

## Toolamba Primary School

Term 2, Week 3, 2021 · 06 May 2021

"Striving for Excellence"

Values: Respectful, Trustworthy and Inclusive

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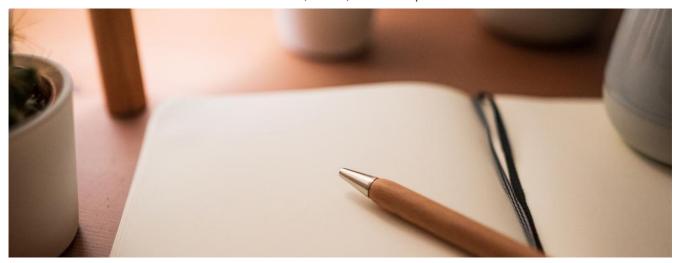
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# Principal's Report

Dear Parents and Families,

#### **CROSS COUNTRY**

A perfect day and so much fun! Daunte's Bend was the ideal setting for our annual Cross Country on Monday. How wonderful it was to see 100% participation and those smiling faces as they crossed the finish line. Equally so, it was fantastic to see so many parents there watching.

Several of our students qualified to progress on to the Goulburn Murray Division Cross Country scheduled for Friday 14th May at Princess Park in Shepparton.







#### **MOTHER'S DAY STALL**

Students had a wonderful array of gifts to choose from yesterday. Thank you to everyone for their very generous donations. Students receive so much pleasure from having the opportunity to shop for their mum. Believe it or not, I still have a gift from Jess at home that came from a Mother's Day Stall. Thank you to the JSC members who helped set up trestles, chairs and tables. Your enthusiastic help was much appreciated.







#### **MOTHER'S DAY BREAKFAST**

In the past, we have held a Father's day Breakfast but never a Mother's Day Breakfast, so this will be a new experience for us. Once again, Juanita has been working hard in the background preparing the delicious array of food for mums and children to choose from. Breakfast will be available from 8am on Friday morning. Please enter through the front door where adults are required to sign in. After breakfast, parents are welcome to take the opportunity to look at what the children have been learning or to hear your child read.

#### **SCHOOL COUNCIL**

School Council meets next Monday night. The Finance Committee and the Curriculum and Policy Committee will meet at 6pm followed by School Council at 6.30pm.

#### **NAPLAN**

Our Year 3 & 5 teachers have been preparing their children for the National Assessment Program - Literacy and Numeracy [NAPLAN] tests. These tests are held next week. The NAPLAN tests assess knowledge and skills in Literacy and Numeracy. The results of these tests provide information to teachers and parents which can be then used to support the teaching and learning programs. By analysing results, teachers can adjust teaching

strategies to provide appropriate support or identify students who would benefit from enrichment activities. The dates for testing are 11th, 12th & 13th May.

#### **HEADLICE**

We have had a report of head lice in the school. If everyone could please check their children's hair that would be appreciated.

Pediculosis or 'head lice' are small, wingless insects that live, breed and feed on the human scalp. They cannot transmit any infectious diseases. Direct contact is required for transmission from person to person, where head lice crawl from head to head.



Head lice information sheet.pdf

#### **GASTRO**

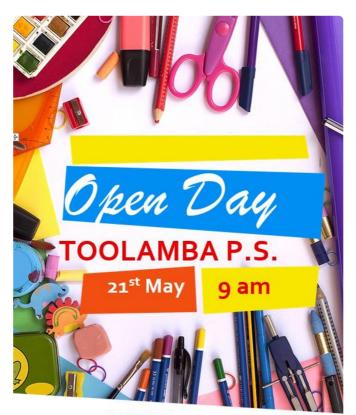
Unfortunately, some of our students have had gastro over the past week. Students are to be excluded until there has not been vomiting or a loose bowel motion for 24 hours.



Exclusion period for infectious diseases.pdf

#### **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 on 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



## From the Classroom

#### Foundation

Week 3 began with our Cross Country Run down the bush. Congratulations to all the Foundation students who participated with enthusiasm and they demonstrated lots of cheer for their fellow competitors. Thank you to all those parents who were able to come and support this event. It was wonderful to end the day with our whole school assembly to congratulate the winners.

This week we have been learning about 2D shapes and locating them in our environment. They have enjoyed creating Monsters using a basic shape as their body. Do you know how many sides a heptagon, nonagon and decagon have?

The children have been working with great effort practising to blend sounds to make cvc words. They have been recording these words on a whiteboard. Learning to hear and record sounds is an essential stage of becoming an independent writer.

