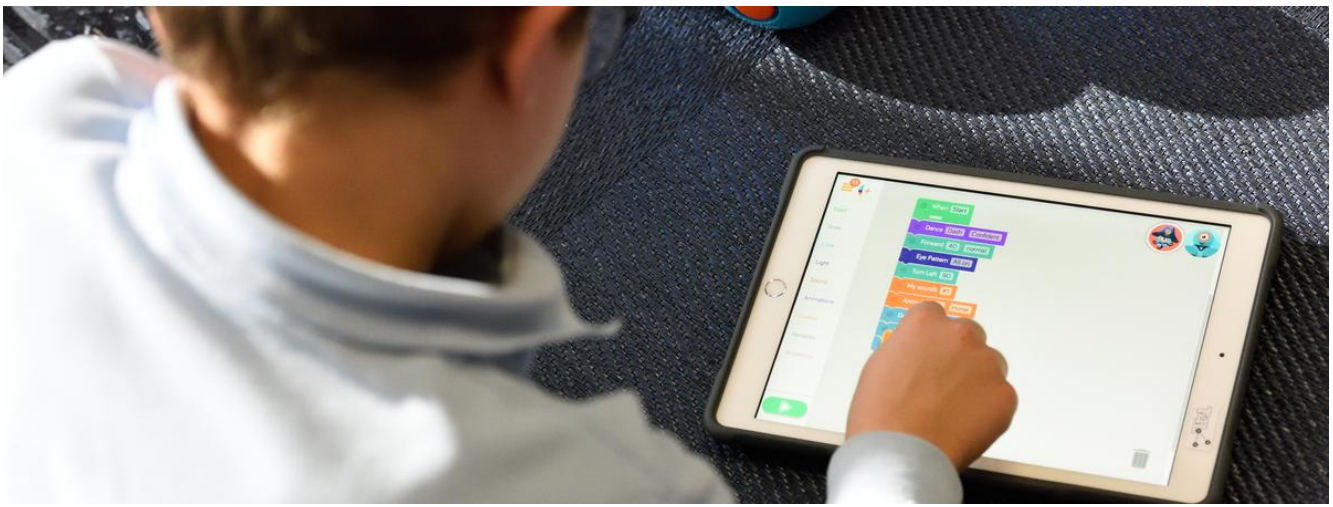
Online
saverplus.org.au

Find us on Facebook 



Many types of income and Centrelink payments are eligible, please contact your local Coordinator for more information

Saver Plus is an initiative of the Brotherhood of St Laurence and ANZ, delivered in partnership with The Smith Family, Berry Street and other local community agencies. The program is funded by ANZ and the Australian Government Department of Social Services. Go to www.dss.gov.au for more information.



Resources & e-Learning

At Toolamba PS, we are very fortunate to have subscriptions to support our students in the area of Literacy and Numeracy, which are great engaging resources to utilize out of school hours.

Epic is a wonderful website containing hundreds of texts. Children can log in and read along to stories.

Epic: <https://www.getepic.com/sign-in>

Login details:

Foundation: jib4540

Grade 1: rlc7376

Grade 2: yht4344

Grade 3: gnm4155

Grade 4: zdb1035

and then complete associated interactive games and activities. Students enjoy using this website

Reading Eggs: www.readingeggs.com.au

Individual classes will send home the login details for your child.

Out of Hours School Care




Before & After School Care 2021

Toni-Marie Arnold has taken on the role as Before & After School Care Coordinator. We are also very fortunate to have Sharon O'Connell working with Toni-Marie as well.

Any bookings for either, Before School Care or After School Care can be made by calling Toni-Marie on **0448 585 568**. There will now be only one phone number to call to make a booking.