Mid year testing has begun for Semester 1 Reports. I have completed most of the Alphabet testing, name and sound. Yesterday the children were involved in a spelling test and this is carried through to Grade 6. Next week I hope to be able to complete some Numeracy tests regarding number and numeration.

Daily home reading is expected of take home books, as well as practice of their sight words. By this stage your child should be recognising some sight words and demonstrating 1:1 matching of text with their 'bossy' finger. When time allows, encourage your child to write these sight words. We know with consistent practice of pencil/paper activities their handwriting skills will develop at a faster rate.

In our Reading block we have been learning the concept of characters. Our whole class big book this week is 'Mrs Wishy-Washy's Birthday.' To our surprise we discovered there was a Mr Wishy-Washy! Ask your child about the other characters in this story.

We have also been learning about the 'ig' word family... pig, big, dig, wig. There is so much available on the internet regarding this learning.

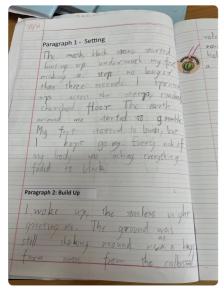
Mother's Day Stall was lovely yesterday in the Learning Street. The children really enjoyed their 'little shop' and will look forward to giving their surprises on Sunday. HAPPY MOTHER'S DAY!!!

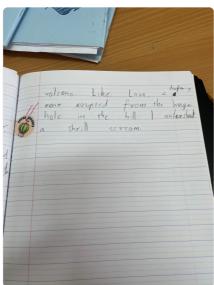
#### Grade 4

Wow, what a busy week we have had in Grade 4! All students had a great time at Cross Country on Monday, everyone participated whether they walked, jogged or ran. It was fantastic to hear all the children cheering each other across the finish line.

Students have absolutely loved writing this week. We have broken our narratives up into paragraphs and have tasked children with only writing **one** paragraph per day. All the children have thrived in their writing this week. Some of us have worked together to retell 'Dust Buddies' to help us with our ideas. Students have co-constructed their narrative as a group to assist in the writing process.

In Integrated, we have started a new topic based around Geography titled 'Different Environments'. First, we visited Australia where we were able to look at the all of the features that make us a 'great southern land'. We visited Uluru, the Twelve Apostles, the Daintree Rainforest and the Great Barrier Reef. This week students had to predict how many countries are in the world, we then learnt the difference between a country and a continent. If you visit our classroom take the time to view our world map where we have labelled the places we have learned about.









# Sporting in Schools

## Sporting in Schools

Term 2, 2021

Sporting in Schools is running again this term. The program is **AFL Football**.

The dates are:

Tuesday May 11th

Tuesday May 18th

Tuesday May 25th

The first session commenced last Tuesday.

Each session is **60 minutes** and will be held at Toolamba Primary School commencing at 3:15pm.

There are 3 sessions remaining. The program will run every Tuesday.

If your child/ren are interested, please complete and hand in the Parent/Guardian Consent Form as soon as possible.

For more information please see Sarah Maskell or phone the school.



Sporting in Schools Consent Form.pdf



# Cross Country

After some anticipation of rain forecasted, we were excited to see blue skies for our Annual Cross-Country event on Monday.

Many nervous Grade 5/6 students lined up, ready for the starting whistle. They began the race in a large herd, leaving the remaining students and teachers in a cloud of dust.

It was so good to see so many participants, choosing to run or walk/run or even walk the course this year. Plenty of cheers and encouragement could be heard as the junior students approached the finish line. Lots of happy, red and smiling faces could be seen after the race.

Well done to all those who participated and to the Grade 3-6 students who have qualified for the Division Cross Country in Shepparton next Friday. Your child will receive their invitation today. Please check their bags and return the form and \$10 entry fee to the office by Tuesday 11th.





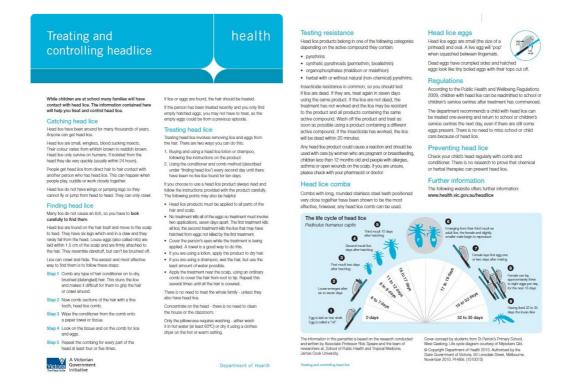






# Health & Wellbeing

### Head lice



## 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: <u>Gastroenteritis</u>

• Raising Children Network: Gastroenteritis

Kids Health Info fact sheet: <u>Dehydration</u>

• 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 gasto 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 careers 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.