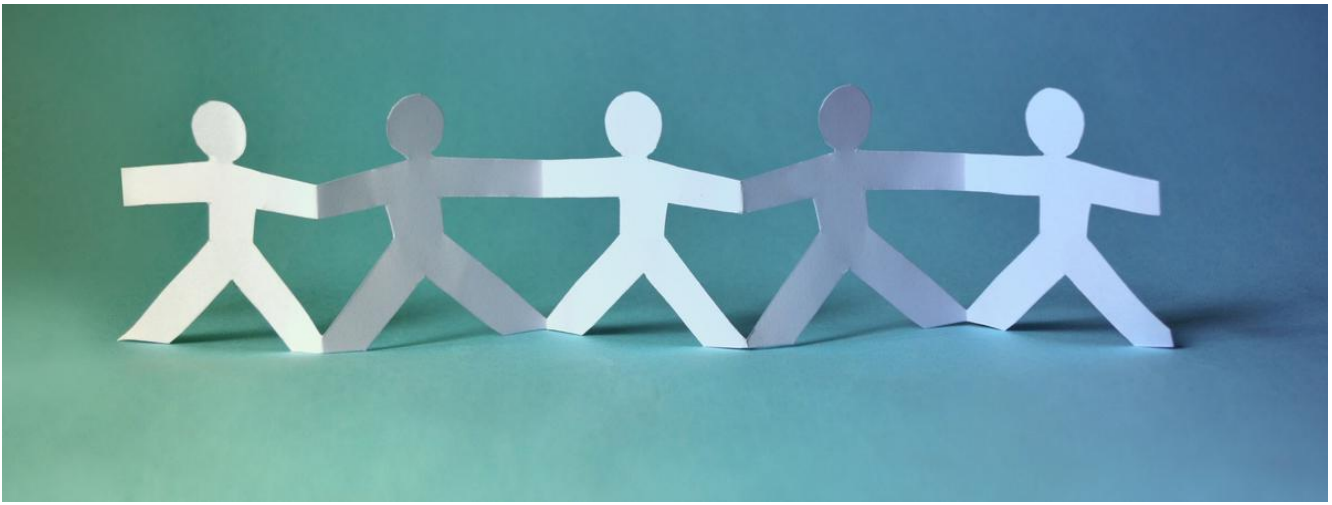
 [OHSC Information Booklet.pdf](#)

 [OHSC Enrolment Form.pdf](#)

 [Appendix 1 from Transfer of Children Policy.pdf](#)

 [Bookings and Cancellations.pdf](#)

 [How to claim Child Care Subsidy.pdf](#)



Community News

Toolamba Events Calendar

The Toolamba & District Steering Committee have created the Toolamba Events Calendar for 2021. This will grow and evolve over time, but we hope you find it always informative and helps you to keep on track of all the amazing events planned by our clubs and associations.

As new events are created, the calendar will be republished. Please feel free to suggest any community events for addition to the calendar to andrea.pogue@hotmail.com



Toolamba Major Events Calendar 2.pdf

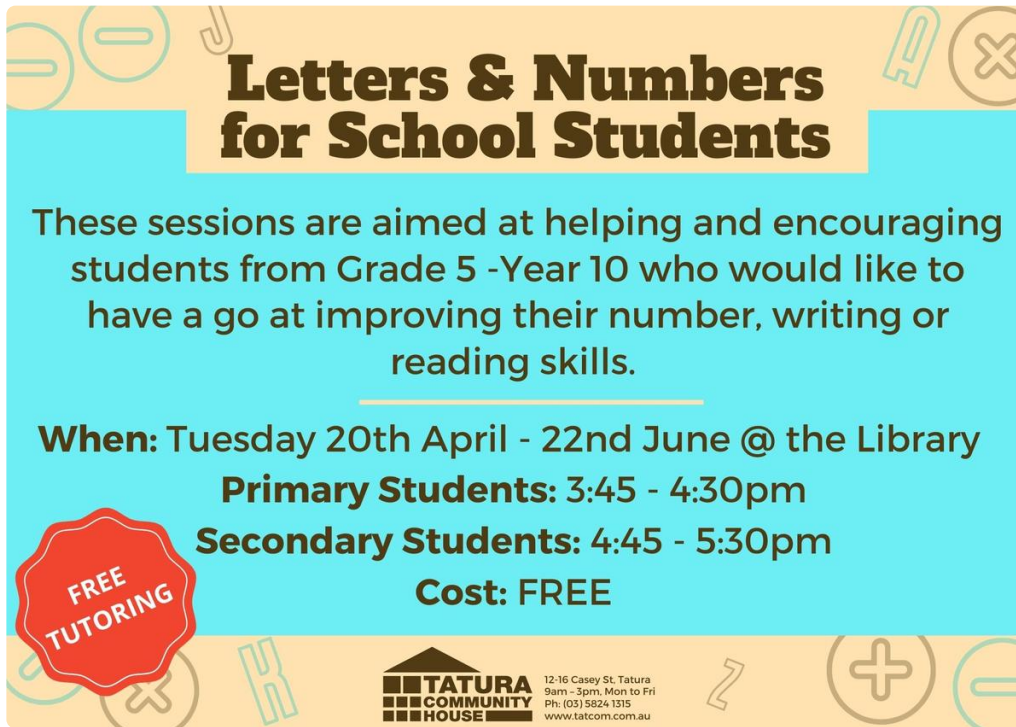
Toolamba Lions Club

If you are new to town or just interested in becoming more involved in the community, Toolamba Lions Club is again running our monthly meetings on the first Tuesday of each month at the Toolamba Junction Hotel at 7pm (COVID permitting). It is a great way to meet new people and serve our great town. If you would like to come and find out what Lions Club in Toolamba is all about, we would love to have you attend one of our meetings and shout you a meal! Call Amanda Sibio (Membership Coordinator) on 0447 405 335 or email amandasibio@gmail.com

Tutoring

Students from Grade 5 to 10 who want to improve their number, writing or reading skills can now join our weekly sessions of "Letters & Numbers". The activity is run by the Tatura

Community House and takes place in the Tatura Library, every Tuesday during the school term from 3:45 to 4:30pm for primary school students and from 4:45 to 5:30pm for high school students. The tutoring is free of cost. Come and get the support of our lovely volunteers who all have a background in education and who will make it fun for you to learn and improve your skills.



**Letters & Numbers
for School Students**

These sessions are aimed at helping and encouraging students from Grade 5 -Year 10 who would like to have a go at improving their number, writing or reading skills.

When: Tuesday 20th April - 22nd June @ the Library
Primary Students: 3:45 - 4:30pm
Secondary Students: 4:45 - 5:30pm

Cost: FREE

FREE TUTORING

TATURA COMMUNITY HOUSE
12-16 Casey St, Tatura
9am - 3pm, Mon to Fri
Ph: (03) 5824 1315
www.tatcom.com.au

Mobile Library

The Mobile Library has resumed a full schedule, including visits to schools. We have made some adjustments to the schedule, which includes changing our visit to Toolamba to a Monday afternoon 2.00pm – 3.00pm.

Transition Tatura - Art Competition

In 2019 and 2020, Transition Tatura held two very successful short-film competition for students of all Goulburn Valley Schools. The challenges both years for the children, either by themselves or with friends or family, was to make a short film (1 to 6 minutes) about the environment. In 2021, we have decided to expand the Environmental Short-film Competition to an Environmental Art Competition. As usual, this competition is open to all current students within the Goulburn Valley.

Schools in the City of Greater Shepparton and surrounds have been sent a “preliminary notification” prior to the school holidays and more details will be sent once Term Two is back in full swing.

As with previous competitions, all artworks, films, songs, poems, plays (etc...!) will be showcased at the 2021 Transition Tatura Communities Shaping the Future Film Festival on Saturday August 28th.

The 2021 Topic:

Either by yourself, with your family or with friends, use your favourite form of artistic expression (from our list below) to address the competition topic;

“My Town: A Zero Carbon Town ... what can I do to make it happen?”

The categories of art Transition Tatura will be considering for this competition are as follows;

- Visual Art (painting, drawing, sculpture, fashion design, etc.)
- Performance Art (dance, theatre, song, music, etc.) (up to six minutes duration)
- Literature (poetry, story, etc.) (up to 1500 words)
- Media Arts (film, animation, computers, etc.) (up to six minutes duration)

There will be three age groups for each artistic category

- Grade Prep to Three
- Grade Four to Six
- Secondary Schools

Prizes for winning entries in each category

- Grade Prep to Three \$60
- Grade Four to Six \$60
- Secondary School \$60
- Overall Best Entry \$280

Total prize pool is \$1,000. Entries to close 4.00pm, Friday July 30th, 2021.

For more information;

- check at your school's office
- check with your art teachers
- go to Transition Tatura's Facebook page: Transition Towns Tatura
- call Ross on 0407 845 247 (please leave a message or SMS if no answer)

Advertisements



Watches & Diamonds

Manufacturing Jeweller and Watchmaker.

All work done on the premises.

150 Hogan street Tatura, Victoria 3616

(03)5824 1100

GVSPORTSCARE

Physio & Podiatry

E: admin@gvsportscare.com.au

PH: 0417600532

W: 111.gvsportscare.com.au

Physiotherapist, Sophie Woodhouse enjoys treating a mix of sports and spinal injuries.

Tom Davey is a biomechanical and sports focused Podiatrist, who is also skilled in general nail and diabetic care.

Sophie and Tom are excited to move back to Shepparton and work in the Goulburn Valley!



Calendar

Term Dates

Term 2

Monday April 19th to Friday June 25th

Term 3

Monday July 12th to Friday September 17th

Term 4

Monday October 4th to Friday December 17th

Important Dates

| | |
|----------------------|---|
| Friday May 21st | Shepparton Division Winter Sports - McEwen Reserve. Grades 5 & 6 (Football, Soccer, Netball) |
| Thursday June 10th | Camp Quality Visit |
| Monday June 14th | Queen's Birthday Public Holiday |
| Wednesday June 16th | GMD Hume Region Cross Country at Winton |
| Thursday August 19th | School Concert |
| November 8th - 12th | Grade 5/6 Camp to Canberra |
| November 24th - 26th | Grade 3/4 Camp to Toolangi |