#### **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

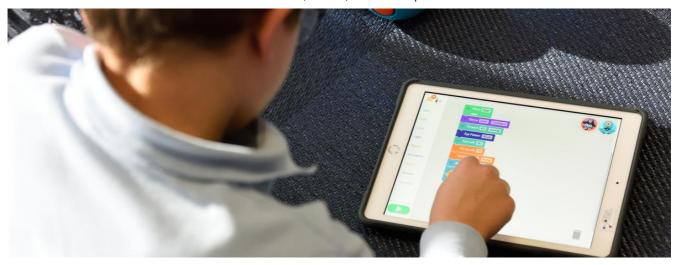
**Phone** 1300 610 355

Email GrSheppartonSP@ berrystreet.org.au

Online saverplus.org.au

Find us on Facebook •

r Plus is an initiative of the Brotherhood of St. Laurence and ANZ, delivered in partnership with The Smith Family, Berry Street and othe 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:** <a href="https://www.getepic.com/sign-in">https://www.getepic.com/sign-in</a>

#### 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



#### Fun in OHSC

The children have been enjoying the activities planned by Sharon and Toni-Marie.





## 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

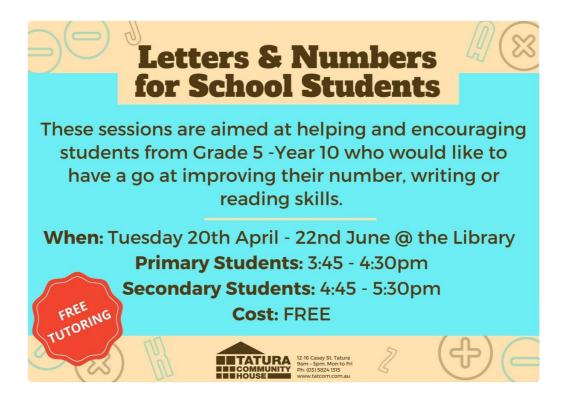
- Appendix 1 from Transfer of Children Policy.pdf
- Bookings and Cancellations.pdf
- How to claim Child Care Subsidy.pdf



# Community News

## **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.



## 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.

#### 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 <a href="mailto:amandasibio@gmail.com">amandasibio@gmail.com</a>

### 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.

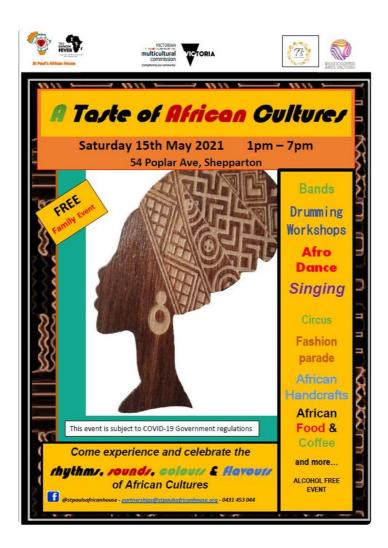
#### For more information;

- · 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)

#### Think Global, Act Local...

Transition Tatura, a not-for-profit collective of like-minded people, plans and supports community guided responses to climate change and shrinking supplies of cheap energy. Through localisation, energy reduction and community strengthening, our goal is for Tatura and all populations to transition to resilient communities that can readily respond to the challenges and dangers of climate change and oil depletion. Launched in the UK in 2006, Transition Initiatives have grown to include towns and communities across the world. Transition Tatura is the 397th official Transition Initiative.

#### 'A Taste of African Cultures'





## Advertisments



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(03)5824 1100

# GVSPORTS CARE

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 7th	Mother's Day Breakfast - 8:00am
May 11th, 12th and 13th	NAPLAN
Friday May 14th	Goulburn Murray Division Cross Country
Friday May 21st	Goulburn Murray Division Sports - McEwen Reserve
Thursday June 10th	Camp Quality Visit
Monday June 14th	Queen's Birthday Public Holiday
Thursday August 19th	School Concert
November 8th - 12th	Grade 5/6 Camp to Canberra
November 24th - 26th	Grade 3/4 Camp to Toolangi